



Arbor House

Assisted Living & Independent Living

Marble Falls

January 2020

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WHAT'S HAPPENING...

Happy New Year everyone! Our Christmas dinner went beautifully! Thank you to everyone for coming! And thank you to all of our staff who helped make it a success. We would also like to give a big thank you to all of our local volunteer carolers and entertainers for taking the time out of their holiday season to come and share their holiday cheer and talents with us!

This month it will be time for us to all take a break and slow down a bit and catch our breath after the frenzy of the holiday season. We will be staying warm and enjoying lots of games, crafts, movies and socials for January as we all look forward to the fresh start of the new year.

As always, everyone keep warm, stay safe and enjoy your new year!

Everyone bundled up and braved the temporary cold on the bus to go drive around and look at Christmas lights. Johnson City's lights never fail to bring out the child like wonderment in us all, and are well worth the drive. The PEC headquarters are spectacular!



Life in Motion



Left : Here is a look at our monthly birthday party with Luke Holmquist. Everyone looks forward to listening to Luke sing. They really enjoy his show and have a good time with him.

Right : Cooking is one of our favorite activities to do. Here the ladies are hard at work making some Strawberry Swirls (like a cinnamon roll but filled with strawberry preserves and cream cheese icing.)



Left : Here is Kathrine doing the sticky job of rolling up her swirls. This was such a yummy and fairly recipe to make. We had a lot of fun making them.

Monthly Tidbits

"Winter came down to our home one night Quietly pirouetting in on silvery-toed slippers of snow, And we, we were children once again." ~ Bill Morgan Jr

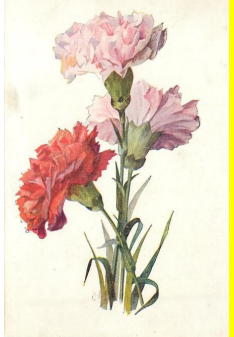
Birthstone — Garnet

The birthstone of January is the garnet. The name comes from the Latin word granatus, which means "seed-like." In the Middle Ages, garnets were carried by travelers to protect them against accidents far from home. In ancient Asia and the American Southwest, garnets were used as bullets because the glowing red color was said to increase the ferocity of a wound. Although garnets are usually thought of as being stones of dark ruby red, they are found in various other colors, including pink, green, and orange.



Flower — Carnation

The carnation's history dates back to ancient Greek and Roman times, when it was used in art and décor. Christians believe that the first carnation bloomed when Mary wept for Jesus as he carried his cross. Carnations in these early times were mostly found in shades of pale pink and peach, but over the years, the color palette has grown to include red, yellow, white, purple, and green. Each color expresses a different sentiment. For example, light red conveys admiration, whereas dark red signifies deep love and affection.



TREE OF THE MONTH – APPLE

Apple trees are easy to grow, but usually need to crosspollinate to produce edible fruit. That's one reason they are often found grouped in orchards. Red delicious had long been the most popular apple in the United States, but they've recently been edged out by galas, with honeycrisps hot on their heels. In Ashland County, Ohio, there is still a gnarled apple tree planted over 170 years ago by John Chapman, a.k.a. Johnny Appleseed. Apple trees rarely live this long, and grafts from the tree have been taken to grow new trees before the tree dies. After the Revolutionary War, settlers could lay claim to a homestead by planting 50 apple trees on the land. Chapman, an orchardist, traveled through Pennsylvania, Ohio, and Illinois planting 50-apple-tree orchards. When the trees were established, he'd sell to settlers. Most of these trees were cut down by the government during Prohibition to prevent hard cider production.



What's Lucky in January?

