

Notable Quotable

“Poetry is a mystic, sensuous mathematics or fire, smoke-stacks, waffles, pansies, people, and purple sunsets.”

~ Carl Sandburg, poet



For your funny bone

Instead of the John, I call my bathroom the Jim! That way it sounds better when I say I go to the Jim first thing every morning!!



SENIOR CITIZEN TEXTING CODES

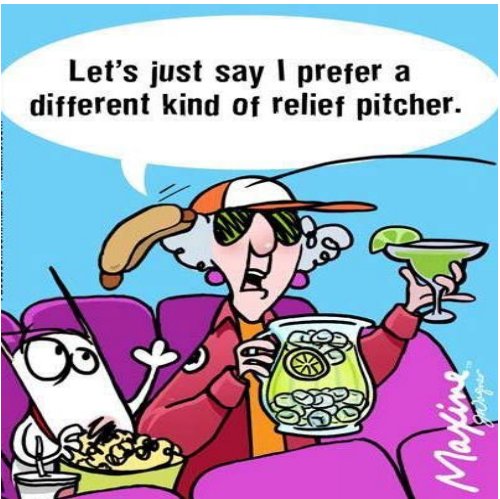
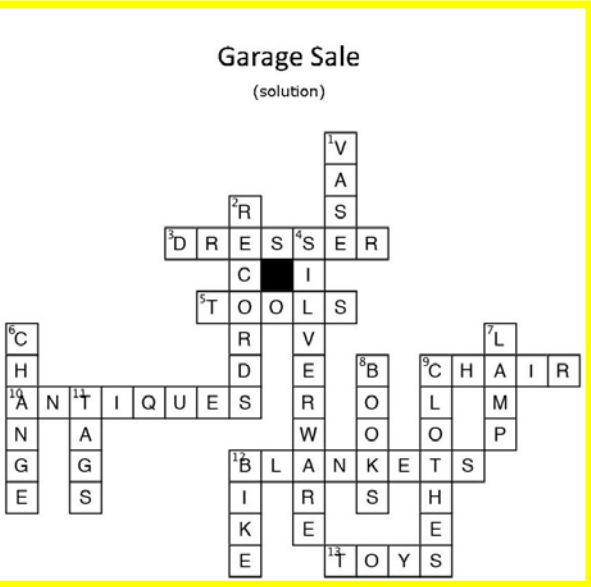
| | |
|----------|--|
| ATD | At The Door |
| BFF | Best Friend Fell |
| BTW | Bring The Wheelchair |
| BYOT | Bring Your Own Teeth |
| FWIW | Forget Where I Was |
| GGPBL | Gotta Go Pacemaker Battery Low |
| GHA | Got Heartburn Again |
| LMDO | Laughing My Denture Out |
| OMMR | On My Massage Recliner |
| OMSG | Oh My! Sorry, Gas |
| ROFLACGU | Rolling On Floor Laughing And Can't Get Up |
| TTYL | Talk To You Louder |

Are You Waffling?

On August 24, 1869, Cornelius Swartwout was awarded a patent for inventing a new, improved waffle iron. The first waffle irons date back to the 15th century in Holland, where waffles were baked on the open hearth in long-handled irons. Instead of the recognizable grid of deep wells, waffles were patterned with coats of arms, religious icons, or landscapes. These irons were direct descendants of medieval irons, used to bake religious communion wafers.

Swartwout is credited with developing a new version of a waffle iron that could be used on

either a wood- or gas-burning stove. In his design, two cast-iron plates were attached in such a manner that they could be rotated and flipped within a banded collar, allowing both sides of the waffle to cook on the stove top. Swartwout’s irons came in a variety of sizes with the tell-tale grid of wells on each side. Why do waffles today have that gridded and pocketed pattern? Some say that it’s this unique design that cooks up a light, crisp waffle, while others argue that the pockets were created to hold just the right amount of delicious maple syrup.



