



# Assisted Living Community Waco, Texas JANUARY 2020

## Your Arbor House Leadership Team

### Carrie Pullin

carrie@arborhouseliving.com  
Executive Director

### Kristi Burger, LVN

kristi@arborhouseliving.com  
Director of Nursing

### Hanna Fischer

hanna@arborhouseliving.com  
Community Relations Director

### Christy Ocampo

cocampo@arborhouseliving.com  
Arbor Gardens and Engagement  
Coordinator

### Lori Davis

lori@arborhouseliving.com  
Resident Services Coordinator

### Jennifer Partridge

jpartridge@arborhouseliving.com  
Dietary Manager

### Hollie Ruger, LVN

hollie@arborhouseliving.com  
Assistant Director of Nursing

### Jena Nagy

waco.admin@arborhouseliving.com  
Executive Assistant

### Rick Bryant

rick@arborhouseliving.com  
Maintenance

### Arbor House of Waco

2418 Marketplace Drive  
Waco, Texas 76711  
Main: 254-294-8672  
Fax: 254-294-8655  
www.arborhouseliving.com



## Arbor Gardens Happenings

**2019 went by fast! All of us from Arbor House would like to wish you a blessed and prosperous 2020! We hope you all had a wonderful holiday season with your families & friends.**



The holidays are a wonderful time for us to spend time with one another and make memories. Our Christmas Dessert Party with our residents & their families was the highlight last month. Thank you, Terry & Jenny Kelly, the son & daughter in-law of our lovely resident Quincy, for being our Mr. & Mrs. Claus at the party.

We are blessed to enjoy each others life stories and the many engagements that we had last year.

This January, we look forward to celebrate the birthdays of Dana & Quincy. Families are welcome to come celebrate with us. Please let us know if you are planning to bring treats for our dear residents. Our daily engagements are getting exciting everyday, from a fun game of bowling to baking yummy treats. Even the simple activities is what Arbor House is all about! It is always a great experience being able to make a difference in the lives of our residents and families.

Thank you all again and we are so blessed & lucky to have supportive family members, volunteers & Staff!

## HAPPY NEW YEAR!!!

*Christy Ocampo*

Arbor Gardens and Engagement Coordinator

# Christmas Gathering



*It's the most wonderful time of the year!*



# LIFE IN MOTION

## Joy's School of Dance



PJ had fun talking with the Home School Kids of Waco.



## Our Care Friends in Action



Thank you Vickie & Suella for helping Ida & Quincy with their Christmas Tree Name Ornaments.



Carol & Dana, enjoying their balloon volleyball with our care friend Chimire!



Bowling 101 with our Engagement Asst. Carla.



Dorothy, showing off her dance moves to our care friend Irene.

## November Birthday Celebration with Elvis Impersonator



**Happy Birthday,  
Nona & Betty Ann**



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

There are so many legal documents that we should have in place as we get older. What do they all mean? Are they all necessary? Can someone change their mind? There are so many questions that go unanswered, and so many times the legal documents that someone has in place doesn't cover every possible scenario. Let's start with power of attorney. In the event that someone can no longer make financial decisions on their own, they would want a durable power of attorney to make those decisions for them. A medical power of attorney is helpful when someone can no longer make medical decisions on their own, either temporarily or long term. They can name multiple people on both forms. In the event these forms are not complete at a time when needed, the court will have to appoint a guardian rather it be family or an agency. The Guardianship path could lead to costly court fees and delayed treatments. A living will lets the hospital know what someone's wishes are for their life if they were unable to make decisions on their own. This is where they state if they want to be on life support & for how long. The power of attorney should use this as a guide while making decisions on someone's behalf. A DNR (do not resuscitate) is for out of the hospital only. If someone passes away in their sleep, do they want chest compressions (CPR) performed in an attempt to save their life? Without a properly signed DNR form CPR will be started & an ambulance will be called. When they arrive, they will continue CPR, insert an artificial airway, and start an IV before going to the hospital. None of these documents alone prevent aggressive or non-aggressive treatment. All of these documents are helpful in maintaining control of decisions to be made regarding one's life. All documents can be changed if the person is of sound mind & a DNR can be revoked at anytime. If you have further questions or concerns, please feel free to contact me!



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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