



Arbor House

Assisted Living & Independent Living

Marble Falls

January 2019

Meet Your Arbor House Team

Rhonda Tedford

Rhonda@arborhouseliving.com
Executive Director

Christie Denton LVN

cdenton@arborhouseliving.com
Director of Nursing

Kimberly McDonald

kim@arborhouseliving.com
Resident Services Coordinator

April Caropepe

April@arborhouseliving.com
Engagement Coordinator

Jessica Robbins

Jessica@arborhouseliving.com
Community Liaison

Brian Stewart

Executive Chef

Anthony Perez

Director of Maintenance

Arbor House of Marble Falls

1801 King Road

Marble Falls, Texas 78654

830.613.3260

www.arborhouseliving.com

License # 105513

WHAT'S HAPPENING...

Happy New Year everyone! Let us all take a moment to catch our breath after all of the whirlwind activities in the holiday season as we look forward to the fresh start of a new year. A big heart felt "Thank You" to each and everyone who helped to make this a wonderful and joyful holiday season at Arbor House! Our month was slam full of Christmas music, performances, entertainment and spirit thanks to all of the thoughtful groups and individuals that volunteered their time and talents to brighten our days!

Our Christmas dinner went beautifully! Thank you to everyone for coming, and thank you to all of our care friends who helped to make it all a success!

We will be enjoying lots of games, crafts, socials and staying warm with indoor activities for January as we look forward to the fresh start of the new year. As always, everyone keep warm, stay safe and have a happy new year!

Life is in motion here at Arbor House! Here are a couple of great pictures of Barbara and one of our awesome entertainers, Luke Holmquist, dancing at our monthly birthday party. Your never too old to enjoy a good spin on the dance floor!



Life in Motion

Pictures with Santa



Joe



Mary



Ivonne



Bertha



Lucille



Pat & David



Ray



Barbara & Ellie



Claudia

Monthly Tidbits

"January, the first month of the year, A perfect time to start all over again, Changing energies and deserting old moods, New beginnings, new attitudes." ~ Charmaine J. Forde

Birthstone —Garnet



The birthstone for the month of January is the garnet. It's also the gem that denotes the second wedding anniversary. The name *garnet* comes from the Latin word *granatum* (which means "pomegranate"), since the stone resembles the color and form of this fruit. Garnets actually come in a variety of colors, including green, clear and even black. Green garnets are very rare and thus are the most highly prized. Use any color of this stone in January to celebrate your favorite January birth or anniversary.

Flower — Carnation



This month's flower is as rich in history and significance as it is diverse—and with around 300 species, that's saying something! Their genus, *Dianthus*, means "flower of the gods," which explains why they were a favorite among the early Romans, who made them into celebratory wreaths. According to some sources, these pretty petals first grew from the patches of earth where Mary's tears fell after Christ's crucifixion. Because of this, carnations have come to represent a mother's love. Interestingly, carnations were used in the first Mother's Day celebration in 1908.



The bird of the month is the Great Horned Owl. A deep distinct call (hoo, h'HOO, hoo, hoo) earned great horned owls the nickname "hoot owl." These muscular, nocturnal owls live in monogamous pairs, using this code of hoots to locate each other. Their piercing yellow eyes adapt to low light, and a unique auditory ability endows them with superb hunting skills. These owls can detect the milliseconds it takes a sound to travel from one ear to the other. They turn their heads until the sound enters both ears simultaneously. At that point, they can home in on the exact location of prey, usually rodents, but occasionally skunk, porcupine, or other raptures. They are also wonderfully adaptable, living in every US state.

What's Lucky in January?

Lucky Colors— Blue

Lucky Number—7

Lucky Letter—J

Lucky Plant—Ivy

Lucky Day—Saturday

Special Days in January

New Year's Day.....1-1

Epiphany.....1-6

Orthodox New Year.....1-14

Martin Luther King Day.....1-21

Australia Day.....1-28

January Zodiacs

Capricorn (The SeaGoat)

January 1-19

*Aquarius
(The WaterBearer)*

January 20-31



Life in Motion

Pictures with Santa



Virginia



Mary



Jackie



Charlene



Polly



Vanessa



Dottie & Friend



Fred H.



Fred D.

Under the Shade Tree

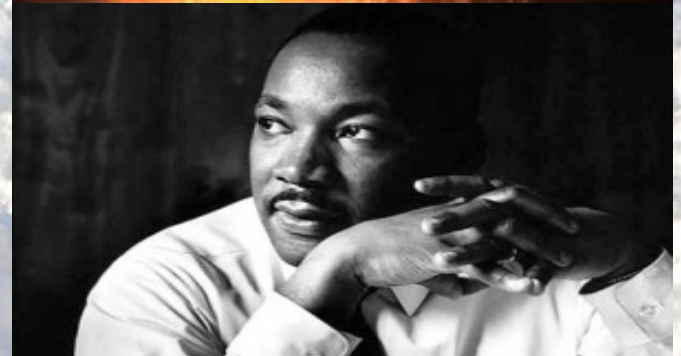
Special Thanks To

*The Arena of Peace Cowboy Church
St. Peter's Lutheran Church
First Baptist Church of Marble Falls
First United Methodist Church
Sharon Chin ~ Volunteering & Donations
George Winfield ~ Entertainment
Luke Thomas Holmquist ~ Entertainment
Bluebonnet Chorale ~ Entertainment
The Morgan Carolers ~ Christmas Carols
The Abundant Heart Choir ~ Music
The Trilogy Clarinets ~ Music
Chuck Myres ~ Santa Clause Visit
The Kennedy Family ~ Lap Blanket Gifts
Hill Country Wind Ensemble ~ Music
All of our Care Friends*

January Birthdays

Nina B.....1-20

★ **HAPPY** ★
BIRTHDAY!



Arbor House Assisted Living, provides a beautiful home for you in a friendly, secure and supportive environment. Your privacy, dignity, and independence will be respected and promoted by a warm and caring staff. Your sunlit home includes a flowering courtyard, movie theater, and coffee shop where neighbors share friendships and good times.

Residents enjoy the comfort of being catered to with services such as three delicious meals each day served restaurant style, weekly laundry and housekeeping, planned group activities, and assistance as needed with personal care such as bathing, dressing, grooming and walking.

Arbor House also has a dedicated community for residents with memory care needs. Our Evergreen community has been designed based on the most common and relevant studies and is dedicated to creating an environment that promotes independence and dignity for those managing dementia-causing diseases such as Alzheimer's. For example, we use orange dinning ware, which studies tells us improves appetite. In addition, a persons ability to visually process the food on the plate can be affected by the journey of the disease, and this contrast can make eating easier and reduce mealtime stress.

For people managing dementia a structured and purpose-filled day reduces stress and "sun downing". Our engagement program "Life in Motion", offers a consistent routine to increase independence and to provide our residents joy, purpose, and connection.

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