

8027 West Virginia  
Dallas, TX 75237

www.arborhouse4u.com  
214-484-3932 fax

# Arbor House of Desoro ROCKS

September, 2010

## STAFF:

Ginger Jobe  
Executive Director/D.O.N

Julie Dugan  
Marketing Director

Sylvia Chitman  
Dietary Director

Alicia Smith  
Administrative Assistant  
& Wellness Coordinator

Belinda West  
Activities Director



From Left to Right: Ginger Jobe, Executive Director, (center) Sharon Shirley RN consultant, and Julie Dugan Community Relations Director

## News You Can Use.....

Dear Family, Friends and Supporters,

Now that we are well into 2010, many of our New Year's Resolutions are long forgotten. Commitments made in January to lose weight, exercise more, lower blood pressure, quit smoking or reduce cholesterol have been replaced with other things or forgotten as we turn our attention elsewhere. Recently, the Journal Neurology reported that individuals in their early 40s who smoke, have diabetes or high blood pressure all have an increased risk of developing dementia as they age. Simply put, we're beginning to understand that what's good for your heart is good for your brain. We encourage you to take steps today to reduce your risk of Alzheimer's disease.

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## Betty boop Beauty Salon

**We are excited to announce our new hair stylists:**

**Ms. Delores Sanchez and Ms. Mary Barrera**





**Flu season**

**AGAIN!!!**

Can you believe it's that time of year again?

Late September and early October starts our flu season. Please limit your visits to our residents if you're experiencing the following: cough, running nose, fever or body aches. Please remember to cover your mouth when you cough, and to use the hand sanitizer provided at the front entrance.

Thank you, Ginger Jobe LVN/DON

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## Resident Spot Light Of The Month

We are proud to announce our September resident of the month, Mr. Willie Shaw!

Mr. Shaw served in the Navy, retired in 1949 and is now at Arbor House where he is never without a smile. He is always willing to help whenever he can. Mr. Shaw has developed many hobbies, but his favorites are dancing and exercise. We Love You Mr. Shaw!



## Employee of the Month

This time around Kacie Buckley has been spotted! You can always stop by the Barky Blue House and savor in simple conversation with Kacie. We asked what she enjoyed most about the residents in her house and her response, "I enjoy my job because of the exceptional residents and we are all family here". Kacie is also engaged to be married in October of this year and she is the mother of two boys.

WAY TO GO KACIE!!!!!!!!!!!!!!



**We rock**

# September Birthdays

- Belinda West
- Shiquita Bledsoe
- Russell Pastor
- Melvin Pate
- Bessie Bumpus
- Fronie Howard

# September 2010

Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 blood pressure clinic at 2:30	4
5	6	7	8	9	10
12	13	14	15	16 Naaman Bingo 2:30	17
19	20	21 Family Night 6:00 7:30pm	22	23 Residents Birthday party 2:30	24
26	27	28 Stacy Bingo at 2:00pm	29	30	

## Cooking With KiKi Hot Apple Pie



## Cooking With KiKi

KiKi is having a lot of fun cooking for our residents and also we have a family member who is interested in her special apple pie recipe. What a great day to have ice cream and a slice of KiKi's Apple pie!

## Alzheimer's Support Group

The support group is very helpful in understanding Alzheimer's and dementia disease. We educate on what to expect and explain the progression of the disease. Refreshments are provided. Come join us in the journey on Sept 3rd from 6:00 pm to 7:30 pm.



At **Arbor House Assisted Living Centers**, our personalized service is designed for those who desire the finer things in life. Since we believe life improves with age, we have created special services and a carefree environment that promotes independence and dignity without all of the concerns associated with maintaining a home.

The array of fine services we offer reflects our goal of enhancing quality of life for our residents. Most importantly, our services are delivered with respect and sensitivity.

We understand that individual needs vary, so our personalized services are tailored to meet the specific needs of each resident. Whether it be a hobby or exercise of leisure, we offer our residents the opportunity to pursue individual desires.

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8027 West Virginia  
Dallas, Texas 75237  
*State License #123926*  
**Ph: (972) 298-1331**  
Fax: (214) 484-3932

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