



Hello March!

Meet Your Arbor House Team

Rhonda Tedford

rhonda@arborhouseliving.com

Executive Director

Leasha Holmes

leasha@arborhouseliving.com

Director of Nursing

Amanda Guerrero

aguerrero@arborhouseliving.com

Community Liaison

Teresa Ruddick

mfengagements@arborhouseliving.com

AL Engagement Coordinator

Camille Guthrie

mfevergreen@arborhouseliving.com

Evergreen Engagement Coordinator

LeAnn Roper

mfrsc@arborhouseliving.com

Resident Services Coordinator

Arbor House of Marble Falls
1801 King Road
Marble Falls, Texas 78654
830.613.3260
www.arborhouseliving.com
License # 105513

Under the Shade Tree

Arbor House Memory Care

Marble Falls February 2023

What's Happening...

Who's ready for Spring? We are! We're ready to enjoy constant warm days so we can enjoy the great outdoors.

Much needed time on the patio with our friends, enjoying a nice cold drink, watching the birds, working in the Garden, or just having great conversations, that's where we want to be and that's what Spring is about! We have a jam packed month full of fun planned! One of our big events is our St. Patrick's Day party on the 17th at 2pm. We would love for you to join us on one or all of those days! Family is what it's all about.

I would like to give a huge thank you to everyone who has donated to us through our wish list. Every single item is greatly appreciated and so are you! We hope everyone has a great March and, stay Blessed...

Irish Toast

There are good ships,
& there are wood
ships, the ships that
sail the sea.
But the best ships
are friendships,
& may they always be.



Friends in Motion

Valentine's Party



Life in Motion



Ask the Experts

Today, it is believed that "Alzheimer's disease (AD) is the most common form of Dementia among older people. Dementia is a brain disorder that seriously affects a person's ability to carry out daily activities.

AD begins slowly. It first involves the parts of the brain that control thought, memory and language. People with AD may have trouble remembering things that happened recently or names of people they know. A related problem, mild cognitive impairment (MCI), causes more memory problems than normal for people of the same age. Many, but not all, people with MCI will develop AD.

In AD, over time, symptoms get worse. People may not recognize family members or have trouble speaking, reading or writing. They may forget how to brush their teeth or comb their hair. Later on, they may become anxious or aggressive, or wander away from home. Eventually, they need total care. This can cause great stress for family members who must care for them.

AD usually begins after age 60. The risk goes up as you get older. Your risk is also higher if a family member has had the disease. No treatment can stop the disease. However, some drugs may help keep symptoms from getting worse for a limited time."

EVERGREEN WISH LIST

Hello Family and Friends

Below is a list of items that we would be more than happy to have if you can spare :)

- ***Old Short Movies***
- ***Simple Large Piece Puzzles***
- ***Costume Jewelry***
- ***Clothing items for folding***
- ***Art supplies– paint, paint brushes, large beads, fake flowers***
- ***Cooking Kitchen Supplies for our daily cooking time.***
- ***Old silverware***
- ***Bread Maker***
- ***Magazines***
- ***Gardening tools***
- ***Empty spice bottles***
- ***Old string of fake pearls***

If you have any questions, please feel free to contact Camille Guthrie for more information

(830) 234-1860

Happy Birthday!!

Marilyn...3/21



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 Camille Guthrie for more information

(830) 234-1860

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

Research has shown that the health benefits of laughter are far-ranging. Studies so far have shown that laughter can help **relieve pain, bring greater happiness, and even increase immunity.** Positive psychology names the propensity for laughter and sense of humor as one of the 24 main signature strengths one can possess.

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.

Arbor House of Marble Falls
1801 King Rd
Marble Falls, Tx 78654
Main: 830-613-3260
Fax: 830-613-3263
Www.arborhouseliving.com
License # 105513



@ Arbor House Assisted Living

