



## Your Arbor House Leadership Team

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**License #106574**

# Arbor House Assisted Living Waco, Texas Arbor Gardens Happenings

## It's January!



2021 went by so fast! All of us from Arbor House would like to wish you a blessed and prosperous 2022! We hope you all had a wonderful holiday season with your families and friends! Our staff greatly appreciate your thoughtfulness for sharing your blessings. The delicious treats were enjoyed by all! Thank you all again and we are so lucky to have supportive family members, volunteers and staff.

*Christy Ocampo*

Arbor Gardens & Engagement  
Coordinator

### A note from our Residents!

It is a new life experience living at Arbor House. Many of us are happy to be relieved of duties, such as cooking, house cleaning and laundry. Some of us have family and friends nearby to visit us. There are a few who don't have family and friends who visit, so we adopt the words of the old song that says, "If you can't be with the one you love, love the one you're with."

Most of us have made many new friends by participating in engagements. We receive care and help from our care friends. Some other friends, such as our administrative workers and community health care providers have turned our heartache into joy. NOW, ARBOR HOUSE IS OUR HOME!

Do you or someone you know have a special talent, free time on your hands to visit with our residents, maybe a craft you would like to share?

If you answered YES to any of these, please contact Christy Ocampo or any of us. We would love to have you volunteer and entertain our residents.



# LIFE IN MOTION



**Thank you Baylor Ensemble for your beautiful Christmas Medley! - JIM**



**Isn't it pretty? I cannot believe I was able to finish painting & decorating my Christmas Tree.  
- ANN**

**It was nice to see you back, JOY's SCHOOL of DANCE. We loved watching them perform! - SHERRY & PEGGY**



**Christmas is my favorite time of the year.  
It was my pleasure helping Becca decorate our tree.  
-WANDA S.**

**Sam enjoyed painting Christmas Ornaments.**



**Welcome to Abor House,  
Doug & Kate!**







It is always a joy to be with Arbor House residents. David did great serenading us with his French Horn.  
-ALBERT



## **Note from the DON,** **Kristi Burger**

As we get older the fear of falling becomes more prevalent. There are steps that each of us can do to prevent falling. Daily exercises decluttering our rooms, and wearing leather shoes on carpet instead of rubber are all great ways to promote safety. We encourage residents to use their pendant for assistance as needed as well. If you notice you are feeling weaker or maybe your gait is more impaired we can get home health to come in for different services for fall prevention. Everyone has their own plan already in place. If you would like to discuss a fall prevention plan for yourself or loved one, please feel free to contact me.





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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