



# Arbor House

Assisted Living & Independent Living

Marble Falls TX

September 2020

## Meet Your Arbor House Team

**Rhonda Tedford**

Rhonda@arborhouseliving.com  
Executive Director

**Leasha Holmes**

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Director of Nursing

**Kim McDonald**

Resident Service Coordinator

**Janell Hopper**

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Engagement Coordinator

**Jessica Robbins**

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Community Liaison

**Kathryn Bryant**

Evergreen Engagement Coordinator

**Paige Healy**

Executive Chef

**Anthony Perez**

Director of Maintenance

**Arbor House of Marble Falls**

1801 King Road

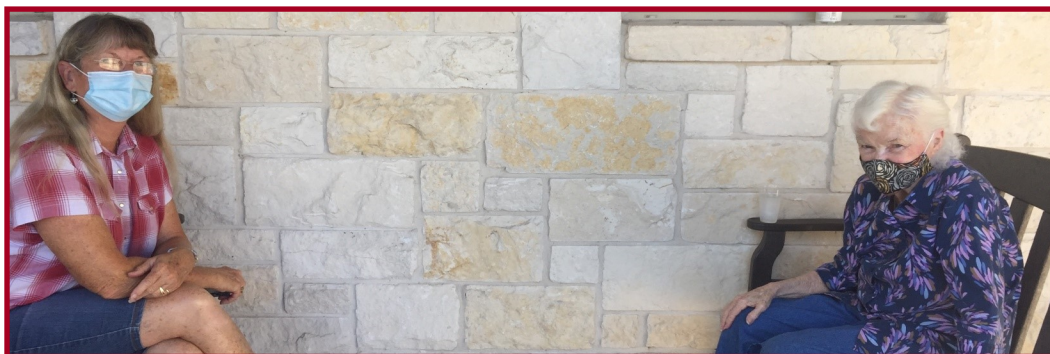
Marble Falls, Texas 78654

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## WHAT'S HAPPENING...

Hello September! Fall is just around the corner, and we have high hopes that cool weather is on it way. What will we be doing in September you ask? As always we will exercise, play bingo, enjoy happy hour, cooking & crafts, on the 7th we will have a Labor Day Social with homemade ice cream. On the 8th we will have the monthly birthday party. We have three birthdays to celebrate Otto, Connie, & Holly. Sunday Sept 13th, is Grandparents Day, window visits are this years way to enjoy your loved ones on their special day. However we now have outdoor face to face visits. The 30 minute visits are scheduled Monday-Friday throughout the day. All you have to do is call the office and we will get you setup with the day and time you would like to visit. As you can see in the picture below face masks & social distancing are required.





# *Life in Motion*



Top Left: Nina showing us her new hairdo, Next: Freda doing exercise, Top Right: Mary with that beautiful smile. Middle Row: Ruth doing exercise. Next: Bev is holding the joker that pays \$10,000 Arbor Bucks at Hoy Happy Hour, Next is Wanda posing so pretty. And last but not least is Jackie doing a word search in her room. We stay busy to keep from going stir crazy while we shelter in place.



# Life in Motion

## Jewelry Making



Nina



Kathrine



Freda



Barbara



Nina

## What's Cooking

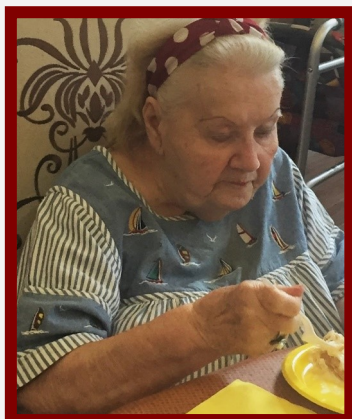


Coconut Cream Pie

## Pie Happy Hour



Brooks



Jackie



Marge

The top ladies showing off their jewelry making skills. Next Barbara & Nina cooking pies. Just look who gets to enjoy that pie.



# *Friends in Motion*



## *Luau Birthday Party*

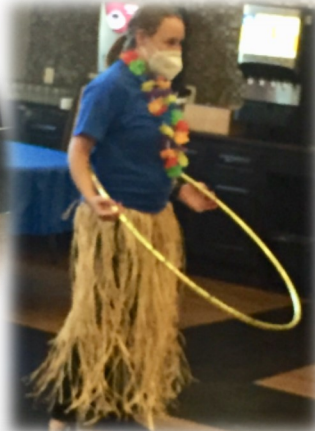




# Friends in Motion



## Hula Hoop Contest

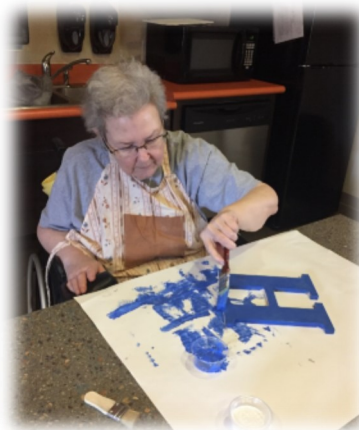


And the winners are in first place Maudie and in a very close second place is Max. These two are so awesome they were hula hooping for over two minutes. Great job girls thanks for making our day.





# *Life in Motion*



*Life in Motion is what it is all about here at Arbor House. Top Left: Ivonne enjoying Ice Cream after exercise. Middle: Belle eating birthday cake. Top Right: Stan after his family visit. Middle row left is Dottie & Jack next is Polly and her family and Left is Dottie's family at her window visit. Then we have our crafters. Left is Marge, then Nina, next is Holly, Freda and last but not least is Ruth. Lots of fun happening here.*

# 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*

*Terry with Texas Home Health*

*Cindy with Encompass Home Health*

*Sharon Chin ~ Volunteering & Donations*

*Luke Thomas Holmquist ~ Entertainment*

*Jane Corley—Volunteering*

*All of our Care Friends*

## HAPPY BIRTHDAY

OTTO  
9/4

CONNIE  
9/6

HOLLY  
9/23



## Labor Day



**September 2, 2020**

Happy  
GRANDPARENTS  
Day  
With Lots of Love

**September 13, 2020**



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**

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