

Inspirational & Heartwarming

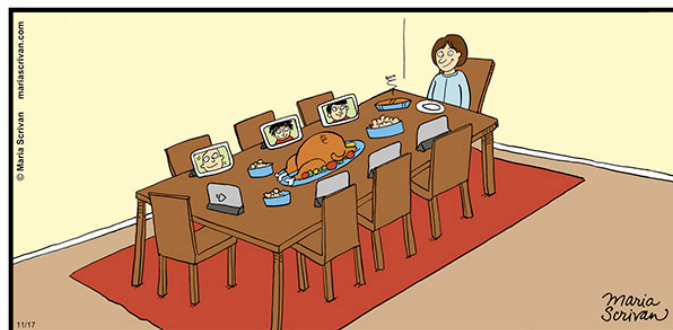
When Mrs. Klein told her first graders to draw a picture of something for which they were thankful, she thought how little these children, who lived in a deteriorating neighborhood, actually had to be thankful for. She knew that most of the class would draw pictures of turkeys or of bountifully laden Thanksgiving tables. That was what they believed was expected of them. What took Mrs. Klein aback was Douglas's picture. Douglas was so forlorn and likely to be found close in her shadow as they went outside for recess. Douglas's drawing was simply this: A hand, obviously, but whose hand? The class was captivated by his image. "I think it must be the hand of God that brings us food," said one student. "A farmer," said another, "because they grow the turkeys." "It looks more like a policeman, and they protect us." "I think," said Lavinia, who was always so serious, "that it is supposed to be all the hands that help us, but Douglas could only draw one of them." Mrs. Klein had almost forgotten Douglas in her pleasure at finding the class so responsive. When she had the others at work on another project, she bent over his desk and asked whose hand it was. Douglas mumbled, "It's yours, Teacher." Then Mrs. Klein recalled that she had taken Douglas by the hand from time to time; she often did that with the children. But that it should have meant so much to Douglas ...

Perhaps, she reflected, this was her Thanksgiving, and everybody's Thanksgiving—not the material things given unto us, but the small ways that we give something to others.



A THANKSGIVING POEM

May your stuffing be tasty,
May your turkey plump,
May your potatoes and gravy
have nary a lump.
May your yams be delicious
and your pies take the prize,
and may your
Thanksgiving dinner
stay off your thighs!



Even though the kids couldn't make the trip, that doesn't mean you still can't have a family get together.

Arbor Hills Grapevine

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



From the Community Director

*Do not ask me to remember, do not try to make me understand.
Let me rest and know you are with me, kiss my cheek and hold my hand. I'm confused beyond your concept, I am sad and sick and lost. All I know is that I need you to be with me at all cost. Do not lose your patience with me, do not scold or curse my cry. I can't help the way I'm acting, can't be different though I try. Just remember that I need you, that the best of me is gone. Please don't fail to stand beside me, love me till my life is done*

Did you know that there are about 5.7 million Americans of all ages are living with Alzheimer's dementia in 2018. Alzheimer's is the 6th leading cause of the death in the United States and the number of people affected is rising annually.

Currently, there is no cure for Alzheimer's. Although there have been medical breakthroughs prolonging the inevitable, the damage the disease causes is irreversible. Early detection is very important. If you are experiencing any of the symptoms listed, it is important to see your physician so they can run test to confirm or eliminate the possibility of having the disease.

Know the signs. Symptoms include:

Cognitive: mental decline, difficulty thinking and understanding, confusion in the evening hours, delusion, disorientation, forgetfulness, making things up, mental confusion, difficulty concentrating, inability to create new memories, inability to do simple math, or inability to recognize common things

Behavioral: aggression, agitation, difficulty with self-care, irritability, meaningless repetition of own words, personality changes, lack of restraint, or wandering and getting lost
Mood: anger, apathy, general discontent, loneliness, or mood swings

Psychological: depression, hallucination, or paranoia

Whole body: loss of appetite or restlessness

Also common: inability to combine muscle movements or jumbled speech

I would like to wish everyone a very happy and safe Thanksgiving holiday. If you will be leaving for the holiday, please be sure to let our staff know. We are looking forward to a festive holiday season!!

