



# Assisted Living Community Waco, Texas December 2018

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## Arbor House of Waco

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## ARBOR GARDENS HAPPENINGS



We hope everyone had a wonderful Thanksgiving and ready to kick off the holiday season! Christmas is almost upon us and so this will be our final newsletter for the year. We thank each of our staff for their commitment, enthusiasm, tireless work, support and loyalty. To our volunteers, thank you for sharing your time & talents with our community. We are extremely grateful to have had extra set of helping hands to *Give New Meaning To Life* to our wonderful residents. To our residents and family members, thank you for your continued support throughout the year. We wish you all a very happy and peaceful Christmas and hope that 2019 will bring all the happiness and rewards that it possibly can to each of you.

Everyone is welcome to come & have fun with us on *December 12th at 5:30 pm for our Christmas Party Happy Hour. Please RSVP on or before Dec. 10th.*

Brianna Lang, is our Arbor Gardens Engagement Assistant. She has been with us for several months. Bri, loves all of our wonderful residents and worked so hard to get to know them. We are so excited to have her in this position.



# LIFE IN MOTION



Meet our Dancing Queens ,  
Ruth M. & Quincy!



Out of the way, guys... I've got my sassy pants today! - Pat



Great to see you again,  
Daphne & Yankee - Dorothy



Our Bean Bag Twister  
Champions are  
Gary,  
Betty M., and  
Dorothy!



Betty M.'s  
first  
Bingo  
win!



Kick that Ball  
is always fun  
-Quincy &  
Joyce



# Thanksgiving Gathering



We are grateful for the support of all the family members. Thank you for coming!

## **Note from the DON, Kristi Burger**

With the upcoming holidays there will be many festivities, gatherings, and food. While all of these things are wonderful many people forget or choose to overlook their diet for these annual events. A large number of your traditional foods have a surplus of sodium causing fluid retention. Fluid retention most commonly is noticed in feet and ankles. For some people that fluid is stored in your midsection. In return this stored fluid can cause major health concerns including edema, Hypertension, and heart failure. The ADA recommendation of maximum daily sodium intake is 2300mg daily. A one ounce portion of stuffing has 398 mg of sodium on its own.

- Tips for reducing fluid retention:
- Drink plenty of water
  - Try preparing food with low sodium ingredients
  - If you already have heart failure measure daily at the same time
  - Do not add table salt to food

I would also like to take this opportunity to remind everyone that it is against state regulations for residents to have any medications in their apartments. This does include any over the counter medications or herbal supplements as well. If you have something in your room please give to a care friend and I will get an order from physician so we are following regulations. Also any medication changes have to have a prescription signed by physician. Unfortunately I can no longer call and get a verbal authorization for changes or additions. This does take time for some physicians to respond to my requests. Thank you for helping me with this important matter.



At Arbor House Assisted Living Waco, our personalized services are designed for those who desire the finer things in life. Since we believe life improves with age, we have created special services and carefree environment that promotes independence and dignity without all of the concerns associated with maintaining a home. The array of fine services we offer reflect our goal of enhancing quality of life for our residents. Most importantly, our services are delivered with respect and sensitivity. We understand that individual needs vary, so our personalized services are tailored to meet the specific needs of each resident. Whether it be a hobby, exercise, or leisure, we offer our residents the opportunity to pursue individual desires. Arbor House offers a choice of private suites designed to meet diverse needs and tastes. Our spacious and inviting accommodations await and welcome the personal touches and cherished collectibles that truly make a house a home. Our residents enjoy the outdoors in our beautifully appointed courtyards. All the best in life in the company of good friends, the indulgence of gracious amenities, and the security of caring, personalized services await you at Arbor House. We invite you to become a part of our special residence dedicated to providing you with the best in life.



*Giving New Meaning To Life*

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