

National Senior Citizens Day!



August 21<sup>st</sup>, National Senior Citizens Day, is the day to let the elderly know how much you care about them. Our citizens have contributed so much to communities and helped make them what they are today. This is the day to show them our appreciation and support and recognize their accomplishments. It is also a time to help raise awareness of the various issues that affect senior citizens. In 1988, Ronald Reagan declared the holiday. Today, senior citizens are still very active in their communities and the workforce. They still contribute heavily to our society and for what they have achieved and continue to achieve, they deserve our thanks.

Our older family and friends have so much more life experience than us. For centuries, cultures across the world have looked to the seniors in their community for wisdom and knowledge. They are great at giving us life advice and often they are the first people we ask. Their wisdom and advice is valuable to us and we have much to learn from them. More and more people are living to a ripe old age and are able to share their wisdom, stories and experience with many generations. After all, many of them have lived through history and changes that we will never experience. So we should spend time with our grandparents or other elderly family members and friends. Sitting down and listening to the stories they have to tell can give us a unique perspective on the world and ourselves.

Do you have a senior family member? Perhaps it is a parent, grandparent, aunt, uncle or mentor. If you can't see them in person, give them a call and let them know how much you appreciate them. Do it sooner rather than later because tomorrow isn't promised to any of us.

If you are a senior citizen yourself, today is all about you! Live it up! Treat yourself. Spend time with your favorite people, go shopping – do whatever it is you want to do! Maybe it could be the day you finally try that one thing you've been thinking about of maybe it's a day for relaxing at home. Whatever makes you happy, go for it because it's a day dedicated to you. **You've earned it!!!!**

At Arbor Oaks, we love and appreciate all of our seniors and wish them a happy day...every day!!!!

It's not the  
years in your  
life that count.  
It's the life  
in your years!

(Alte Linnola)



In astrology, those born between August 1–22 are Lions of Leo. Leos are confident, charismatic, creative, and warmhearted. They use their humor and loyalty to bring people together to work for a common cause. Those born between August 23–31 are Virgo Virgins. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan so as to leave nothing to chance. These amazing listeners give excellent advice.

\*\*\*\*\* Resident Birthdays \*\*\*\*\*

08/04	Nora Frye	08/06	Muriel McCalla
08/17	Eleanor Cramer	08/22	Nora Everett
08/26	Myrna Prusakowski	08/30	Aubrey Houston
	08/30	Robert Foxworth	

\*\*\*\*\* Employee Birthdays \*\*\*\*\*

08/05	Bridgette Russell	08/19	Mary Gaudet
	08/19	Kenaya Goods-Onyango	



The AUGUST BIRTHDAY BASH

will take place on Tuesday, August 28<sup>th</sup> at 3:30 pm in the Ice Cream Parlor. Once again, join your friends to celebrate all those who were born in the heat of August. There will be live entertainment and, without a doubt, there will be CAKE...ALWAYS CAKE!!!!



The August holiday, is designed to help ease the cost of getting children back into the classroom with clothes that fit and backpacks full of necessary supplies. During the weekend of **August 3–5**, tax **doesn't apply** to the retail sale of the following items with a sales price of \$60 or less:

- Bags (e.g., backpacks, diaper bags, and fanny packs)
- Clothing and footwear
- Wallets

The following items **don't qualify** for the exemption:

- Accessories (e.g., jewelry, handkerchiefs, watches, or watchbands)
- Briefcases, garment bags, or suitcases
- Rollerblades, skates, skis, or swim fins
- Umbrellas

The exemption also applies to school supplies with a sales price of \$15 or less. Qualifying items include, but aren't limited to:

- Calculators, compasses, protractors, and rulers
- Crayons, pencils, and pens
- Cellophane tape, glue, or paste
- Composition books, legal pads, notebooks, and filler paper

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Celebrating August

Farmers Market Week  
August 5 - 11

National Book Lovers Day  
August 9

Senior Citizens Day  
August 21

Kiss and Make Up Day  
August 25

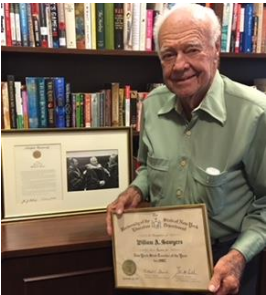
National Dog Day  
August 26



DIRECTORY

Mary Gaudet..... Executive Director  
Joy Post.....Resident Care Director  
Jerome Jackson.....Food Services Director  
Schelma Whitcomb.....Business Manager  
Ramon Miranda.....Regional Maintenance Director

