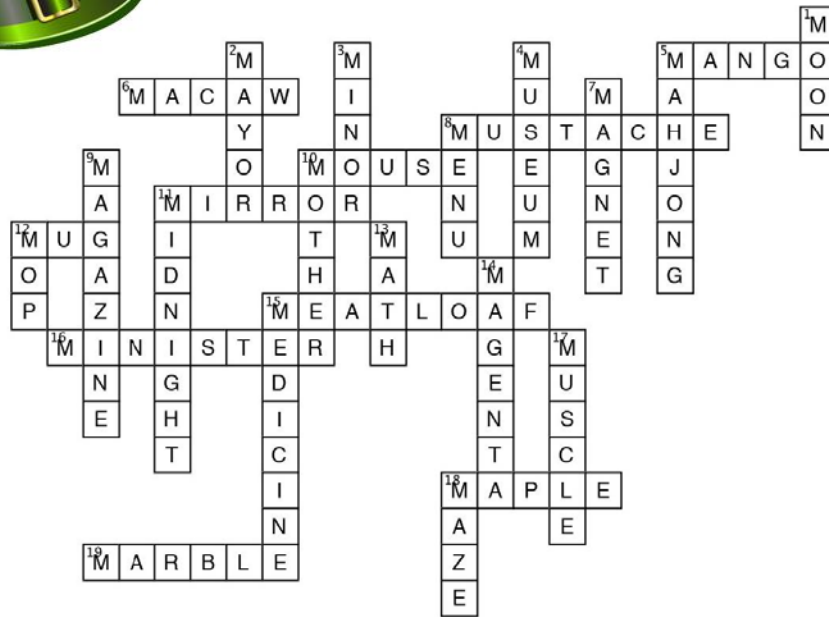




“M” Is for March
(solution)



Notable
Quotable

“The list of Irish saints is past counting; but in it all no other figure is so human, friendly, and lovable as St. Patrick.”

~ Stephen Gwynn, Irish writer and politician



Let's give a warm Arbor Hills welcome to our newest cosmetologist Courtney Merrill. She will be offering various types of beauty services including pedicures on Tuesdays in addition to hair appointments.

The Beauty Shop is open Tuesdays, Thursdays & Fridays from 9am-3pm

Please see the front desk receptionist to make an appointment with Courtney.



Please also help us welcome Julie Enamorado from Legacy Therapy Services. Julie is the new Therapy Service Coordinator. She has a background of over twenty years of experience in skilled nursing with the last seven years focused in therapy. She is very excited to be working with Arbor Hills and its awesome residents. Julie wants all residents to know that Legacy will be performing Health Screenings on Tuesdays at 1:00pm, and Wheelchair & Walker checks on Thursdays at 1:00pm in the CC. Please come by and see Julie to just say hi or to take advantage of the opportunity to ask her any questions you may have about therapy.

Arbor Hills Grapevine

March 2019



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

Resources

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 Tuesdays, Thursdays & Saturdays 9am-4pm

See receptionist to book appts.

From the Community Director

Do you know the history of St. Patrick's Day? St. Patrick, the patron saint of Ireland, was kidnapped in the late 4th century from his home in Roman Britain and held as a slave in Ireland for about 6 years. He escaped and in the year 432 he returned to Ireland to convert the people to Christianity. By the time he passed away on March 17th, 461, he had become a bishop and established monasteries, churches and schools. The many legends told about St. Patrick include stories of him driving the snakes out of Ireland and using shamrocks to explain the Trinity with the three leaves. Originally in Ireland and now around the world, the date of St. Patrick's death is celebrated with religious services, parties and parades as well as for many of us in America...green beer!!

Lent begins on March 6th. Do you give up anything for Lent? It is so hard to give up the things we love, even if it is only for 40 days. It can be very beneficial though. Giving up fatty foods can help us lose weight or get a little healthier. Giving up shopping or eating out can help save a little money. And guys...If you give up sports you might just put a smile on your wife's face! Whatever you are giving up, I pray that you will be successful with your fast and be blessed abundantly for it.

Daylight Saving time is fast approaching and begins on March 10th. I for one will be very happy to have a little extra daylight when I get home in the evening. For those of you that still have the old time clocks that have to be manually changed, don't forget to change your clocks.