Celebrating November

Mary Gaudet
Executive Director

Robin Moran
Community Director

Jerome Jackson
Food Service Director

Ramon Miranda
Maintenance Director

C.J. Cale
Activities Director

Lori Merrill
Resident Relations

Physician Transport
Wednesday and Friday

Shopping
Monday

Beauty Shop
Open on Saturdays – Hair appts.
Tuesdays-Mani / Pedi's.

See receptionist to book appts.

Resident Spotlight

Our resident spotlight for November is Verna and Robert “Bob” Isbell. Verna was born in Seattle, Washington and taught Kindergarten through Third grade for 31 years. Bob was born in Tampa, Florida and was a Florida Probation and Parole Supervisor for 25 years. They met when Bob was on leave from the Navy visiting his sister in Tampa. Bob’s sister decided to play “Cupid” and suggested that Bob go pick up his nephew Kevin from school. Verna who was teaching her first class of First graders was Kevin’s teacher naturally. The rest as they say is history. It did not take long for Miss Hill to become “Aunt Verna”. They have been married for the past 52 years, have one son and two grandsons. Bob and Verna moved to Lakeland in 2013 and enjoy many hobbies such as, biking, hiking, canoeing and kayaking. Verna has said that the warm and friendly staff and fellow residents are what they like best about Arbor Hills. She is a firm believer that **“you feel and look your best when wearing a smile”!**

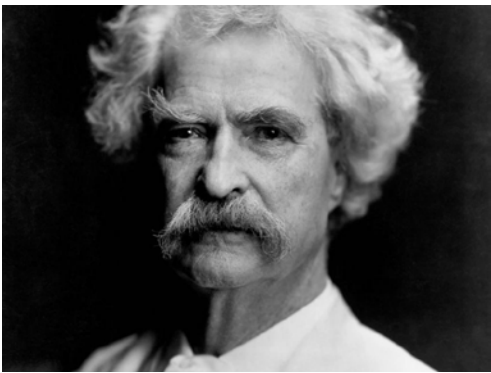


Favorite Recipe

No- Cook Oatmeal Breakfast

- 2 cups – yogurt
- ½ Cup – toasted shivered almonds
- 1 cup – old fashioned oats
- 1 cup – crushed pineapple with juice

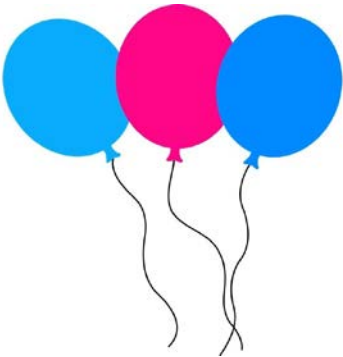
Mix all ingredients together. Refrigerate overnight. Serve with sliced bananas or other favorite fruit.



