



Hello  
Jane

# Arbor House

Assisted Living & Independent Living

Marble Falls

June 2019

## Meet Your Arbor House Team

### **Rhonda Tedford**

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Executive Director

### **Christie Denton LVN**

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Director of Nursing

### **Kimberly McDonald**

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Resident Services Coordinator

### **April Caropepe**

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Engagement Coordinator

### **Jessica Robbins**

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Community Liaison

### **Janell Hopper**

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Evergreen Engagement Coordinator

### **Brian Stewart**

Executive Chef

### **Anthony Perez**

Director of Maintenance

## Arbor House of Marble Falls

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www.arborhouseliving.com

License # 105513

## WHAT'S HAPPENING...

Summer is officially here this month! It's that time of year again where we start looking for things to do and keep us busy indoors so that we can escape the Texas heat. This month you will find us in the air conditioning playing games, making snow cones & ice cream treats, crafting, creating art and watching movies in our newly renovated and open movie theater. We are super excited to be able to watch movies in our theater again! Friends and family are always welcome to join us.

Father's Day is on Sunday June 16, don't forget to give thanks to all of the special father figures in your life!

Be safe, stay cool, enjoy the beginning of your summer and Happy Father's Day!

The Arbor House Movie Theater is finally back in business after repairs from last October's flood damage. We're so happy to be able to enjoy our movie theater again. We had a nice crowd fill in for our opening matinee movie.



# Life in Motion



**Top Left & Right : Themed socials are a favorite way to get together with our neighbors and have a little fun.**

**Middle Left & Right : Crafts and art projects are a great way to do something constructive with our time. Sometimes our projects require team work (middle right.) It feels nice to be able to help a friend.**



**Bottom Left & Right : The Spicewood Elementary Children's Choir came to sing for us and visit. What a treat! They were a fantastic group of kids! We enjoyed their visit very much.**





# Monthly Tidbits

## In the Good Ol' Days of June

In 1919 (100 years ago), the average annual income was \$1,125. The average cost of a new house was \$5,626. A loaf of bread was 10¢, and a gallon of milk was 62¢. You could purchase one dozen eggs for 38¢. Stamps were 3¢ each. A car cost \$355, and gas was 25¢ per gallon. According to the Consumer Price Index Calculator, \$1 in 1919 is equivalent to \$14.89 today.

### Birthstone — Pearl

Pearls are finely polished beauties that come in various shapes and sizes. Traditionally, pearls are white or ivory, but they can also be found in pinks, purples, blacks, and golds. The pearl is very different from other birthstones, because it is not really a stone at all. Pearls are created by mollusks, such as clams or oysters. When a grain of sand finds its way inside the mollusk's shell, the mollusk seals off the irritant by coating it with nacre, or mother of pearl. After many coatings, it becomes rounded, and a pearl is born.



### Flower — Rose

The rose, the flower for the month of June, represents beauty and perfection. Its name comes from the Latin word rose, which means “red.” It's one of the earliest flowers known to man. In fact, Nebuchadnezzar, the king of Babylonia around 560 BC, used roses to decorate his home. In modern floral tradition, red symbolizes love. White symbolizes innocence, dark pink reflects gratitude, yellow is the rose for friendship, and peach represents appreciation, sincerity, and the timely closing of a deal.



**June** is the sixth month of the year in the Julian and Gregorian calendars. June is the month with the longest daylight hours of the year in the northern hemisphere and the shortest daylight hours of the year in the southern hemisphere. Some say June is named for the Latin word iuniores, meaning “youths,” but the name could also have come from the Greek goddess of marriage, Juno. For this reason, some couples think getting married in June will bring them good luck.

### What's Lucky in June?

*Lucky Color— Teal*

*Lucky Number—3*

*Lucky Letters—J & U*

*Lucky Bird —Dove*

*Lucky Day—Friday*

### Special Days in June

Shavuot (Begins at sundown)  
June 8

Flag Day (U.S.) June 14

Father's Day June 16

Full Moon (Strawberry Moon)  
June 17

Summer begins in the Northern Hemisphere June 21 11:54 a.m.  
EDT

### June Zodiacs

Gemini (The Twins)  
June 1-20

Cancer (The Crab)  
June 21-30



# VACATION!:)

Fill in the crossword and find the hidden words.



3



1



5



9



12



14



17



22



19



16



13



24



20



18

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25

?



6

2



7



4



11



10



15



21



23



25



# 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  
All of our Care Friends*

## *June Birthdays*

*David S.....6-11*

*Joe P.....6-16*

*Lucille C.....6-20*

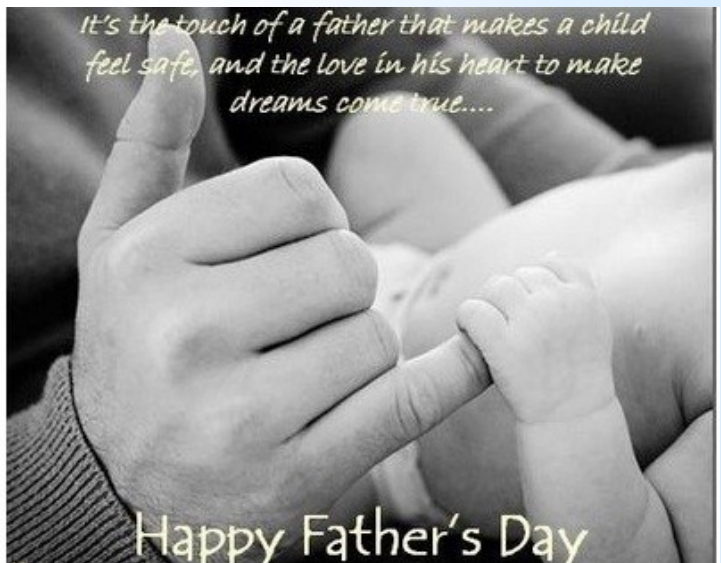
*Tommie H.....6-20*

*Barbara H.....6-30*



*Happy  
Father's  
Day*

*Sunday June 16*



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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