RESIDENT SPOTLIGHT ON:  
BILL SAWYERS



William “Bill” Sawyers was born on October 10, 1927, in the Panama Canal Zone to William A. Sawyers and Grace Kelly Sawyers. His father was in charge of education in the Zone at the time of his birth. In 1931, the family returned to Westerly, Rhode Island, where his father went to Columbia University to obtain his advanced degree and went on to become a Superintendent of Schools. Bill graduated from High School in Pat Chogue, Long Island in

1944 and went to Bates College to pursue a degree in chemistry and biology. He was drafted into the US Army in 1946, with Basic Training at Ft. McClelland in Alabama and served at Camp Carson, Colorado where he was in the Ski Troops trained in mountain climbing and rappelling. Honorably discharged in 1947 at the end of WWII, he then returned to Bates College in Lewiston, Maine, where he graduated in 1949. While attending Bates College he met his wife, Shirley, and they were married in September of 1950. Shirley was a lab technician who made house calls. They moved to Baldwin, Long Island, New York where Bill became a high school teacher and also taught at NYU, Long Island University and other schools for a total of 36 years. Bill received a Doctorate from Penn State in Animal Behavior and a 2<sup>nd</sup> Doctorate of Science from Adelphi University in Garden City, Long Island, New York. He was named teacher of the year at New York State in 1982. One of the courses he taught there was a course in Alcoholism & Healing thereof.

Bill & Shirley were married 65 years and reared three children, Jim born in 1954, Alan, born in 1956 and Wendy born in 1961. The couple retired to Lakeland in 1987. At this point, Bill enjoyed playing in the Lakeland Concert Band at Youkey Theatre for many years. He still plays on occasion as a guest musician on the drums. Bill sings in the choir at Grace Lutheran Church and plays drums there.

On June 3, 2015, Shirley passed away. Not wanting to be alone any longer, Bill made the decision to move to Arbor Oaks in June of 2017, along with his feline friends Sage, Whitey, Basil & Puss. Always smiling and helpful, Bill enjoys serving others during Happy Hour and other activities. We are so happy to have him as a part of the Arbor Oaks Family.





*“Readin’ & writin’ & ‘rithmatic..  
Taught to the tune of a hickory stick!”*

If you remember this song, you grew up in a totally different era. Although reading is still part of the school curriculum, cursive handwriting is a thing of the past and don’t even get me started on common core math! When I was in school the hickory stick became a paddle and if we were bad enough to get the paddle at school, we got it twice as hard when we got home. Discipline in classrooms was not a problem back then.

On August 10<sup>th</sup> another school year will begin for Polk County. Parents have been preparing since the end of July by pushing back bedtime to a reasonable hour after staying up late during the summer. The week before there will be orientations to attend so that they children will have all new pencils, pens, markers, notebooks and other paraphernalia needed to begin the school year. Merchants are filling the shelves with all these things in addition to backpacks, lunch boxes, calculators (we were never allowed to use these), uniforms and new school clothes as well as the items that must be supplied for the class room such as Kleenex, hand sanitizer and a ream of copy paper. (As a side note, we never had uniforms, but every year mom would buy one PLAID dress for me. To this day, I don’t like to wear plaid.)

Teachers have been busy in preparation for this day for several weeks. I think we sometimes take for granted all that must be done by teachers and school administrators to make sure that everything goes off without a hitch on that momentous first day. Many of my friends who are teachers have spent weeks getting their classrooms and lesson plans prepared. These are extremely dedicated individuals who have the best interest of the students at heart, using creative ideas to stimulate the minds of young people to make learning an exciting prospect and prepare them for the future. Teachers are the men and women who shape the future doctors, nurses, lawyers, preachers, accountants, astronauts, congressmen, authors, musicians and artists to become the best of the best for years to come.

As we send our children off to school, whether it is PK, Kindergarten, Elementary, Middle School, High School or College, let us give a big shout out of thanks to ALL teachers as they prepare to impart wisdom to this generation of eager young minds!



I leave you with a few nuggets for thought on the subject:

*“Education is not the filling of a pail, but the lighting of a fire!”*

*“A teacher’s purpose is to give our very best so that kids can grow up to become their very best. It is one of the hardest jobs there is. It is also one of the most rewarding.”*

*“One book, one pen, one child and one teacher can change the world!”*

- Submitted by Becki Ringleb



The following employees were selected to share the Employee Spotlight at our July staff meeting:

**Kaitlyn Askey**



Kaitlyn has been a vital part of the Activities Department since February of 2016. She brings energy and enthusiasm to the table as she comes up with creative arts and crafts for our residents to make. Whether she is decorating for an event, calling BINGO, running an exercise class or any other activity, she will bring laughter and FUN to every moment. As far as party planning goes, she takes the cake (no pun intended). We appreciate you, Kaitlyn!