Samuel Clemens
a.k.a.
Mark Twain

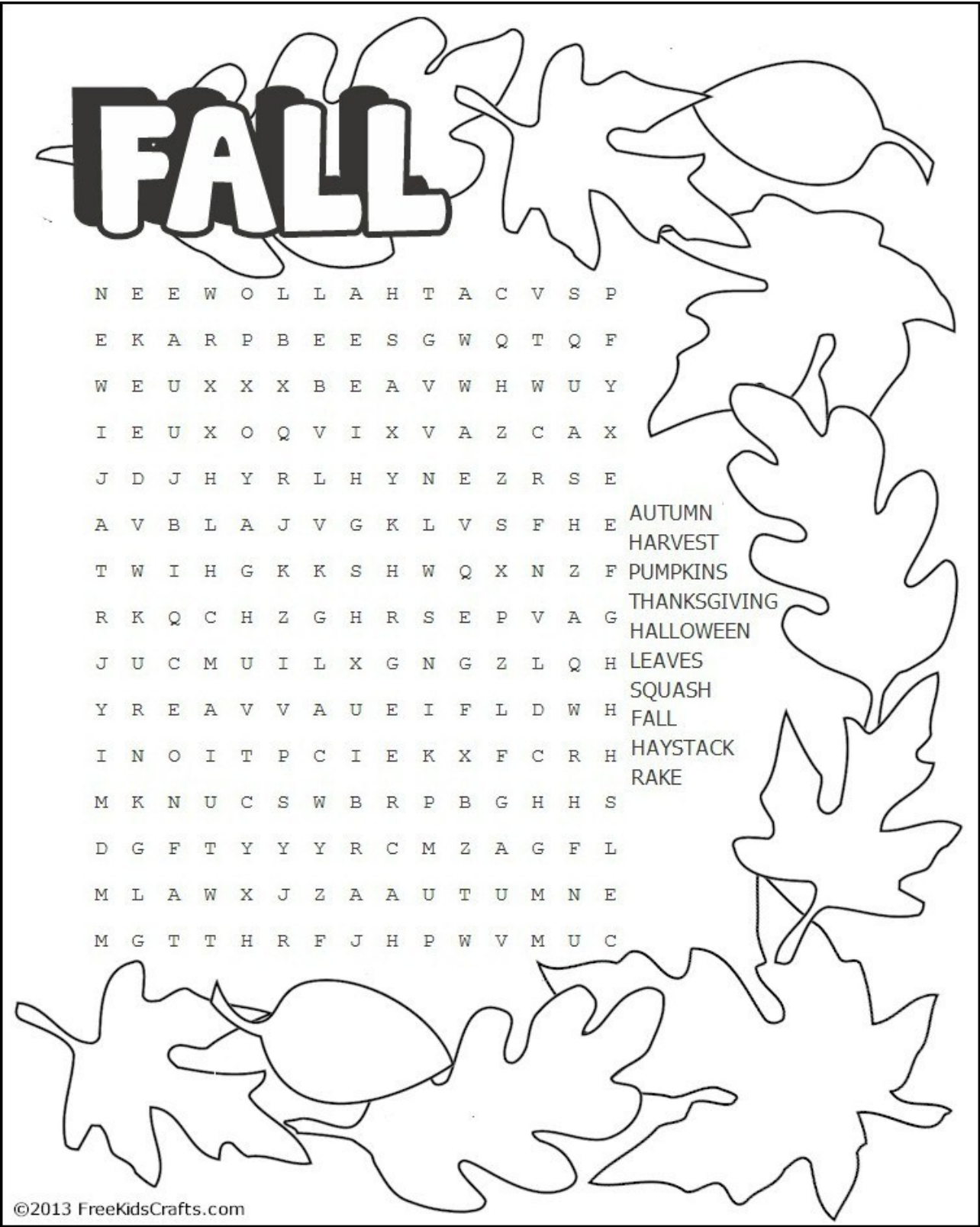
Famous November Birthdays

- Daniel Boone (frontiersman) – November 2, 1734
- Roy Rogers (cowboy) – November 5, 1911
- Carl Sagan (astronomer) – November 9, 1934
- Grace Kelly (actress) – November 12, 1929
- Robert Fulton (inventor) – November 14, 1765
- Rock Hudson (actor) – November 17, 1925
- Chester Gould (cartoonist) – November 20, 1900
- Jamie Lee Curtis (actress) – November 22, 1958
- Joe DiMaggio (athlete) – November 25, 1914
- Tina Turner (singer) – November 26, 1939
- Randy Newman (singer) – November 28, 1943
- Samuel Clemens (writer) – November 30, 1835



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| Mary Alice Sternoloff | 11/3 |
| Violet Zabel | 11/6 |
| Cherie Lockridge | 11/8 |
| Nancy Popp | 11/17 |
| Sila Rodriguez | 11/20 |
| Jean McLendon | 11/22 |
| Marilyn Henderson | 11/29 |
| Melva Bailey | 11/30 |





