



Arbor House

Assisted Living & Independent Living

Marble Falls

May 2019

Meet Your Arbor House Team

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Arbor House of Marble Falls

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License # 105513

WHAT'S HAPPENING...

Hello May! Time sure seems to be flying by with all the beautiful weather we have been having. The courtyard is exploding with colorful flower blooms! The residents have been doing a fantastic job of fertilizing and planting flowers. You can really see the difference when you look out into the courtyard.

We will be having our quarterly Arbor House Sale on Thursday May 23rd starting at 3:00pm. We will have some really great stuff for sale so gather up all of your hard earned Arbor Bucks and get ready to spend it!

Everyone be safe, enjoy the lovely weather while we have it and have a happy Mother's Day, Armed Forces Day and Memorial Day!

Everyone loves to play BINGO! We always have a full house for BINGO!



Life in Motion



Left : Bluebonnet Chorale came to perform their spring show for us.

Below Left : Even the gentlemen like to help with spring flower arrangements for the tables.

Below Right : The Wildflower Road Trip and Pic-Nic was absolutely beautiful. We enjoyed our lunch next to the Llano river.



Left : Our monthly birthday parties are always a lot of fun.

Below Left : Cooking and making snacks are a great way to learn cooking tips and tricks from our friends.

Below Right : Color Your World is very relaxing and creative; it also helps us build and maintain our fine motor skills.



Monthly Tidbits

Did You Know?

The term mayday is often used as a distress signal for sinking ships and crashing planes. But what does May Day, the celebration on the first day of the month, have to do with the distress call? Actually, the distress term is a mispronunciation of the French phrase m'aider, which simply means "Come help me!"

Birthstone — Emerald

Emeralds have long been a favorite of royalty; Cleopatra favored them and had them mined extensively in Egypt during her reign. Shah Jahan, builder of the Taj Mahal, wore an emerald talisman inscribed with holy text for luck and protection. Emeralds can grow very large, and large ones have been found in recent years at Kagem, the world's largest emerald mine, in Zambia. A 5,655-carat emerald was unearthed there on October 2, 2018. The Kagem emeralds are believed to have formed more than 450 million years ago, which may be one of the reasons for their large size.



Flower — Lily of the Valley

The lily of the valley is a very fragrant plant and is highly prized for making perfume. Lily of the valley water was once considered so precious that it was kept in gold or silver containers. In folklore, it is believed that the scent of this flower in the spring air is the signal for nightingales to begin their seasonal singing and choose a mate. In the language of flowers, the lily of the valley means sweetness, humility, and perfect purity. It also signifies the return of happiness.



May is the fifth month of the year. There are several theories about how May got its name. The most widely accepted explanation is that it was named for Maia, the Roman goddess of spring and growth. The Roman poet Ovid, however, provides a second etymology in which he says that the month of May is named for the maiores, Latin for "elders" or "ancestors," who were celebrated during this month.

What's Lucky in May?

Lucky Color— Lavender

Lucky Number—5

Lucky Letters—M

Lucky Plant—Lily

Lucky Day—Wednesday

Special Days in May

May Day.....5/1

Cinco De Mayo.....5/5

Mother's Day.....5/12

Armed Forces Day.....5/18

Memorial Day.....5/27

May Zodiacs

Taurus (The Bull)

