



## Your Arbor House Leadership Team

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# Arbor House, Waco, Texas Arbor Gardens Happenings



We hope everyone had a wonderful Thanksgiving and are ready to kick off the holiday season! Christmas is almost upon us, so this will be our final newsletter for 2021. We thank each of our team members for their commitment, enthusiasm, tireless work, support and loyalty. To our volunteers, thank you for sharing your time & talents with our community. We are extremely grateful to have had extra sets of helping hands to *Give New Meaning To Life* for our wonderful residents. To our residents and family members, thank you for your continued support throughout the year.

We wish you all a Merry Christmas. May this season be full of light and laughter for you and your family. We hope that 2022 will bring all the happiness and rewards that it possibly can to each of you.

*Christy Ocampo*

**Arbor Gardens & Engagement  
Coordinator**





# FIRST FALL FESTIVAL ARBOR HOUSE – WACO

Thank you, Home Health and Hospice agencies,  
and to everyone who came and had fun with us.



ARBOR  
GARDENS



## HONORING ALL WHO SERVED! VETERANS DAY CELEBRATION!



# LIFE IN MOTION



I love to bake for  
my kids!  
- QUINCY

Thank you Autumn,  
with Bluebonnet  
for helping us  
make our Fall  
cards!  
- JUDY



It is always good to  
learn new things!  
- CELIDA

Crafting is my new  
passion! - UNA



## Note from the DON, Kristi Burger

With the upcoming holidays there will be many festivities, gatherings, and food. While all of these things are wonderful many people forget or choose to overlook their diet for these annual events. A large number of your traditional foods have a surplus of sodium, causing fluid retention. Fluid retention is most commonly noticed in feet and ankles. For some people that fluid is stored in your mid-section. In return, this stored fluid can cause major health concerns including edema, Hypertension, and heart failure. The ADA recommendation of maximum sodium intake is 2300mg daily. A one ounce portion of stuffing has 398 mg of sodium on its own.

Tips for reducing fluid retention:

- ◆ Drink plenty of water
- ◆ Do not add table salt to food
- ◆ Try preparing food with low sodium ingredients
- ◆ If you already have heart failure measure daily at the same time.

I would also like to take this opportunity to remind everyone that it is against state regulations for residents to have any medications in their apartments. This does include any over the counter medications or herbal supplements as well. If you have something in your room please give it to a care friend and I will get an order from physician so we are following regulations. Also, any medication changes have to have a prescription signed by physician. This does take time for some physicians to respond to my requests. Thank you for helping me with this important matter.





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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