



Life is moving faster than it ever has before! Didn't we just celebrate the 4th of July? When I was a kid it seemed like forever from one Christmas to the other. Mom would say that the older you get, the faster time flies. She was right! Of course, it doesn't help that the retailers start putting up Christmas decorations before Halloween. But we go with the flow and make the best of it.

November in Southeastern Ohio is a beautiful month. God reveals his artistic splendor across the hills and vales in an amazing profusion of reds, yellows and oranges and then touches it with sunlight. Robert Frost described this best in a poem that my Mom used to quote:

"...the air's so appetizin'; and the landscape through the haze
Of a crisp and sunny morning of the early autumn days
Is a picture that no painter has the coloring to mock –
When the frost is on the punkin and the fodder's in the shock."

There are some very important dates to remember in November. **November 6th** is Election Day. Every year it becomes more important that we exercise this right. By resolution of the Second Continental Congress in 1775, **November 10th** was declared to be the date of the Marine Corps birthday. On **November 11th**, we observe Veteran's Day and give honor to all who have served our country to preserve our freedom. Every year at Arbor Oaks we have a very special Veteran's Day Salute honoring the men and women of Arbor Oaks who served to protect and defend the freedom that we enjoy. This year we will honor 22 Veterans and 15 widows of veterans. *If you value your freedom, thank a Vet!*

Of course, the most celebrated holiday in November is Thanksgiving Day. Proclaimed by George Washington as the first national Thanksgiving Day in 1789, it has been an annual holiday in the United States since 1863 and is now celebrated on the last Thursday of November. It is a day for families and friends to get together for a traditional meal including turkey, stuffing, potatoes & gravy pumpkin pie. We eat too much food all day long and watch a lot of football. At our house, the day begins with the Macy's Parade followed by "Miracle on 34th Street" while the meal is prepared. At the end of the day, when the dishes are done, we sit down with a cup of pumpkin spice coffee and watch "White Christmas" to kick off the holiday season.

What are your traditions? Whatever they may be, make sure to set aside time to give thanks for the love of family and friends and God's blessings to all of us. Make a "thankfulness list" beginning at the first of the month. Think of at least one thing each day for which you are thankful and write it down. You will be surprised to discover how very much you are blessed. At Arbor Oaks, we are thankful every day for our residents and their families. May you all be blessed not only on Thanksgiving, but every day!

- submitted by Becki Ringleb



In astrology, Scorpios are those born between November 1–21. Scorpios are passionate and deep, qualities that help them counsel others in meaningful ways. Those born between November 22–30 are Archers of Sagittarius. These open-minded travelers are in constant motion, searching the globe for meaning.

**** Resident Birthdays ****

11/07	Kathy Steinert	11/18	Harriet Purdy
11/09	Marian Jackson	11/19	Patty Walter
11/09	Peggy Daley	11/20	Joyce Bailey
11/13	Anna Korbos	11/26	Vera Doran
11/14	John Meyers	11/26	Margaret Huff
11/16	Morris Anderson	11/27	Bob Barrett

**** Employee Birthdays ****

11/03	Silvia Valle	11/17	Tamara Grant
11/04	Ashai Streeter	11/23	Keyana Reid
11/13	Leigh Mitchel		



Come on out and join us for the **Birthday Bash on November 27th at 3:00pm in the Ice Cream Parlor.** Enjoy live entertainment provided by Shari and, of course, there will be **CAKE!!!** We always have **CAKE!!!**



Election Day is November 6th. Election Day refers to the day on which general elections in the United States are held. Presidential elections are held every 4 years and the elected president will then be sworn in and take office on the following January 20th, a day known as Inauguration Day.

Election Day in the United States is always held on the Tuesday after the first Monday in November. Elections held for federal offices only occur on even-numbered years.

Go out and exercise your right to vote on November 7th. To quote Franklin D. Roosevelt:

"Nobody will ever deprive the american people of the right to vote except the American people themselves and the only way they could do this is by not voting."

Arbor Oaks News

Arbor Oaks at Lakeland Hills, 4141 Lakeland Hills Blvd., Lakeland, FL 33805 * Phone: (863) 687-0101 * FAX: (863) 687-8302



Celebrating November

Gratitude Month

All Saints' Day
November 1

Veterans Day
November 11

World Kindness Day
November 13

Mickey Mouse Day
November 18

Thanksgiving Day: U.S.
November 22



DIRECTORY

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

RESIDENT SPOTLIGHT ON: CHARLIE WARE



Charles "Charlie" Ware was born September 9, 1923, on a dairy farm in Shepherdstown, West Virginia. Charlie was the next to the last of five boys born to Josiah and Elizabeth Ware. He grew up and attended High School in Sheperdstown and attended Shepherd University in the spring of 1994, on a deferment because his brothers had all enlisted in the service and he was the only son left to help with the dairy farm.