Lightning in a Bottle

John L. Mason didn't set out to become famous when he invented the mason jar on November 30, 1858. In fact, he didn't invent the jar at all but rather the unique two-piece metal screw cap. Mason was, after all, a tinsmith, so he was well-versed in the utility of metal. Heat-based canning as a method to preserve foods was common in kitchens prior to Mason's invention. The one problem common to this type of preservation was a faulty seal. As soon as air entered the jar or can, food began to spoil. Mason's airtight lid solved that problem beautifully, advancing the efficiency of the canning process. While his airtight lid kept food fresh, the clear glass jar made the contents appetizing.



The most popular mason jar manufactured today is the ubiquitous Ball brand jar. Ball jars were first manufactured in 1884, and today, they are created at a rate of 17 jars per second. Not only is the glass favored over plastic jars made with synthetic chemicals but these jars are also appreciated for their versatility. A mason jar is no longer singularly used to preserve foods like jam or pickles; the jars are also used as soap dispensers, planters, vases, and drinking glasses—not just for moonshine but for trendy cocktails.

A mason jar is as authentic a piece of Americana as a cowboy hat. Collectors even seek out rare and valuable mason jar specimens. The Universal jar is worth thousands. Produced in Buffalo in 1937, only 50 were ever manufactured. Even more highly prized is the extremely rare Buffalo jar made in amber glass by the Ball company, of which only four are known to exist. From the mundane to the magnificent, mason jars have captured both food and the public's imagination for over a century.

Noteworthy Notaries

November 7, Notary Public Day. What is a notary public? A notary is a state government official whose job it is to maintain integrity. They act as an official witness during the signing of official documents as a means of thwarting fraud. Notary publics often take center stage during many of life's important moments: signing papers to buy a house, granting power of attorney, even verifying college transcripts. Officials have carried this capacity since ancient Egypt when sesh, or scribes, acted as official witnesses and chroniclers of the pharaoh's bureaucracy.

Their duty is to screen signers by verifying their true identity. They also make sure people know what they are signing and that people aren't being forced to sign documents against their will. Notary publics often take center stage during many of life's important moments: signing papers to buy a house, granting power of attorney, even verifying college transcripts. Officials have carried this capacity since ancient Egypt when sesh, or scribes, acted as official witnesses and chroniclers of the pharaoh's bureaucracy. Today, anyone can become a notary public and, hence, a valued public servant for the community.

Previous Events / Activities

Art & Cherie looking as in love as ever!**Dan & Violet making memories to last****Wilma & Marilyn having a blast with friends and family.****Graham & Betty posing on a sandy beach.**

Visit [Arbor Hills' Facebook page](#) to view more pictures.

Upcoming Events / Activities

- Nov. 1st – Lima Bean Auction held in the Community Center at 3:00pm
- Nov. 2nd – Join us for Happy Hour in the Community Center at 3:45pm with DJ Diamond Jim.
- Nov. 6th – Make your voice heard in the Town Hall Meeting at 10:15am in the Community Center.
- Nov. 7th – Hard Rock Casino Trip. But will Depart Arbor Hills at 10:00am.
- Nov. 7th - Help our newest resident feel welcome at the New Resident Reception in the Community Center at 1:00pm.
- Nov. 9th – Have a great time at Happy Hour with the talent of Eddie Rivers. 3:45pm in the Community Center.



**Wednesday November 7th.
Bus will depart from Arbor Hills at 10:00am
Sign-up on flyer located on bulletin board in main hallway.**

- Nov. 13th – Informative Talk with Jordan. "Continence Management". 11:15am in the Community Center.
- Nov. 16th – Happy Hour with Sherrie Nosal. 3:45pm in the Community Center.
- Nov. 23rd – Happy Hour with Floyd Love. 3:45pm in the Community Center.
- Nov. 30th - Happy Hour with Deborah Mims. 3:45pm in the Community Center.