

**Happy  
New  
Year**

# **Under the Shade Tree**

## **Arbor House Memory Care**

**Marble Falls     January 2022**

### **Meet Your Arbor House Team**

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## **What's Happening...**

Happy New Year everyone! It is 2022 and boy how 2021 flew. 2022 is going to be the best year yet. With that being said with a new year comes New years resolutions. Speaking for myself, I am always trying to make a list of resolutions and seeing how many of them I can actually complete. It all starts with acceptance and setting goals. The New year is a perfect time to get going, and here are some of the popular resolutions for 2021:

- Start a Self-Care routine
- Learn to say "no "
- Fall in love with a past hobby

Those being just a few, there are many more. Spending time with family is a very important one for me and spending time with my Evergreen family is extra special! This new year we have a lot lined up with ice cream float socials where we can get together and visit with our friends. Baking a lot of yummy treats together and having wonderful movies and popcorn in the afternoons watching some of our old time favorites. We also will be celebrating our friend Mary Hilton's birthday. Everyone is looking forward to ringing in the New Year with all our friends.



# Friends in Motion



**Friends in Motion is all about sharing our special day with friends. Top pictures are Joyce looking for beads for our necklaces . Mary is helping with the cowboy Santa Claus getting him ready for display and of course Floyd, Jane and Judy are getting into the Christmas spirit by decorating the tree.**



# Life in Motion



Top picture is Our friend's Floyd, Jane, Joyce, Maureen, and Tommy enjoying fresh fruit snacks. We enjoyed gathering around the table as a family to enjoy our snacks and wonderful reminiscing. Floyd is showing us how he can twist a lid off. Mary, Jane and Dottie are showing off their new hair styles.



# Fun Happenings in January

Cervical Health Awareness Month

International Change Your Stars Month

National Bath Safety Month

National Black Diamond Month

National Blood Donor Month

National Braille Literacy Month

National Codependency Awareness

National Hobby Month

National Hot Tea Month

National Mentoring Month

National Menudo Month

National Oatmeal Month

National Slavery and Human Trafficking Prevention Month

National Slow Cooking Month

National Soup Month

National Sunday Supper Month

National Volunteer Blood Donor

Thyroid Awareness Month

Train Your Dog Month

Unchain A Dog Month

Walk Your Pet Month

## **ENGAGEMENT WISH LIST**

### ***Hello Family and Friends***

***Below is a list of items that we have added to our wish list. All donations are greatly appreciated.***

- ***Old Movies***
- ***Board Games***
- ***Costume Jewelry***
- ***Magazines***
- ***Outside yard games: golf clubs, rackets, footballs, baseball mitts, anything that we can enjoy.***
- ***Music CD'S– jazz, oldies, country; music your loved ones would love to hear.***
- ***Art supplies– paint, water-color paper, water colors, colored pencils, large beads***
- ***Cooking Kitchen Supplies for our daily Chef's Corner***

***The items on the list can be things around the house you don't utilize, and we would love to have.***

**HAPPY**  
*New Year*

### ***Quirky days in January***

**Jan 4 National Spaghetti day**  
**Jan 11 National Hot Toddy day**  
**Jan 14 National Pop Corn Day**  
**Jan 21 National Hug Day**  
**Jan 23 National Pie day**

### **Attention Volunteers**

**If you have a special talent or skill that you would like to share with us, we invite you to join our Evergreen Volunteer Program.**

**Contact Mallory**

**For more information**

**830/613-3260**



Arbor House Assisted Living, specializes in Alzheimer's and Memory Care. Our community has been designed based on the most current and relevant studies dedicated to creating environments that promote independence and dignity for those managing dementia causing diseases like Alzheimer's.

#### **Studies suggest**

People with dementia perform with greater independence in less crowded environments.

Color should be used to promote independence and appetite in dining programs.

People managing dementia often benefit from modeling.

For people managing dementia, a structured and purpose filled day reduce stress and "Sun downing".

Familiar relationships reduce stress during caregiving.

#### **Arbor Houses Design Response**

Our community is comprised of two houses, each which offer 8 bedrooms, 2 living areas, dining room, and courtyard.

We use red dinnerware, which studies tell us, helps people experiencing visual processing problems, navigate their plate better.

We practice "social dining", a technique in which the care team dines with our residents to promote conversation and provide socially appropriate cueing and assistance.

Our engagement program boosts a minimum of 10 programs a day, which offers a consistent routine to increase independence and are designed to touch 8 key areas of interest, engagements, and vocation.

Our 1:6 staffing ratio and designated care team per house allow for strong relationships to grow. This ratio does not include administration staff.

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