



Your Arbor House Leadership Team

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Arbor Gardens Happenings Waco, Texas



What a crazy season we have had?! Between Covid-19 and our latest winter blackout, we have had our ups and downs over the last year. We thank our families and residents for your continued support and encouragement as we navigate these unprecedented times. I do want to take a minute and brag on our team. We have some amazing team members, care friends, kitchen staff, housekeepers and managers. I am truly blessed to be surrounded by our staff who sacrifice and are truly committed to taking care of you or your loved ones!

We are hopeful that we will see some normalcy come back this year now that most of our residents and staff have had the Covid-19 vaccine. Texas Health and Human Services has not changed any regulations yet, but we will hopefully start to see things open back up. We will keep all our residents and families updated as regulations change. Please keep our team and residents in your prayers.

March will bring some exciting activities! I believe Elvis will be performing. He is always a hit! We will have other volunteers doing crafts and games with our residents. We look forward to a fun month ahead! We are most excited about the newness and warmth that Spring will bring with it.



Carrie Pullin
Executive Director

LIFE in MOTION



**Our first try of Chocolate Covered Strawberries was a hit!
- DOROTHY**



Thank you kids for sending us Valentine Cards. - BOB



You are so sweet Lynda for making everybody boutonnieres and corsages! - BILL



**It was fun playing with the sticks & beach ball!
- JOY**



**Valentine Cookie Decorating was exciting!
- JOHN**



**I won this word search book in bingo and I love working on it!
- CELIDA**

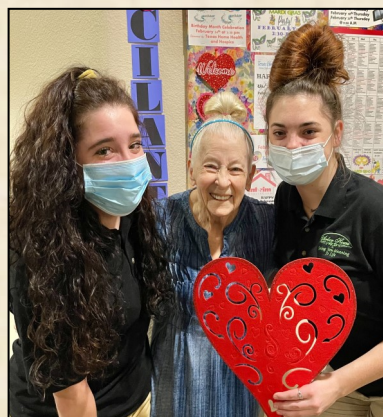


**Amanda always makes me feel special!
- GRANNY JUNE**



**Balloon Toss is a good exercise to burn calories!
- JIM**

Our residents enjoyed our Valentine's Day Celebration!



Note from the DON, Kristi Burger



Life has changed significantly over the last year for all of us. With so many changes it is expected to miss the freedom you once had. While Arbor House is dedicated to keeping everyone healthy we are also dedicated to making you happy. As we are pushing for loosened regulations there are some things you can do to battle the Covid Blues.

Try not to look at the restrictions as "this is the rest of my life". Try to find hope in everyday life. These restrictions will not last forever. Look at life one day at a time. Wake up each morning and try to make the best of each day. We know more about Covid than we did a year ago. Most of you have now completed your vaccine series. Infection numbers around us are decreasing, businesses are opening back up, and life will go back to a new normal. This is just a season that will pass.

Keep a schedule for each day. Make a to-do list of everything you want to accomplish each day. Physically checking an item off your list gives the feeling of accomplishment. I know it seems silly but even adding routine things to your list such as brushing teeth (check), going to breakfast (check), and playing bingo (check). Try adding something new in each day like talking to someone you don't know that well or taking a walk in the courtyard.

Be productive with your free time. Instead of thinking of this "season" as being in prison stay busy. You still have the freedom to do so many things. You can create a scrapbook, build a puzzle, exercise, or do something you never had time to do before. Maybe you have always wanted to label your photos in a picture album or start a group to play games. The possibilities are endless and you have the freedom to do so much. Connect with others even if it's not face to face. While face to face interaction is our favorite there are tons of ways to interact with others. Try writing a letter and mailing it to your family. Think of how excited they will be to receive a note from you. Maybe they will take the time to send you a letter back. Everyone enjoys getting something in the mail besides bills. Brighten someone else's day with a personal message they can have forever.

Reframe your perspective on life. It is ok to acknowledge how difficult this "season" has been. It is ok to miss the way things used to be. Life is ever changing, we learn to adapt, and we end up better in some way from each "season". Focusing on the positives allows you to appreciate what you have instead of dwelling on what you don't have. Trying to find the good in all things around you makes this "season" a little more enjoyable each day.



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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