

MAY

Arbor House

Assisted Living & Independent Living

Marble Falls TX

May 2023

Meet Your Arbor House Team

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License # 105513

What's Happening...

With all the April showers we are excited about the May Flowers. We will be making floral wreaths and painting flowers. Mothers day is around the corner. We will be hosting a Mother's Day Tea as well as makeovers for the ladies. We have a resident photographer that will be taking beautiful photos for Mothers Day.

Other events will be Cinco De Mayo party as well as a Memorial Day tribute.

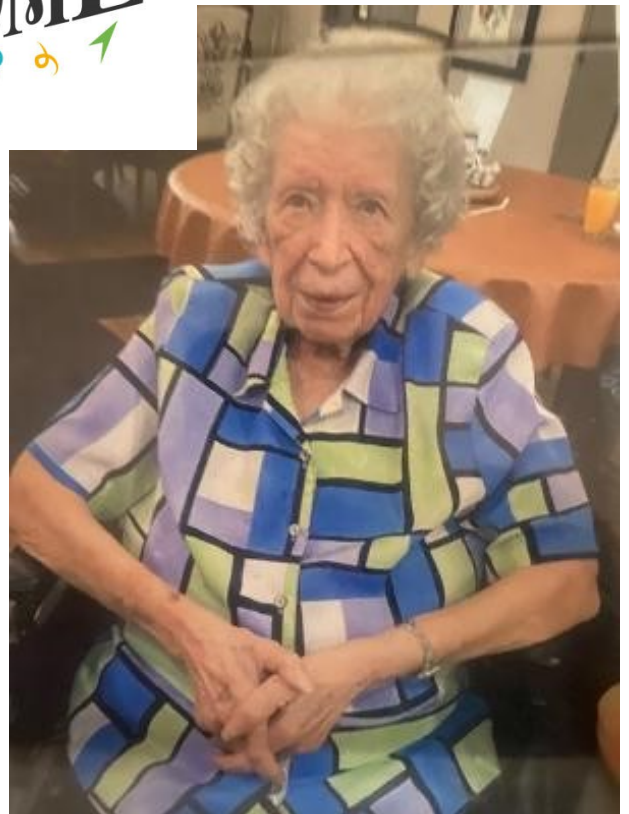
If you would like to donate or volunteer for any of our projects , please call Teresa Rud-dick @ 512-525-0320

"May . . . it's full of all the things that make spring and the brighter part of the year so special. Flowers bud, the sun shines, and new seeds are sown into the fabric of our lives. May is awesome." —Jenna Danchuk





100
WHOLE YEARS
OF BEING
AWESOME



ERNA EARLYNE BARGER AXE

Born 4/19/1923

Erna Axe was born on April 19, 1923 in a small, northeast Texas town of Roxton, just outside of Paris. With her father's frequent moves to find work, Erna traveled a lot during her early years.

She graduated from Abilene High School in 1940, of which Erna was on the drill team, and also the honor roll.

Erna began college at Hardin Simmons University in Abilene. Due to financial needs and the start of America's involvement in world war 11, she left school, then went to work for the US government in a secretarial role. Her work led her to move to Chicago, where she lived in an apartment with 3 other ladies. She remembers her time in Chicago as an exciting time where she lived life to the fullest as a single woman. Following the war, she moved back to Texas to be close to her mother.

On June 17, 1949, Erna married Raymond Axe and settled in Garland, Texas. Erna and Raymond chose to be married on June 17th because that was Raymond's birthday and thus, easy for Raymond to remember.

In 1949 Erna and Raymond settled in Garland TX. The Axe family had deep roots in Garland so it was a great place to live and raise their family, With the expectation of a few years when Raymond's work required them to move out of state.

While in Garland, Erna raised her two children, Brenda and Al. She took great pleasure in being a stay at home mom. Erna also found time to make money on the side as a Avon rep. and Tupperware parties to make ends meet. One of her most common phrases is "let's put the pencil to it and see if we can make it work"

Erna and Raymond were founding members of First Lutheran Church of Garland. Erna has always had peace, trusting the Lord to look out for her in all areas of her life.

Birthday Party



Erna's 100th Birthday Party

Birthday Party

April Birthdays
Roy, Wanda and Claudia

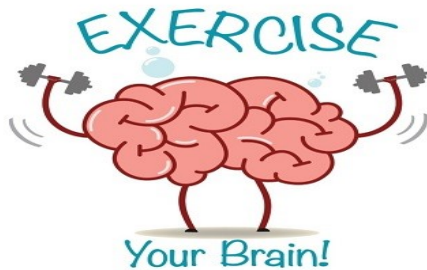


The Games We Play

Exercise your Brain with Karen is always enjoyed by the group. They go over each decade, to remember what foods, music and world news was happening at the time.



Exercise your brain improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function. Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal.



Under the Shade Tree

Special Thanks To

First Baptist Church of Marble Falls

Cindy with Encompass Home Health

Adura Cunningham with Comforts of Home

Karen Sutera ~ Volunteering and Donations

**Jane Corley—Volunteering
Lane & Jennifer Norcross —
Volunteering**



**We're on
Facebook !!**

[@arborhousemarblefalls](#)

We're expanding our social media presence and invite everyone to visit & like us there! Stay tuned as we add more posts to share with our Arbor House family & friends.

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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