Lucky Color—Grey

Lucky Number—8

Lucky Animal—Rat

Lucky Letter—J

Lucky Day—Saturday

Special Days in January

New Year's Day January 1

Epiphany January 6

*Martin Luther King Jr. Day
January 20*

*Chinese New Year (Year of the Rat)
January 25*

Australia Day January 26

January Zodiacs

*Capricorn (The Sea Goat)
January 1-19*

*Aquarius (The Water Bearer)
January 20-31*



New Year's Resolutions for Seniors

The new year is here and along with it come our yearly resolutions. A lot of you will be reflecting on your life as a whole. Are you happy with your health? Are you spending enough time with your grandchildren? Do you do enough to give back to your community? Now is the perfect opportunity for a fresh start.

In 2020, set a goal that focuses on bettering your overall health, both physically and mentally. It's easy to let a resolution get brushed under the rug, but it'll be a priority if it's something you're truly passionate about changing. Here are a few New Year's resolutions we suggest considering:

1. Exercise for 10 minutes every day

Staying physically active is key to healthy aging. That doesn't mean you have to spend all of your free time exercising, but you should certainly dedicate a portion of your day to fitness. If you're just getting started, Harvard Health Publications recommended committing 10 minutes of your day to exercise, with a gradual increase as it becomes a habit. Eventually, you should be able to dedicate the recommended amount of 150 minutes of aerobic activity per week.

2. Explore new volunteer opportunities

Volunteering is a great way to give back to the community, but it also benefits your own health. According to HelpGuide, it provides a sense of accomplishment, increases self confidence and brings fulfillment to life. It also connects you with like-minded individuals, which is great for your mental well-being. This year, find an organization to get involved with to help your neighborhood and reap the health benefits.

3. Revive an old friendship

It's not always easy remaining close to friends who don't live right down the street. But there are dozens of resources you can use to rekindle old friendships. Make a telephone call, send an email or reach out to one of your childhood buddies via Facebook or another social media platform. Make it your goal to keep in touch and possibly schedule a get-together in the near future.

4. Spend more time with the grandkids

Most older adults can agree that there is nothing quite as special as spending time with the grandchildren. But you shouldn't only meet up for special occasions. Staying connected with your grandkids on a regular basis will strengthen the bond between you and keep the entire family closer together. This year, consider gathering with your loved ones every other week to catch up.

5. Make healthier dessert decisions

It's easy to reach for that sugary treat after dinner. But consuming those not-so-healthy choices every night may eventually lead to weight gain, high blood pressure and other chronic issues, according to Blood Pressure UK. Make 2020 your year to fall off the path that leads to unhealthy desserts and jump on one that drives you to make smarter choices. Fruits and dark chocolate make excellent natural alternatives if you need to satisfy a sweet craving.

6. Revisit an old pastime

When was the last time you spent time enjoying that favorite hobby of yours? At some point in the new year, consider breaking out the old needle and yarn, fishing rod, or bottle cap collection you used to be so passionate about. You may even consider introducing it to your grandchild so you have something new to bond over!

7. Challenge your brain regularly

You know that physical activity is important, but giving your brain a "workout" is just as crucial. We can all help our brains change in a more positive way by engaging in new learning that requires some additional effort. Challenging your brain regularly keeps your cognitive skills sharp and reduces your chance of experiencing memory loss. This year, make time to play games that'll force your mind to work in overdrive.

If you are accustomed to doing crossword puzzles to keep your brain active, be sure to increase the level of difficulty to challenge your brain to work even harder, which will promote plasticity. Or, consider learning a new language, as that is a great way to improve brain plasticity.

8. Be conscious about your overall health

Your body is always changing, so make it a priority to keep up with your health. Visit the doctor annually, if not more, to be proactive about your overall well-being. And take the advice and guidance he or she gives during your visit. These tips will help you have a happy and healthy year.

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

Jane Corley ~ Volunteering & Donations

Luke Thomas Holmquist ~ Entertainment

Texas Home Health~ Volunteering & Donations

Encompass Home Health~ Volunteering & Donations

Littlest Big Band ~ Entertainment

All of our Care Friends



Nina B.....1/20



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 dining ware, which studies tells us improves appetite. In addition, a person's 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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