



Arbor House

Assisted Living & Independent Living

Marble Falls TX

January 2023

Meet Your Arbor House Team

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Arbor House of Marble Falls

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www.arborhousing.com

License # 105513

What's Happening...

With 2023 , Already Here.....

HERE IS SOME

ADVICE FROM OUR REISDENTS GOING INTO THE NEW YEAR.....

Carol - Trust that God is in control and God is Good.

Janet—Keep your powder dry and Love your neighbor.

Maurine—Stay Healthy

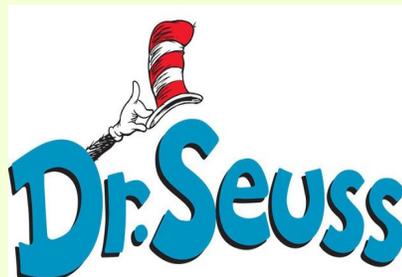
Roy—Set your goals and save for your future.

Isla—Put your smile on in the new year.

Jackie—Hold on and keep moving forward and be happy with friends.

Chris—Love one another

Gerald—Determine what you need and save the rest in case of an emergency



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

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



Friends in Motion

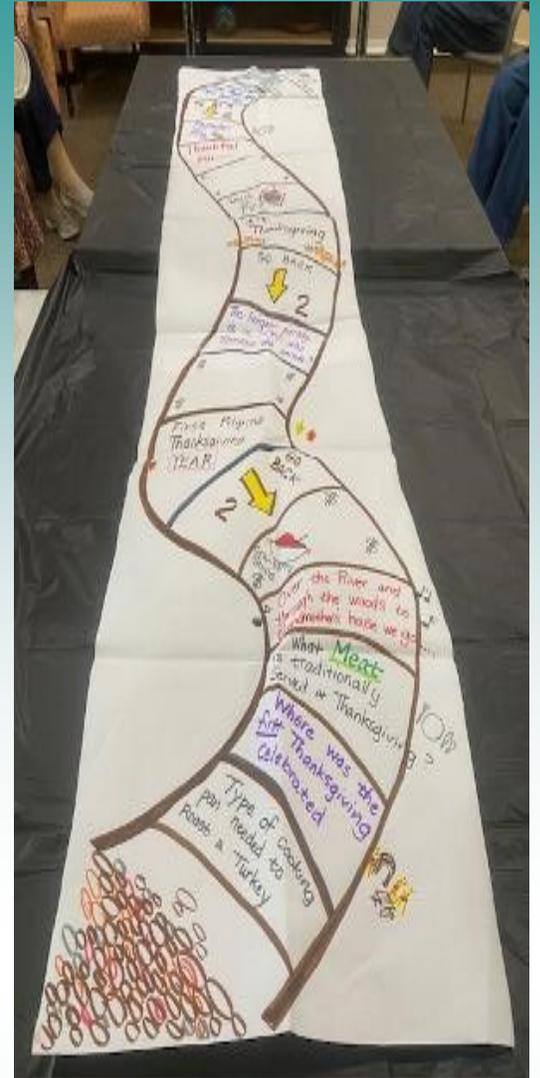


***Fun with Friends
always puts a smile on
our face! Gathering for
games or chatting over
pizza.***





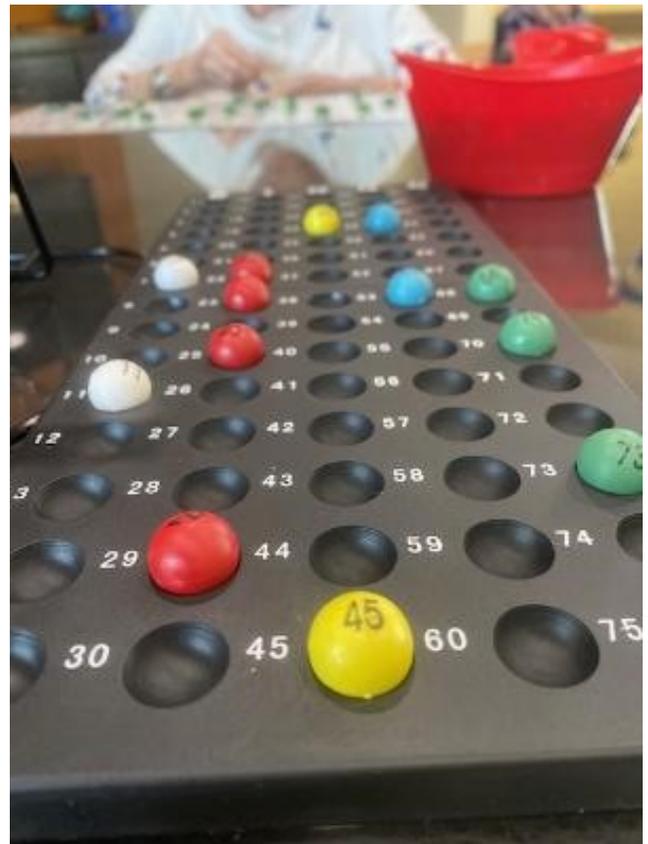
We had some good entertainment with Bluebonnet Corral and Here comes Treble , amazing volunteers like Karen for Exercise your Brain. We cant forget just goofing around at Christmas.





Barbara was our big winner for bingo. Winning every single game of bingo. Now that's a lucky woman!

**WINNER
WINNER
CHICKEN
DINNER**



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 dining ware, which studies tells us improves appetite. In addition, a person's 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 downing". 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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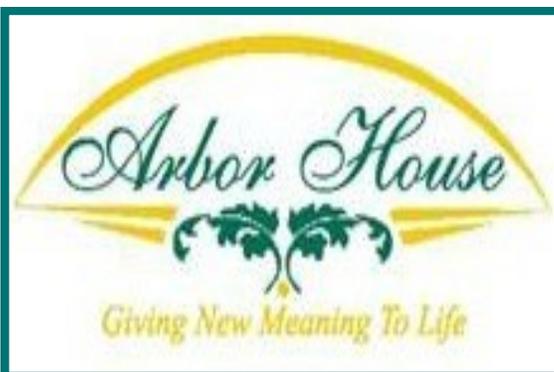
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