

★HAPPY★
BIRTHDAY!

FRANCES HERLEVIC 3/1

GERTHA GILES 3/14

MARTHA MCALLISTER 3/3

MURIEL RYDER 3/18

MARGARET MILLER 3/13



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We would like to say "Thank You!" to:

Lighthouse Ministries
Bro. Dale Oden
Kristy and Princeton Place
Mrs. Bea Woods
Rhonda Haymon, RN.
Ricky Houck
David Butler
Katie Barrow and the La Tech
Gerontology Class
Stephanie with Premiere
Dr. Katie Barrow and the gerontology
class

Kiwi
Bro. Harold Henderson
Randy Waggoner
Henry Roane and Best HH
Phi Lamb Sorority
Donnie Bartlett

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up with us!



The Arbor Affair

*The Arbor and Terrace
of Ruston*

An Assisted Living Retirement Community and
a Special Community for Alzheimer's and Dementia

MARCH 2018

∞
Muriel Ryder
Administrative Director

∞
Connie Kennedy, RN
Wellness Coordinator

∞
Tammy Stevens
Payroll & Bookkeeping

∞
Stacy Scheer
Life Enrichment Coordinator

∞
Vivian Hamilton
Administrative Assistant

∞
Mahin Shabazi
Dietary Supervisor

∞
Roy Nelson
Maintenance



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A Note from Stacy

In the middle of all this rain, I sure am anxiously waiting for SPRING! February was so busy with Mardi Gras and Valentine's Day. I want to give a HUGE thank you to everyone who made our Mardi Gras parade so great. We saw lots of smiles while everyone danced around to the Zydeco music. We really enjoyed meeting the King and Queen of the Krewe of Janus. It was interesting to learn all about that service organization and how much they give back to the communities. We also learned about decorating cupcakes with Deniese Barlow who owns a bakery called The Cake Shed. I hope you enjoy all the pictures from our fun, busy month. There's always something going on at The Arbor and Terrace. I would love for each of you to come enjoy all the activities that we have planned for March. Check your calendar for bingo, darts, crafts, singing, bible study, book club, aromatherapy and more. The staff is always available for any questions or concerns.

I also wanted to let you all know that I will be coming around to each resident making sure there is an updated resident assessment for each of you. This is something that is checked yearly. I am looking forward to getting a chance to talk with each of you and learn more about your life. It shouldn't be too time consuming, and I hope you'll enjoy the company.

CHECK
YOUR
CALENDAR!



- March 1 is World Compliment Day. Please come help the Arbor's Angels write notes to each resident. Everybody deserves a compliment, and it's going to be easy to find a compliment for each one here.
- Come play "Lucky" Bingo on St. Patrick's Day
- In our craft this month, we will be making something for St. Patrick's day.
- Bro. Harold will begin coming at 3pm instead of 5:45 to make it more convenient for you to come.

St. Patrick's Day

St. Patrick's Day occurs annually on March 17 in observance of the death of St. Patrick, the patron saint of Ireland. What began as a religious feast day in the 17th century has evolved into a variety of festivals across the globe celebrating Irish culture with parades, special foods, music, dancing, and a whole lot of green.

Saint Patrick is known as the patron saint of Ireland. Although he was not born **Irish**, he has become an important part of the **Irish** heritage, mostly through his service across Ireland in the 5th century.

Wearing green shirts and leprechaun costumes on St. Patrick's Day are traditions that started in the 17th century, when people wore green ribbons and shamrocks on March 17 to honor Ireland's patron saint. ... Pinching people who didn't wear green reminded them that leprechauns could sneak up on them at any time.

The shamrock was chosen as Ireland's national emblem because of the legend that St. Patrick had used it to illustrate the doctrine of the Trinity. ... The Irish have considered shamrocks as good-luck symbols since earliest times, and today people of many other nationalities also believe they bring good luck.

Aromatherapy

We have loved getting to know Rhonda Haymon and her sweet grandchildren who come to help her. We are making useful things while we learn about the health benefits of essential oils. We want you to try something new. Come see us on Aromatherapy Day!



DARTS!

You'll notice that Darts is on the schedule for Saturdays. If you want to go in to practice, the tape will be on the floor to practice as much as you want. Darts has been so fun and the ones who come really do enjoy it.







Please join us in the library for our book club. Bring your favorite book or just bring some good ideas. It would be fun to discuss what we enjoy in books and to give each other idea on good books to read. But more importantly, it will be a good time of visiting and fellowship. We will meet in the library on March 19th

RESIDENT COUNCIL MEETING

is open for ALL residents. This is a great opportunity for your voice to be heard with compliments or complaints. We will follow up with each issue within 7 days. Have your voice be heard! We are here FOR YOU!



St. Patrick's Day Word Search




Search for the words hidden up, down, left and right.

