



## Assisted Living Waco, Texas December 2019

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#### Arbor House of Waco

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License # 106574

### Arbor House Happenings



Meet Buck & Mary B. They represented Arbor House at The Senior Pageant of Waco held at Central United Methodist Church. They competed with other facilities in town. Buck, won the Senior King, and Mary B., was a runner-up. Both were very proud to be part of this event sponsored by Texas Home Health & Hospice.

Our first Trick or Treat was a huge success! Thank you to everyone that came and supported us. We had a great turn out from Home School Kids of Waco and Joy's School of Dance. The children's smiles brought so much joy to our residents!

We are grateful and blessed to all the families and friends who celebrated with us last month during our Thanksgiving Dinner. We hope you all had a wonderful Thanksgiving!

Christmas is almost upon us. Arbor House is ready to kick off the holiday season!!!

Everyone is welcome to come and have fun with us on December 11th at 4 pm for our Christmas Party Happy Hour. Please RSVP on or before December 9th.

It has been an amazing year. To our residents and family members, thank you for your continued support throughout the year. To our volunteers, we are filled with gratitude for helping us *GIVE MEANING TO LIFE* to our wonderful residents.

We wish you all a very happy and peaceful Christmas and hope that 2020 will bring all the happiness and rewards that it possibly can to each of you.

## Just Treats, No Tricks



### NOTE FROM CHEF JENN

I have been fortunate in my life to have enjoyed many traditions and celebrations especially during Christmas.

Growing up in a small cow town, the Christmas season was mostly about going to my grandparents' house and playing with all the cousins. My Grandma would cook for days in preparation of our visit and there would always be more food than anyone could ever eat. I don't remember a lot of presents. I still can't help myself but to cook enough food to feed anyone that feels like sitting at my table, just as grandma taught me all those years ago. Looking back now on this time, I wish I would have spent more time just visiting and listening to all their stories. It is amazing to think back on this time and reflect on how much time we spent together, I never really got the meaning of Christmas and family until now. I have been blessed with a family of residents that love to tell me their stories and adventures. I feel humbled by all the love and care that flows from our wonderful residents and their amazing families. I am so ecstatic to get to finish out a wonderful year with such a large family of love and guidance. My hope for each resident and our staff members is that you take some time this holiday season to say thanks and express your gratitude to your family and each other.

### Engagement Wish List

If you have any of the following items laying around the house not being utilized, we can use them here at Arbor House! Any donations are greatly appreciated.

\*Board Games \*Scrap Book Papers \*DVD's  
\*Any Crafting Materials \*Ribbons



## October Birthday Party with Elvis Impersonator!



Happy  
Birthday,  
Gary,  
Eleanor,  
Ira,  
And  
Mary P.  
May God  
bless you,  
grant you  
more years,  
and  
happiness  
for all the  
coming  
days.



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Our retired Veterans,  
Jim R., Ira, Randy, Buck, Dowell, and Jim K.,  
enjoyed our Veterans day Celebration!  
Thank you for your service!



Our first Spin the  
Wheel game was a  
hit! Dowell  
Enjoyed playing  
with us.



Thank you ladies, for  
helping us with our  
Trick or Treat!

Juanita enjoyed playing  
Hedbanz game while having  
some free fresh smoothies  
from Edible Arrangements.



### **Note from the DON, Kristi Burger**

With the upcoming holidays there will be many festivities, gatherings, and food. While all of these things are wonderful, many people forget or choose to overlook their diet for these annual events. A large number of your traditional foods have a surplus of sodium causing fluid retention. Fluid retention most commonly is noticed in feet and ankles. For some people that fluid is stored in your midsection. In return this stored fluid can cause major health concerns including edema, Hypertension, and heart failure. The ADA recommendation of maximum daily sodium intake is 2300mg daily. A one ounce portion of stuffing has 398 mg of sodium on its own.

Tips for reducing fluid retention:

0. Drink plenty of water
0. Do not add table salt to food
0. Try preparing food with low sodium ingredients
0. If you already have heart failure measure daily at the same time.

I would also like to take this opportunity to remind everyone that it is against state regulations for residents to have any medications in their apartments. This does include any over the counter medications or herbal supplements as well. If you have something in your room please give to a care friend and I will get an order from physician so we are following regulations. Also any medication changes have to have a prescription signed by physician. Unfortunately I can no longer call and get a verbal authorization for changes or additions. This does take time for some physicians to respond to my requests. Thank you for helping me with this important matter.



At Arbor House Assisted Living Waco, our personalized services are designed for those who desire the finer things in life. Since we believe life improves with age, we have created special services and carefree environment that promotes independence and dignity without all of the concerns associated with maintaining a home. The array of fine services we offer reflect our goal of enhancing quality of life for our residents. Most importantly, our services are delivered with respect and sensitivity. We understand that individual needs vary, so our personalized services are tailored to meet the

specific needs of each resident. Whether it be a hobby, exercise, or leisure, we offer our residents the opportunity to pursue individual desires. Arbor House offers a choice of private suites designed to meet diverse needs and tastes. Our spacious and inviting accommodations await and welcome the personal touches and cherished collectibles that truly make a house a home. Our residents enjoy the outdoors in our beautifully appointed courtyards. All the best in life in the company of good friends, the indulgence of gracious amenities, and the security of caring, personalized services await you at Arbor House. We invite you to become a part of our special residence dedicated to providing you with the best in life.



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