



Hello September

Arbor House

Assisted Living & Independent Living

Marble Falls

September 2019

Meet Your Arbor House Team

Rhonda Tedford

Rhonda@arborhouseliving.com
Executive Director

Christie Denton LVN

cdenton@arborhouseliving.com
Director of Nursing

Stephanie Prince

sprince@arborhouseliving.com
Resident Services Coordinator

April Caropepe

April@arborhouseliving.com
Engagement Coordinator

Jessica Robbins

Jessica@arborhouseliving.com
Community Liaison

Janell Hopper

Janell@arborhouseliving.com
Evergreen Engagement Coordinator

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...

Hello September! This month opens the starting gates for the holiday season for all of us here at Arbor House. We are starting to prepare for our annual Halloween carnival on Wednesday October 30th, 2019 in our AL courtyard (weather permitting.) We are in need of volunteers to help decorate the court yard the day of the carnival and people to work the game booths. We are also in need of candy donations for our Trick or Treaters. If you are interested in helping with the carnival, please contact our engagement coordinator April Caropepe. Any candy donations can be left with the receptionist at the front desk or in the candy donation box located in the front lobby. Our carnival is free and open to the community and will take place on Wednesday October 30th 2019 starting at 6:00pm and ending around 7:30pm (weather permitting.) So put on your costumes and bring the kids and come enjoy an evening full of fun, games and candy with us!

Have a wonderful and safe Labor Day and Grandparent's Day and we will see you in next months newsletter!

Ms. Tommie and Care Friend Yvette sure know how to cut a rug! Dancing at the monthly birthday party is so much fun!



Life in Motion



Top Left: Here Nina & Ruth are working hard on their Rain Sticks in crafts.

Top Right: Mary is concentrating on putting just the right finishing touches on her rain stick.

Middle Left: Ruth is starting to decorate her beautiful rain stick.



Middle Right: Beverly & Nina are hard at work decorating their beautiful Rain Sticks. They turned out great and made such a soothing rain sound.

Bottom Left & Right: Clara & Dottie are a fine example of how team work works during cooking.



Monthly Tidbits

*“As Summer into Autumn slips,
And yet we sooner say ‘The Summer’ than ‘the Autumn,’
lest we turn the sun away.” ~ Emily Dickinson*

Birthstone — Sapphire

The cool blue sapphire is made of corundum, and when it is red it is called a ruby. The most expensive sapphires are mined in Kashmir and Myanmar, but they are also found in Australia, Africa and India. Sapphires are very hard and durable. Perhaps that is why they are associated with truth and fidelity. In ancient times, it was believed that if the wearer was unfaithful, the stone would not shine. Sapphires are reputed to have healing powers that helped with eye and ear problems, bleeding and information.



Flower — Aster

September's flower is the late blooming aster, considered the afterthought of the Roman goddess Flora because it blooms later in the season than most flowers. These mid to late-summer blooms get their name from *aster*, the Greek word for “star.” The aster comes in a variety of colors—including pink, purple, lavender, blue and red—usually with a yellow center but sometimes centered in black. It's a perennial, blooming year after year following a first year of dormancy. So, in the language of flowers, the aster has come to symbolize daintiness, love, and patience.



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In the Good Ol' Days of September

In September 1944 (75 years ago), the average annual salary was \$2,600. Minimum wage was 30¢ per hour. The average cost of a new house was \$8,600. A Hershey's chocolate bar was 5¢, a loaf of bread was 9¢, and postage stamps were 3¢ each. A car cost \$1,220. Gasoline was 23¢ a gallon—even cheaper than

What's Lucky in September?

Lucky Color—Gold

Lucky Number—4

Lucky Flower—Aster

Lucky Letter—A

Lucky Day—Thursday

Special Days in September

Labor Day.....9-2

Grandparent's Day.....9-8

Patriot Day.....9-11

Oktoberfest Begins.....9-21

Autumnal Equinox....9-23

September Zodiacs

Virgo (The Virgin)

September 1-22

Libra (The Scales)

September 23-30



10 ways to celebrate

Grandparents Day



1. Give a handwritten letter or card
2. Spend quality time and listen to their stories
3. Clean their home/make repairs
4. Go through old photos or make a slideshow
5. Hold their hand
6. Pack a picnic or take them to dinner in their hometown
7. Create a playlist with songs from their generation
8. Read to them
9. Take over a movie and watch it together
10. Do a puzzle



PARKVIEW

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

Texas Home Health~ Volunteering & Donations

Encompass Home Health~ Volunteering & Donations

Highland Lakes Art Guild ~ Volunteering & Donations

All of our Care Friends

September Birthdays

Otto G.....9/4

Catherine F.....9/19

Claude E.....9/22



*To all of the
Grandparents
today ... we are
truly blessed ...
today and
everyday !!*




ARBOR HOUSE'S ANNUAL HALLOWEEN CARNIVAL WILL BE HELD ON WEDNESDAY OCTOBER 30TH, 2019 FROM 6:00PM TO 7:30PM (WEATHER PERMITTING.) PUT ON YOUR COSTUMES AND BRING YOUR FAMILY AND FRIENDS FOR AN EVENING FULL OF FUN, GAMES AND TRICK OR TREATING!



Candy Donations Needed!

We are in need of candy donations for our annual Arbor House Halloween carnival and Trick or Treaters. If you are able to donate, please drop off your donations at the front desk or in the donation box located in the front lobby. Thank you for all your help!





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.

Arbor House of Marble Falls
1801 King Rd
Marble Falls, Tx 78654
Main:820-613-3062
Fax: 830-613-3263
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