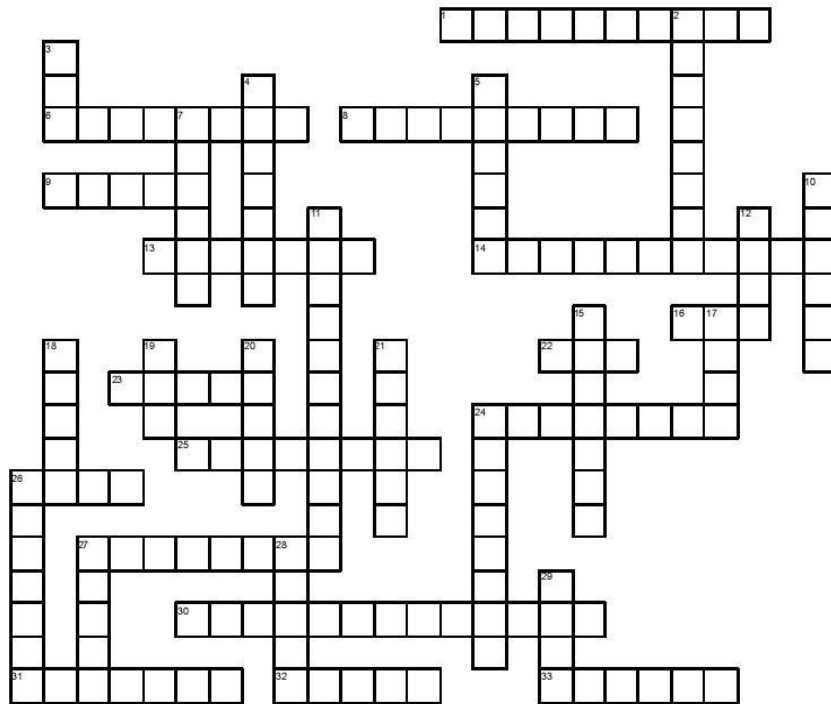
May 1-20

Gemini (The Twins)

May 21-31



Memorial Day Challenge



ACROSS

- 1 Position of the flag when it is flown midway up the pole. (Includes hyphen.)
- 6 The opposite of forget.
- 8 Inspired by love for one's country.
- 9 A name given to the Northern army during the Civil War.
- 13 People march in them.
- 14 A name give to the Southern army during the Civil War.
- 16 Memorial Day is celebrated in this month.
- 22 Missing in action.
- 23 To show respect for.
- 24 A place filled with many graves.
- 25 Memorial Day began as a tribute to soldiers killed in this conflict. (Two words.)
- 26 America's has 13 stripes and 50 stars.
- 27 Someone injured or killed in military action.
- 30 Memorial Day was originally known by this name. (Two words.)
- 31 A person who defends his or her country.
- 32 A flower associates with Memorial Day.
- 33 Memorial Day is considered the start of this vacation season.

DOWN

- 2 Soldiers trained to engage in aerial missions. (Two words.)
- 3 The opposite of peace.
- 4 One who has served in the military.
- 5 A meal eaten outside.
- 7 Memorial Day is celebrated on this day of the week.
- 10 A public discourse.
- 11 A day for remembering those who have died in service to their country. (Two words.)
- 12 Soldiers trained to fight primarily at sea.
- 15 The state of being free.
- 17 Soldiers trained to fight primarily on land.
- 18 Awarded for specific acts of courage or service.
- 19 Prisoner of war.
- 20 Where someone is buried.
- 21 A ring of flowers.
- 24 A public gathering held to observe a special occasion.
- 26 Often placed on graves.
- 27 Memorial Day began after the _____ War.
- 28 A group of soldiers.
- 29 A bugle plays this at the end of the day.

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

Luke Thomas Holmquist ~ Entertainment

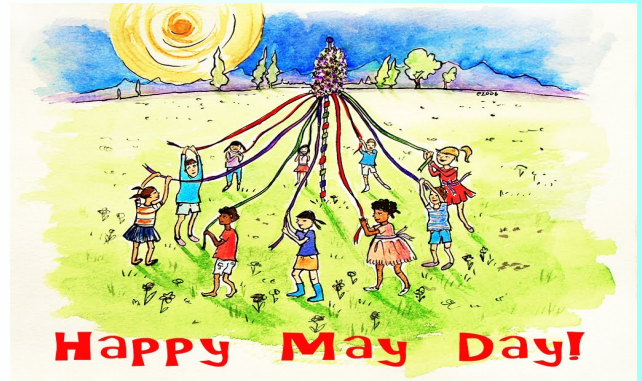
Spicewood Elementary Children's Choir

All of our Care Friends

May Birthdays

Peggy A.....5/9

Charlene A.....5/28



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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