In 1944, Charlie enlisted in the Army Air Corp. Stationed in Miami Beach for basic training, he learned to fuel and service aircraft and drove the "follow Me" jeep to guide planes from other bases. During that time he was promoted to corporal. After the war was over, he attended the University of Virginia on the GI Bill and graduated with a Bachelor of Science in Chemistry in June of 1947. Upon graduation, he went to work for Merk Pharmaceuticals in Elkton, Virginia.

In early 1957, Charlie moved to Lakeland where me met and married Patsy Lindsey in October of 1958 at St. David's Episcopal Church. In that same year he took a position as a chemist at American Cyanamid in Brewster, Florida. In 1961, the first of three girls arrived, followed daughter in 1962. In 1963, they purchased 3 acres in the Mulberry area and built a house. The last daughter arrived in 1967. The family attended church at St. Luke's Episcopal. Charlie retired in 1986, sold their home and they traveled the USA in a 27' motorhome for three years. They finally settled back in the Mulberry area in 1989 and in 1993 began attending All Saints Episcopal Church. Charlie was very active there, participating in outreach programs and ministering to the homeless in Lakeland. Patsy passed away on December 9, 2006.

Charlie remained in Mulberry until moving to Arbor Hillis in October of 2015. In December of 2016, he came to reside with us at Arbor Oaks. Charlie is truly a southern gentleman with a sweet nature. He has many grandchildren and great-grandchildren. His favorite thing to do at Arbor Oaks is go to exercise classes. He also loves to play cards with his "bridge ladies" who recently honored him with a surprise party for his 96th birthday.





Is there any bigger spectacle than the Macy's Thanksgiving Day parade marching down Broadway in New York City? And this big spectacle requires big balloons to capture the attention and dazzle the imagination of millions of onlookers.

The Thanksgiving Day parade did not always boast larger-than-life balloons. The first parade was held in 1924 when R.H. Macy & Co. decided to celebrate the opening of its new flagship store on 34th Street in Manhattan. This massive parade was not meant to celebrate Pilgrims and a feast of turkey but to usher in the Christmas shopping season. During its first three years, the parade featured live animals from the Central Park Zoo, including tigers, elephants, camels, and donkeys. However, the children lining Broadway were so scared by these beasts that parade organizers decided to feature some "lighter" entertainment: giant balloons in the shape of beloved cartoon characters.

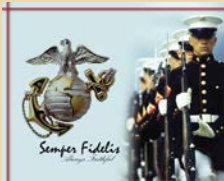
The first inflatable star of the Macy's Thanksgiving Day Parade was Felix the Cat, the preeminent cartoon megastar of the silent era. In those early days, the balloons were built by the Goodyear Tire and Rubber Plant Company. They were not filled with helium but with air, and wranglers propped them up with long sticks. In 1929, balloons were filled with helium and wranglers had to both wrestle the gargantuan cartoons and keep their own feet firmly on the ground. Between 1929 and 1932, the balloons were released into the air at the finish of the parade. They could float to the ground anywhere in Manhattan, and the lucky ones who found them needed only to return the tag attached to the lost balloon to Macy's for a \$25 gift certificate. For over 90 years, balloons have floated through New York's skyscraper canyons. Felix the Cat has stepped aside for Raggedy Ann, Popeye, Snoopy, and current favorites like Iron Man and Pikachu, but the sense of wonder these balloons inspire carries on.

Marine Corps Birthday – 11/10/18

This day is mainly celebrated by personnel, veterans or other people related to the Marine Corps. Usually, it is marked with a Marine Corps Birthday Ball with a formal dinner, birthday cake and entertainment. The first ball was held in 1925.

The US Marine Corps started as the continental Marines on November 10, 1775. On that date, the Second Continental Congress decided that they needed 2 battalions of Marines to serve as landing forces with the Continental Navy during the American Revolutionary War (1775-1783). After the war, the continental Navy was dismantled, and as a consequence the Marines as well. However, after increasing conflict with revolutionary France, the Marine Corps was formally re-established.

The United States Marine Corps is the US Armed Forces' combined-arms task force on land, at sea, and in the air. It has more than 280,000 active duty personnel as well as almost 40,000 personnel in the Marine Corps Reserve.