Arbor Hills Grapevine

August 2018



Arbor Hills Senior Residence
4145 Lakeland Hills Blvd.
Lakeland, FL 33805

Resources

Mary Gaudet
Executive Director

Jerome Jackson
Food Service
Director

Ramon Miranda
Maintenance
Director

Lori Merrill
Resident Relations

Physician
Transport
Wednesday and
Friday

Shopping
Monday

Beauty Shop
Open on Saturdays
for hair appt. and
Tuesdays for
Mani&Pedi’s.

See reception to
make
appointment.

From the Community Director

Hello Arbor Hills family!

I wanted to take a quick moment and tell you all what an honor it has been serving this community. Over the past two and a half years, I have grown to be a better person because of the things I have learned here.

My favorite part of this position is getting to know each of you and just a little bit about the story that makes up you! There are so many memories I will hold dear to my heart, from all the laughs as I do a cartwheel in our townhall meeting(by the way, Pat Costa I think you still owe me that \$80), our holiday parties, learning how to make drinks during happy hour, helping you love the place you live to joining together as a community and mourning the loss of friends and residents that are no longer with us.

This community gave us their prayers and stories of encouragement when you found out we were having difficulty growing our family. You guys were excited with us when we announced we were expecting and watched as my belly got bigger and bigger carrying my

beautiful twins! You rejoiced with us as they were born and couldn’t wait to see them. Now as they grow, I’ve decided to take a step back from management and put more focus on my family. I thank each of you as you have voiced your support in this decision and have encouraged me to spend as much time as possible with my growing little ones because “it goes too fast”.

Thank you Arbor Hills family for everything! I will dearly miss being your community director but know that you will be well taken care of!

Sincerely yours,
Rachel Carmack



Resident Spotlight



Mr. and Mrs. Elijah Graham Pillow
After both being married to their spouses for more than 50 years, Graham 56 years to his beloved wife and Betty her beloved husband, they met on a well known website “Christian Mingle” after both spouses passed away. Still going strong, Graham and Betty were married five years ago at Carpenter’s Estates. They both enjoy music as a hobby. Graham plays the keyboard and Betty plays the piano.



Graham was born in the very small town of Farmville, Virginia. A town with a population of 2,000 during the week and 3,000 on Saturday, per Graham it was very popular during the weekend. Haha! He is the father of two sons, grandfather to eight grandchildren and two great-grandchildren.

Betty was born in Elmira, New York, however was raised in Pennsylvania in which she fondly remembers. She is the mother of two children, grandmother of five grandchildren and four great-grandchildren.

Both Graham and Betty worked

by Tricia Crawford

outside of the home. Graham taught high school English. Later he went back to college, which led him to a career as a director and vice president in various computer system companies. Betty was a homemaker while her children were young and later worked in banking for three banks.

I asked how long they have been in Lakeland: Graham twenty years and Betty eighteen years.

When asked what they like about Arbor Hills, they both answered without hesitation. Graham likes the relaxed and peaceful atmosphere here. It feels like home to him. Betty likes the beautiful view from their apartment, the friends she has made, happy hour and the delicious meals and selection the kitchen offers.

Words of wisdom:

Graham: Seize the moment and truly enjoy what you want to do.

Betty: Live everyday as if it were your last. She is also very fond of the expression Live, Laugh, Love” and lives by it daily.

Favorite Recipe – Bill Clinton’s Lemon Chess Pie

- 1 9in Pie Shell
- 2 cups White Sugar
- ½ cup Butter, softened
- 5 Eggs, beaten
- 1 cup Milk
- 1 tbsp All-purpose Flour
- 1 Tbsp Cornmeal
- ¼ cup Fresh Lemon Juice
- 3 Tbsp Lemon Zest



Directions:

- 1. Preheat oven to 350 degrees F
- 2. In a large mixing bowl, cream together sugar and butter until light and fluffy. Beat in eggs and milk. Add flour, cornmeal, lemon juice and lemon rind. Mix until smooth. Pour mixture into pastry shell.
- 3. Bake in preheated oven for 3 to 40 mins, until set in center.