**Leigh Mitchell**



Leigh joined our Care Staff in June of 2017. She is a hard worker who is caring and loving to all residents, treating them with compassion and respect. She is a team player, always willing to pitch in and help other aides with their residents as needed. She goes above and beyond to make sure that everything is completed at the end of her shift. In addition to all this, she has a warm and sunny smile that lights up a room. We are happy to have her as part of our Arbor Oaks family.

**National Dog Day – August 26<sup>th</sup>**



National Dog Day serves to raise awareness of the thousands of dogs that need to be rescued and encourages appreciation for family dogs and working dogs, such as bomb dogs, service dogs, rescue dogs and law enforcement dogs. Dogs are

owned by many families in the US; however, many other dogs are homeless or have been abandoned. Every year these dogs are taken into shelters where millions of them are euthanized. In the US approximately 3.9 million dogs enter animal shelters every year. Of these, 1.2 million are euthanized. Only 35% of shelter dogs are adopted, 26% are returned to their owners and 31% are euthanized. At one time, Iraq and Afghanistan had about 1,200 dog teams in action. When the war dogs are involved, the bomb detection rate can be as high as 80%.



**Strange Competition**



Get ready for a week of the truly weird, because August 13–17 is Weird Contest Week in Ocean City, New Jersey. This beachy seaside haunt hosts curious family fun. Join in a variety of sculpting contests using Salt Water Taffy, French fries, and giant cookies.

Then there’s the paper clip construction contest, where past contestants have attempted to replicate the Eiffel Tower and Brooklyn Bridge. “Ears Looking at You” is an ear wiggling bout, where the flappiest ears win. If these contests aren’t eccentric enough for your tastes, try some of these other international oddities.

Every year the sleepy hamlet of Willaston, England, hosts the Worm Charming World Championships, where contestants try to coax as many worms as possible out of a small plot of turf. Charmers use various techniques to summon their earthworms, such as vibrating the soil with sticks, poking the grass, or even playing music. Digging is strictly against the rules. In 2009, the world worm charming record was set at 567 worms.

About 150 miles north of Williaston, in Egremont, England, contestants take part in a wholly different competition: gurning. Gurning is the act of contorting your face in the strangest manner possible. The World Gurning Championships are the highlight of the town’s Crab Fair, a pastime dating back to 1267, when the local lord would distribute crab apples to the townsfolk. If gurning is not for you, the Crab Fair also hosts a pipe-smoking competition.

For a contest that challenges both the body and the mind, try chessboxing, which is exactly as it sounds. A table with a chessboard is situated in the middle of a boxing ring. Boxers sit and match wits in a game of chess before alternating into a round of boxing. This continues for 11 rounds. Dutch artist Iepe Rubingh developed the idea as a performance, but it grew into a popular sport in Germany, England, India, and Russia. During this week in August, it seems there is truly a contest for every unique taste.

**AUGUST EVENTS**

Wed., August 8<sup>th</sup>, at 10:30 a.m., **Resident Council**, will meet in the Community Center. This is your opportunity to let your voice be heard. Come out and bring some fresh ideas for activities and events.

Wednesday, August 15<sup>th</sup>, **ICE CREAM FLOATS** will be served at our 3:00 p.m. Ice Cream Social.

Come out the **BINGO STORE** on Thursday, August 30<sup>th</sup>. See how much you can buy with your Bingo Bucks!

Reminders for ongoing activities:

Bible Study with Nancy every Tuesday at 10:30 a.m.

Every Thursday at 9:30 a.m. join Edson for exercise in the Community Center.

Morning Movie every Saturday at 10:15 a.m.

Make sure to **check your calendar insert** for all the other exciting August events and sign up at the Lobby Desk for other services:

**PRETTY NAILS** – 10:30 a.m. on Tues./ 10:00 on Sat.  
**Beauty/Barber** – 9:00 a.m. every Wednesday  
Podiatrist – Last Thursday of the Month (8/30)  
Dermatology – Check dates at Lobby Desk

**HAPPY HOUR!!!!** Every Friday at 3:00 p.m. in the Ice Cream Parlor! Join us for appetizers and **live entertainment!**



**Kiss and Make Up Day!!**

August 25<sup>th</sup> is Kiss and Make Up Day, a day to let go of resentment, grudges, anger and indignation. The unofficial holiday encourages people to make up and reconcile with anyone with whom they are estranged with at work, school or in their family.

Conflict is one of the biggest truths in life. No matter how much we may try, disagreements are a big part of our relationships with others. Most times, these differences can be easily set aside and forgotten. Sometimes, however, arguments and misunderstandings can take an ugly turn, estranging and isolating people from each other.

Kiss and make up is an English language idiom that means to set aside all differences and let those we love know that, despite all the quarrels and the disagreements, they mean a lot to us. Staying angry with a loved one can be harmful not only to a