

Your Return Address
Street Number and Name
City, State ZIP Code

Postage
Information

Life In Motion

Arbor House Assisted living & Memory Care 1501 W. Campbell RD. Garland Texas 75044 972.530.4182

Your Mailing Address
Street Number and Name
City, State ZIP Code



What is luck anyway?

Luck, Positivity, ST. Patrick Day

The legend of St. Patrick is celebrated every year on March 17. Images of four-leafed clovers, leprechauns, and pots of gold decorate festive gathering places as revelers wish the “luck of the Irish” to one another. But do you really have to be Irish to be lucky?

According to a video hosted by You Tube channel, its ok to be smart. Psychologist Richard Wiseman has researched hundreds of people who call themselves lucky and found that there are four principles of luck:

1. Lucky people maximize chance opportunities by generally being relaxed and open to opportunities.
2. Lucky people make decisions based on their intuition, or gut feelings.
3. Lucky people’s attitudes transform bad luck into good luck because of the way they perceive events.
4. Lucky people expect good things to happen.

Sounds pretty good, don’t you think? By relaxing more, listening to our inner wisdom, and having a positive attitude, we might find ourselves to be even luckier lads and lasses.

And, in honor of St. Patrick’s Day, here’s an Irish blessing just for you:

May your pockets be heavy
And your heart be light,
May good luck pursue you
Each morning and night.



Arbor House Team Leadership

Sharnice Taylor
Executive Director

sharnice@arborhouseliving.com

Andrea Sutton
Lead Nurse

asutton@arborhouseliving.com

Lauren Saxon
Marketing Director

lauren@arborhouseliving.com

Bob Tanner
Maintenance Manager

bob@arborhouseliving.com

Nelida Antram
Engagement Director

nelida@arborhouseliving.com

Gloria Valencia
Dietary Manager
garlandchef@arborhouseliving.com

Natalie Quintero
Executive Assistant
natq@arborhouseliving.com



Shopping at Hobby Lobby: 13th

Picnic Lunch: Thursday the 21st
(Weather permit)

Silver Derby: Thursday the 28th

Weekly Events

Pathway Music 4th & 18

Shopping: Wednesdays

Arborwood Movies: Fridays

Lunch Bunch: Fridays

Happy / Social Hour: Thursdays

At Arbor House Assisted Living and Memory Care of Garland our mission is to give new meaning to life to seniors by providing high-quality service in a comfortable, secure environment given with a spirit promoting dignity and respect.

When you choose our Assisted Living, you will see that it is all about personal freedom and choices. Residents choose more than just an apartment, they choose to live in a carefree, comfortable home all while maintaining their dignity and independence.

If Arbor Gardens, our memory care community, is more of a fit for your family you will see that we specialize in caring for our residents who are walking the journey of dementia causing diseases, such as Alzheimer’s. We are committed to supporting both the person with the diagnoses and those affected by it.

When it comes to choosing senior living for yourself or your loved one we understand there are many choices which can make it difficult. At Arbor House, our residents all receive 24-hour support and caring tailored to meet their individual needs.

Sincerely, Sharnice Taylor

Executive Director License #146656



Ah, the Golden Years!

A row of bottles on my shelf

Caused me to analyze myself.

One yellow pill I must pop

Goes to my heart so it won't stop.

A little white one that I take

Goes to my hands so they won't shake.

The blue ones that I use a lot

Tell me I'm happy when I'm not.

The purple pill goes to my brain

And tells me that I have no pain.

The capsules tell me not to wheeze

Or cough or choke or even sneeze.

The red ones, smallest of them all

Go to my blood so I won't fall.

The orange ones, very big and bright

Prevent my leg cramps in the night.

Such an array of brilliant pills

Helping to cure all kinds of ills.

But what I'd really like to know,

Is what telling each one where to go!

IMPORTANT ANNOUNCEMENT

Family Night coming soon.



**Buist
Tomey**



Happy Birthday

Suzanne 3/14

Billie 3/28

Jere 3/29

Life in Motion

Looming for the community:



We are making hats for the children of our communities: Hospital, Shelters, Join us every Tuesday at 1:30.

Our Sharing Corner

School Satire: by Colleen

I have kept a record of some of the clever sayings that students have uttered during my 30 years of teaching. Here are a few of them.

Enjoy!

When I was teaching second grade, we were using adjectives ("describing words" as we called them). The children were to write a story describing the way our room looked. John raised his hand and asked, "Mrs. Agee, how do you spell 'dusty'?"

One day we were talking about preserving food and we talked about canning and freezing. Brad said, "Mom don't can. She just jars".

Jimmy told a real fish tale:" A man caught a fish 30 feet long, and it weighed 6 inches."

We were reading The Weekly Reader in school, and Tommy said "Mrs. Agee, we forgot to read the contraption." (caption)



I weigh nothing, but you can still see me. If you put me in a bucket, I make the bucket lighter. What am I.