August Horoscopes and Birthdays



Julia Child was an American chef, author and television personality

In astrology, those born between August 1–22 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, and creative. Leos also use their humor and loyalty to bring people together. 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.

- Herman Melville – August 1, 1819
- Tony Bennett – August 3, 1926
- Lucille Ball – August 6, 1911
- Dustin Hoffman – August 8, 1937
- Alex Haley – August 11, 1921
- Don Ho – August 13, 1930
- Julia Child – August 15, 1912
- Roberto Clemente – August 18, 1934
- Al Roker – August 20, 1954
- Gene Kelly – August 23, 1912
- Mother Teresa – Aug. 26, 1910
- Michael Jackson – August 29, 1958
- Buddy Hackett – August 31, 1924

Resident Birthdays



- Graham Pillow - Aug. 6th
- Bob Relph - Aug. 8th
- Auburn Harrell - Aug. 10th


- Strat Hawley - Aug. 17th
- Betty Pillow - Aug. 19th
- Pat Brooks - Aug. 26th



THIS MONTH IN HISTORY


- 1 The first U.S. Census is completed. There are four million people in the U.S. in 1790.
- 3 The Nautilus, a nuclear powered submarine is the first submarine to cross the North Pole under water. (1958)
- 5 Little Orphan Annie comic strip debuts. (1924)
- 6 The Atom bomb is dropped on Hiroshima, Japan by the U.S. (1945)
- 7 The "Order of the Purple Heart" is created by President George Washington (1782)
- 10 "Smile, You're on Candid Camera". Allen Funt's wildly popular show debuts. (1948)
- 14 Japan surrenders, ending World War II. (1945)
- 15 The Panama Canal is opened. (1914)
- 16 Gold is discovered in the Klondike. (1896)
- 19 Indianapolis Speedway holds it's first auto race (1909)
- 21 Hawaii becomes the 50th state. (1959)
- 22 The Mona Lisa is stolen from the Louvre (1911)
- 24 The Waffle Iron is patented by Cornelius Swarthout of Troy, New York. (1869)
- 25 Amelia Earhart completes her trans-continental flight. (1932)
- 26 U.S. Congress passes the 19th Amendment to the Constitution, granting women the right to vote. (1920)
- 28 Martin Luther King Jr. makes his "I Have a Dream" speech. (1963)
- 29 Walt Disney's Mary Poppins is released. (1964)

August Puzzle



Garage Sale

Use the clues to fill in the crossword.



DOWN

- 1. Bouquet holder
- 2. Music lovers collection
- 4. Forks and knives
- 6. Nickels and dimes
- 7. Desk accessory
- 8. Reading material
- 9. Garments
- 11. Labels
- 12. Two-wheeler

ACROSS

- 3. Bedroom piece
- 5. Shed things
- 9. Rocker, for one
- 10. Valuable old furniture
- 12. Covers
- 13. Kid stuff



Saint Jerome was a prolific writer and is the patron saint of translators and librarians.

Great Balls of Fire

In Nejapa, El Salvador, August 31 brings what locals concede is a bizarre tradition, the Ball of Fire Festival. On this date in 1922, the local volcano erupted, forcing all the residents to evacuate the town. The eruption became legendary when it was reported that the hot flowing lava took the form of San Jeronimo, the local saint, and Jeronimo began hurling fireballs at the devil. Another legend states that as the lava flowed through the town, San Jeronimo appeared and halted the lava right before it consumed the

church. To commemorate these miracles, daring residents soak rags in gasoline, light them on fire, and hurl them through the streets. It is tradition that two teams generally throw the fireballs at each other. Hurlers take precautions, such as wearing gloves and dousing their clothes in water, but the threat of burns is real. Participants are aware of the dangers and even embrace the possibility of injury. Perhaps San Jeronimo is watching over the festival, for very few injuries have been reported over the years.



