

# Arbor House News



## Our Staff

Christi Dobbs  
Executive Director

Marki Denton  
Director of Nursing

DeAndra Downer  
Admissions & Marketing Director

Sarah Dixon  
Dietary Supervisor

Shaniece Waggoner  
Engagement Coordinator

Kimberly Appleby  
Wellness Coordinator

Laura Tucker  
Administrative Assistant

Shelley Jones  
RN Consultant



## The Season of Sugar and Spice



December is chock full of holidays celebrating cookies. The first week of December is Cookie Cutter Week. The week of December 16–20 is Cookie Exchange Week. The 4th is Cookie Day, the 12th is Gingerbread House Day, and the 14th is Gingerbread Decorating Day. No wonder December is heralded as “the most wonderful time of the year”! Baking and exchanging sweets have been winter solstice traditions for hundreds of years.

The winter solstice has long been celebrated around the world by many cultures, and food has always been associated with these traditions. It was during the Middle Ages that dessert became an important part of winter solstice feasts. This was due to an influx of new and exotic ingredients, including spices like cinnamon, nutmeg, and black pepper, and sweet fruits like dates and apricots. Wealthy families added these fine new ingredients to their pantries, and their cooks created new and wonderful pastries and cookies. It became a sign of great wealth to send friends and rivals gifts of baked sweets.

One of the oldest and most popular cookies was springerle, the anise-flavored cookie that originated in the German province of Swabia in the 15th century. Anise was prized as a spice and a medicine, often grown in the cloistered gardens of monasteries. Springerle is easily recognized by the elaborate bas-relief pictures pressed into the cookies thanks to detailed molds carved into wood or clay. These cookies were not only delicious, but their pictures told important historical and religious stories. Like anise, ginger was considered both an exotic spice and a medicine. Recipes existed in China as early as the 10th century and finally made it to Europe during the Middle Ages, but it wasn't until the 16th century that the gingerbread house became popular. This was thanks to the Brothers Grimm and their story of Hansel and Gretel discovering a house made entirely of candy. These traditions have endured for centuries because they are so delicious.



### Bingo Wish List

Bingo is an ongoing entertainment at Arbor House—and residents LOVE to play! Every month we host a Bingo Store so that our residents can spend their hard-earned “Arbor Bucks” on a variety of items. If you are a family member and wish to help, below are some items on our wish list:



Kleenex  
 Paper towels  
 Door Stoppers  
 Toilet paper ( 4 pks)  
 Shaving lotion, soaps  
 Air fresheners ( fresh scents)  
 Liquid hand soaps, deodorants,  
 Regular or diet sodas (small bottles or cans)  
 Cookies, Chips, Candy—or candy mixture of mini bars  
 Individual packets of nuts (honey roasted are most popular)



Also, if you would like to donate a service....We will be having an auction where Residents will be able to spend their “Arbor Bucks” on gift baskets. Gift baskets will consist of services like— Tea party, candlelight dinner, pizza party...etc.

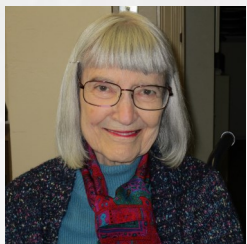
*Thank you!*

A BIG thank you to the families who have donated items for the Bingo Store! We appreciate your support. Your donations make our Bingo store hugely successful!

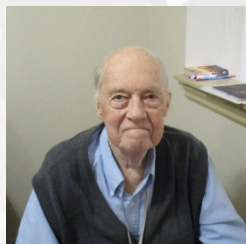




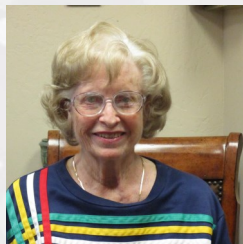
## Meet our New Residents!



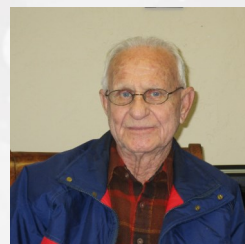
Paula Grove



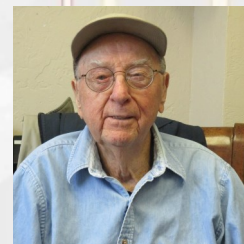
Charles Hooper



Claudette Hooper



Marshall Howard



Earl Taber



## Welcome to Arbor House!



Residents enjoying making Christmas wreaths



# Our Philosophy

*Giving new meaning to Life*

The Arbor House Philosophy is based on the belief that each resident is entitled to the highest quality of life through wellness services that work to promote independence, healthy lifestyles, dignity, and a sense of security.

The right of each resident to determine his/her need is respected at each level of care, and promoted by providing services in ways that recognize individuals needs and preferences.

A partnership exists between residents and staff to promote individual's independence while providing the necessary support to function at his/her highest level.

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Story or article suggestions?

Contact Christi or Email

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@ Arbor House Assisted Living



# HAPPY DECEMBER BIRTHDAY!

## RESIDENTS

12-17 Norma N.  
12-26 Charles H.

## STAFF

12-09 Len N.  
12-10 LaShantee M.  
12-11 Katelyn M.  
12-16 Andrew D.  
12-17 Phillip I.  
12-24 Maria F.

