



Arbor House

Assisted Living & Independent Living

Marble Falls TX

January 2021

Meet Your Arbor House Team

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Anthony Perez

Director of Maintenance

Arbor House of Marble Falls

1801 King Road

Marble Falls, Texas 78654

830.613.3260

www.arborhouseliving.com

License # 105513

What's Happening...

With 2022 , HERE IS SOME ADVICE FROM OUR RESIDENTS GOING INTO THE NEW YEAR.....

PAVE THE STREETS OF YOUR LIFE– NINA

LOOK AT OURSELVES BEFORE TRYING TO IMPROVE OTHERS– BETTY J.

TRY NOT TO WORRY ABOUT THE LITTLE THINGS AND DON'T PUT TOO MUCH ON YOUR PLATE, TAKE TIME TO RELAX– KATHRYN

EAT YOUR FOOD AND BE NICE– WANDA

BE MORE UNDERSTANDING TOWARDS OTHERS– JACKIE

BE KIND TO EVERYONE AND IF SOMEONE NEEDS HELP, HELP THEM. WHAT GOES AROUND COMES AROUND– LEE

KEEP SMILING–BEVERLY

DON'T TAKE LIFE TOO SERIOUS– MAURINE

TREAT OTHERS WITH THE SAME RESPECT YOU WANT TO BE TREATED– BOBBIE



"You'll never get bored when you try something new.

There's really no limit to what you can do." -Dr. Seuss

BIRTHDAYS AND NEW FACES

NINA– Born in Gilliland Tx (but its not on the map anymore.) graduated from Gilliland High School. Married in 1946 and had 2 children (boy and girl). She currently has 3 grandchildren and 10 great grandchildren.

Nina's Birthday is January 20th



Say Hello to Mrs. Barbara



Say Hello to Mrs. Janet

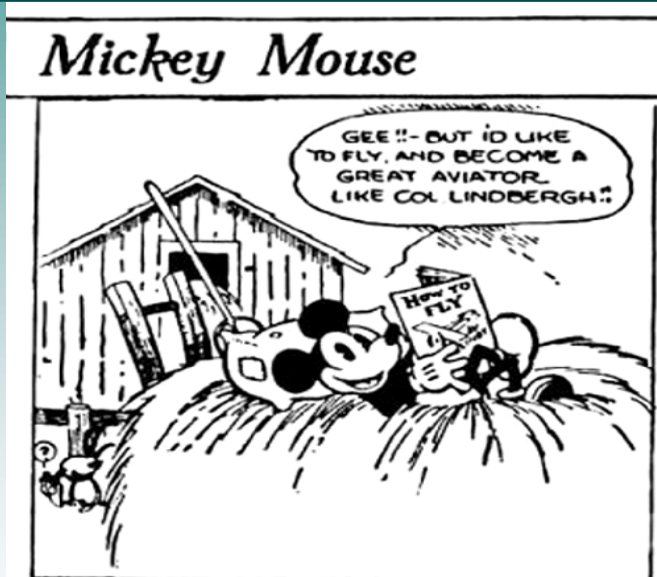


Friends in Motion



Happy December Birthday's Polly and Freda!

THIS MONTH IN HISTORY



Mickey Mouse, first appearance in comic strips on January 13, 1930.

The Space Shuttle *Challenger* disaster was a fatal accident in the United States' [space program](#) that occurred on January 28, 1986



Explorer 1 became the first successfully launched satellite by the United States when it was sent to space on January 31, 1958. A quick response to the Soviet Union's launch of Sputnik 1, Explorer 1's success marked the beginning of the U.S. Space Age.



On January 26, 1875, the first electric dental drill was patented by George Green, a development that revolutionized dentistry.

Humans have been drilling teeth since over 9000 years. In recent times, mechanical hand drills were used. In 1868, Green invented a pneumatic dental drill powered with pedal-operated bellows.

National Puzzle Month

Riddle Me This ..

"Penny has 5 children.
The 1st kid is named **January**.
2nd kid is **February**.
Her 3rd is called **March**.
4th is **April**.
What is the name of the 5th."



RIDDLE ME THIS

**What word
looks the same
backwards
and upside down?**

Winter S Words

SFCRA

SAOENS

SVEHOL

ESASTK

SEDL

SIGLEH BSLEL

NSOFEAWLK

SONNWMA

SORONMTWS

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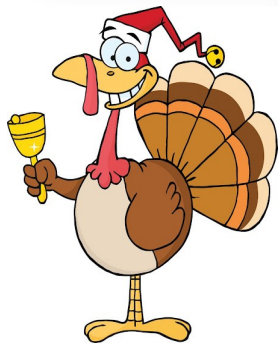
22 5 23 24 25 10

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26 27 28 24 29 30



Thanksgiving and Christmas Parties Pics



Happy New Year

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 down-ing". 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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