Martin Luther King Jr. won the Nobel Peace Prize in 1964.

A Dream Improvised

On August 28, 1963, civil rights leader Martin Luther King Jr. delivered his famous “I Have a Dream” speech at the foot of the Lincoln Memorial in Washington, D.C. Before him stood a crowd of 250,000 people who had attended the March on Washington for Jobs and Freedom. King’s speech may be the most famous in American history, but he did not even write it until he arrived at his hotel room the

night before. Indeed, he finished his final draft after midnight on the day it was to be delivered. In his speech, King synthesized themes from both the Bible and the U.S. Constitution, but he broke from his written remarks to ad-lib the “I have a dream” section that is so well-known today. It was gospel singer Mahalia Jackson, standing just behind King, who said, “Tell ‘em about the ‘dream,’ Martin.” And so he did.

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 flappest ears win. If these contests aren’t eccentric enough for your tastes, try some of these other international oddities.



Gurning is best done while wearing a “braffin,” or horse collar.

About 150 miles north of Willaston, 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.

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.

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 unexpectedly 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.

Previous Events and Activities

It's Ice Cream Social Time!



Having a blast with Chair Volleyball!



Angel singing for our Fourth of July Entertainment!



Thank you David and Penny with Songs from the Heart for sharing your beautiful singing.



Upcoming Events and Activities

*Time change! Please remember the daily exercise class, except for Wednesdays, will now begin at 9:15am!

Aug 1st: Please join us in the Community Center to welcome all of our newest residents starting at 1pm.

Aug 2nd: At 3pm in the Community Center, come and enjoy the always entertaining Lima Bean Auction with Jamie from Encompass Health.

Aug 3rd: Jim Baker will be entertaining us for our weekly Happy Hour at 3:45pm in the Community Center.

Aug 7th: Town Hall meeting will be in the Community Center starting at 10:15am.

Aug 10th: Eddy Rivers will be serenading us during our Happy Hour in the Community Center starting at 3:45pm.

Aug 17th: Come and listen to the beautiful Sherrie Nosel at Happy Hour starting at 3:45pm.

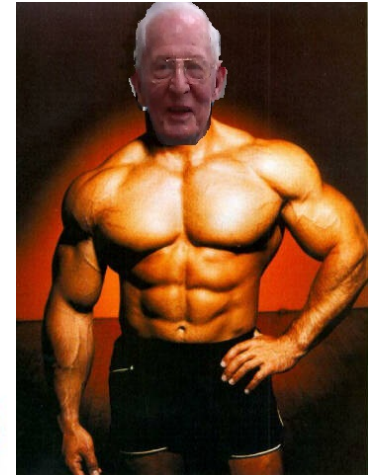
Aug 21st: Join Cecile with Comfort Keepers in the Craft Room at 3pm for Grand Cards and learn to make a beautiful handmade card.

Aug 24th: The beloved Doug Cain will be joining us for Happy Hour at 3:45pm in the Community Center.

Aug 31st: We will be introducing a new Happy Hour entertainer for you. Mr. Trenton Bainbridge will be joining us to put a smile on your face.

Blood Pressure Clinic and Exercise!

Attention residents! Every Wednesday at 9am in the Community Center, Mr. Gary with Legacy is available for our Blood Pressure Clinic. Then stick around for Exercise at 9:30am with Gary! If you want to look like Mr. Art then you have to use your muscles and sweat a little!



Guess Who? Game

All entries must be submitted by Monday, August 20th. On Thursday, August 23rd, you will get your opportunity to vote and give your best guess on who's who. The winner will be announced on Friday, August 24th after Happy Hour.

Shopping Trip is Monday at 1pm. Make sure to add your name to the list.

Night Wii Bowling has been added to the calendar for those that would like to participate.

Aug 14th and 28th join us in the Community Center for Chair Volleyball!!! You will have a BALL!