World Kindness Day is to highlight good deeds in the community focusing on the positive power and common thread of kindness which binds us. Kindness is a fundamental part of the human condition which bridges the divides of race, religion, politics, gender and zip codes. Kindness Cards are also an ongoing activity which can either be passed on to recognize an act of kindness or ask that an act of kindness be done.

Kindness Day isn't just about adopting all the children from your local orphanage, it is about the little gestures of kindness, too. Helping others can restore a sense of humanity, not to mention giving you that warm fuzzy glow inside.

Kindness Day was born when a collection of humanitarian groups came together on November 13, 1997, and made a "Declaration of Kindness". Likewise, on Kindness Day everyone is encouraged to make a similar declaration. However, pledging to commit to just one act of kindness is no less worthwhile: hold the door open for a stranger, compliment your neighbor on their collection of garden gnomes, let your partner have control of the TV remote for the evening.

Researchers have found there is a positive feedback loop between happiness and kindness. Undertaking acts of kindness makes one happy, and people who are happy tend to be kinder to others.



World War I officially ended on June 28, 1919, with the signing of the Treaty of Versailles. The actual fighting between the Allies and Germany, however, had ended seven months earlier with the armistice, which went into effect on the eleventh hour of the eleventh day of the eleventh month in 1918. Armistice Day, as November 11 became known, officially became a holiday in the United States in 1926, and a national holiday 12 years later. On June 1, 1954, the name was changed to Veterans Day to honor all U.S. veterans.

In 1968, the Uniform Holidays Bill was passed by Congress, which moved the celebration of Veterans Day to the fourth Monday in October. The law went into effect in 1971, but in 1975 President Gerald Ford returned Veterans Day to November 11th, due to the important historical significance of the date.

Official, national ceremonies for Veterans Day center around the Tomb of the Unknowns. To honor these men, symbolic of all Americans who gave their lives in all wars, an Army honor guard, the 3d U.S. Infantry (The Old Guard), keeps day and night vigil. At 11 a.m. on November 11, a combined color guard representing all military services executes "Present Arms" at the tomb. The nation's tribute to its war dead is symbolized by the laying of a presidential wreath and the playing of "Taps."

The men and women who serve and protect the U.S. come from all walks of life; they are parents, children, grandparents, friends, neighbors and coworkers, and are an important part of their communities. At Arbor Oaks we have 22 residents who are Veterans and we will honor them in a special ceremony on November 12th.



On October 6th, the following residents from Arbor Oaks Veterans attended the Polk County Virtual Flight to Honor: John Disbot, Morris Anderson, Bill Sadler, Don Yule and Bill Sawyers. They were treated to a BBQ lunch, received special pins, coins, pens and each Veteran was given a folder containing letters of appreciation from area school children.



Resident Council meets on Wednesday, 11/14/18, at 10:30 am in the Community Center. Don't miss out on the opportunity to bring your ideas to the table for upcoming activities.

Our **Veterans Salute** will be held on Monday, November 12th at 2:00 pm in the main lobby. Join us to pay tribute to our resident Veterans and widows of Veterans for this very special service.

On November 22nd at 12:00 pm, Chef Jerome and his staff will be serving a delicious **Traditional Thanksgiving Meal**. Family members are invited to join us. The cost is \$10.00 per person. Please sign up at the lobby desk no later than November 15th at 4:00 pm.

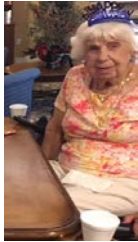
Check your calendar insert for all other festivities planned for November and sign up at the Lobby Desk for shopping and other bus outings. You can also sign up at the Lobby Desk for the following personal services:

PRETTY NAILS – 10:00 am on Saturday
Beauty/Barber – 9:00 am every Wednesday
Podiatrist – Last Thursday of the Month
Dermatology – Check dates at Lobby Desk

HAPPY HOUR!!! Join us every Friday at 3:00 pm in the ice Cream Parlor for live entertainment.

HAPPY BELATED BIRTHDAY!!!!

Kathy Leudemann celebrated her **100th Birthday** on September 23rd. This is an historic event that deserves to be recognized. She was honored by family and friends at a very special open house held at Arbor Hills. Her bridge club held a small but boisterous party for her in the library.



Kathy is an amazing woman for her advanced years. She keeps her mind sharp by playing bridge several times a week. She loves happy hour and she always comes out for any celebration. Her very favorite thing to do is go to Hard Rock and most of the time she comes back a winner!

When asked to share her secret for living a long and healthy life, her answer was, "Laughter! I'm always happy." Her words of wisdom for all of us is to **"always keep laughing"**.