C	K	X	K	W	L	D	C	S	H	F	U	D	D	N	T
N	X	G	M	D	W	S	L	E	T	L	V	D	G	J	W
U	T	F	X	O	U	K	M	V	H	S	I	R	I	B	L
M	U	S	I	C	L	O	V	E	R	K	H	C	E	T	W
T	L	Z	A	Z	G	L	K	N	X	H	G	Y	X	U	Q
W	R	N	D	H	D	G	X	T	H	D	T	K	H	S	G
Y	V	U	Y	X	S	G	C	E	D	Y	H	C	R	A	M
B	Q	M	D	G	R	C	L	E	H	A	V	O	C	L	X
J	K	W	L	U	C	K	C	N	Y	P	G	R	Y	U	A
D	K	C	I	R	T	A	P	T	F	N	I	M	I	D	X
E	W	B	O	V	X	D	S	H	A	E	J	A	I	M	Z
S	U	Q	P	K	P	L	E	P	R	E	C	H	A	U	N
K	T	W	B	Y	F	O	R	J	J	R	U	S	Q	T	W
I	F	C	I	O	F	A	I	R	Y	G	Q	W	A	K	O
J	Q	T	W	G	Y	K	Z	I	G	D	X	T	P	P	I
X	C	Z	N	J	O	F	A	N	H	K	L	I	S	J	A

CLOVER
IRISH
LUCK
PATRICK

FAIRY
JIG
MARCH
SEVENTEENTH

GREEN
LEPRECHAUN
MUSIC
SHAMROCK



thriflymommastips.com





We would like to welcome James "Jim" and Loice Free. The Frees have lived with us at The Arbor about 4 weeks. Jim was born in Knot, Texas and then quickly moved to East Mountain, Texas. Jim grew up here until his Freshman year in high school and then moved to Gladewater, Texas. Jim went into the Army and spend 2 years and served in Okinawa. He soon went to work for Sun Oil Company where he worked for 35 years. He met Mrs. Loice on a bus when he was headed to Fort Hood to report for duty. She was sitting with another boy, and he got off in Tyler, and Mr. Jim moved into his spot and that was all it took. She had told her friend that she was "gonna marry that guy". They



have 2 sons, Neal and Todd. They raised their boys in South Texas. They moved their family to Delhi with the company in 1970 and they lived there until they moved to The Arbor. They now have 7 grandchildren , 6 girls and 1 boy that was adopted from China. Mr. Jim loves to fish and hunt and does amazing carving with wood. Loice spend her time keeping their home and raising their boys.







Sun

Mon



Tue

Wed

Thu

Fri

Sat

				1 9:15 Yoga 10:00 Arbor's Angels – World Compliment Day 2:00 Bingo	2 9:15 Yoga 2:00 Bingo at NLMC with Senior Circle 2:00 Randy Waggoner	3 9:30 Ms. Bea 2:00 Practice Darts
4 8:00 Lighthouse Minis- tries	5 10:00 Yoga 10:30 Craft 2:00 Bingo	6 9:15 Yoga 10:00 Bro. Dale 2:00 Paul Ford	7 9:15 Yoga 2:00 Bingo 3:00 Bro. Harold	8 9:15 Yoga 2:00 David Butler plays the sax	9 9:15 yoga 11:30 Movie with Senior Circle	10 9:30 Ms. Bea 2:00 Practice Darts
11 2:00 Ricky Houck	12 10:00 Yoga 10:30 Bingo w/ Donnie 2:00 Darts	13 9:15 Yoga 10:00 Bro Dale 2:00 Bingo w/ Henry	14 ST.PATRICK'S DAY 9:15 Yoga 2:00 Lucky Bingo  3:00 Bro. Harold	15 9:15 Yoga 2:00 Aromatherapy	16 9:15 Yoga 2:00 Darts	17 9:30 Ms. Bea 2:00 Practice Darts
18 8:00 Lighthouse Minis- tries	19 10:00 Yoga 2:00 Book club in the li- brary —come share your favorite book	20 FIRST DAY OF SPRING 9:15 Yoga  10:00 Bro. Dale 2:00 Spring craft	21 9:15 Yoga 2:00 Bingo 3:00 Bro. Harold	22 9:15 Yoga 10:00 Balloon Volleyball 2:00 Bingo	23 9:15 Yoga 2:00 Darts	24 9:30 Ms. Bea 2:00 Practice Darts
25 10:00 Coffee and Conver- sation	26 10:00 Yoga 2:00 Resident Council Meeting 3:00 Bingo	27 9:15 Yoga 10:00 Bro. Dale 2:00 Birthday Celebra- tion	28 9:00 Blood Pressure check with Haven 10:00 Get the garden started 3:00 Bro. Harold	29 9:15 Yoga 1:00 Art Show (see Stacy to display your talents) 2:00 Bingo	30 9:15 Yoga 10:00 Nail Care 2:00 Wine and Cheese with Stephanie	31 9:30 Ms. Bea