BABY UPDATE!!

Dianna is now 23 weeks. Her recent ultrasound shows the baby is a little bigger than they first thought so they have moved up the due date to June 20th! The doctors say he is a little over one pound and about the size of a mango. His fingers are apart now. The baby was seen on the ultrasound opening his mouth. How cute!! Dianna says he gets very active when Pedro speaks so he now has some voice recognition. So far all is well and the baby is happy and healthy.



I wish you all an amazing March! May you all have the luck of the Irish!!

Resident Spotlight



This month's resident spotlight shines on Delores "Dee" Vanlet. Dee moved to Arbor Hills in July of 2017. She is originally from Grand Rapids, Michigan. She started playing the clarinet in the second grade and became such a virtuoso that by the seventh grade she joined the Senior High School Band. Matching her musical talent with her academia Dee was able to graduate early from high school thanks to all of those band credits.

Too young to go into RN Training Dee worked for a doctor and at the age of seventeen she took the newly offered Practical Nursing course. A few years later when the State Board of Nursing offered the opportunity to obtain a license, Dee jumped at the chance. She soon began to work as a "floating" nurse in 1952 in the Polio ward where she worked with patients who needed various medical needs such as iron lungs.

A big part of her life has always been church. It was at church through youth activities where she met her "forever love" at the age of fourteen. They married four years later when Dee was nineteen and just before her husband entered his senior year of college. He then went on to Seminary days and finally into full-time Christian Ministry with High School Evangelism in the Metro- New York area for five years. Once that was complete he served with the Word of Life International ministries for thirty-five years in the Mid-Atlantic area. The last ten years of his career Dee's husband worked in the inner cities in Baltimore, Philadelphia and Washington D.C.

Dee and her husband were blessed with four children (2 sons & 2 daughters), three granddaughters, three great-granddaughters and three great-grandsons.

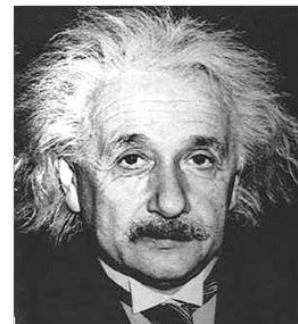
In their "retirement years" Dee and her husband travelled quite a bit. They went to Romania an astonishing seven times and once to Guatemala with Medical Missions. Her husband served as an evangelists and Dee of course as a nurse.

One of most important notes about Dee's life is that Dee's daughters brought her husband to Arbor Hills to check out the place while Dee was in rehab from a bad car accident. Mr. Vanlet actually picked out Dee's room which she still lives in today. Dee says that the selling point was when the staff offered him ice cream and she believes that sealed the deal. Dee mentioned that her husband loved sunsets and she has the best view every evening from room 419.

Words of Wisdom:

"A merry heart maketh a cheerful countenance. "

March Horoscopes and Birthdays

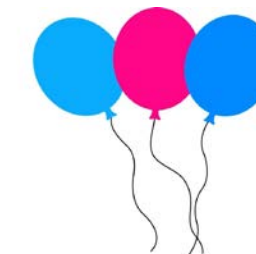


In astrology, those born March 1–20 are the slippery Fish of Pisces. Selfless Pisces are very wise and empathetic, making them always willing to help others. These deep emotions also make Pisces talented artists and good friends. Those born March 21–31 are Rams of Aries. Like rams, Aries charge forward with courage, confidence, and enthusiasm. They embrace action, take risks, and will fiercely fight for their goals.

- Ron Howard – March 1, 1954
- Dr. Seuss – March 2, 1904
- Jean Harlow – March 3, 1911
- Knute Rockne – March 4, 1888
- Bobby Fischer – March 9, 1943
- Liza Minnelli – March 12, 1946
- Albert Einstein – March 14, 1879
- Nat King Cole – March 17, 1919
- Moms Mabley – March 19, 1894
- Fannie Farmer – March 23, 1857
- Alan Arkin – March 26, 1934
- Sam Walton – March 29, 1918
- Liz Claiborne – March 31, 1929



happy birthday

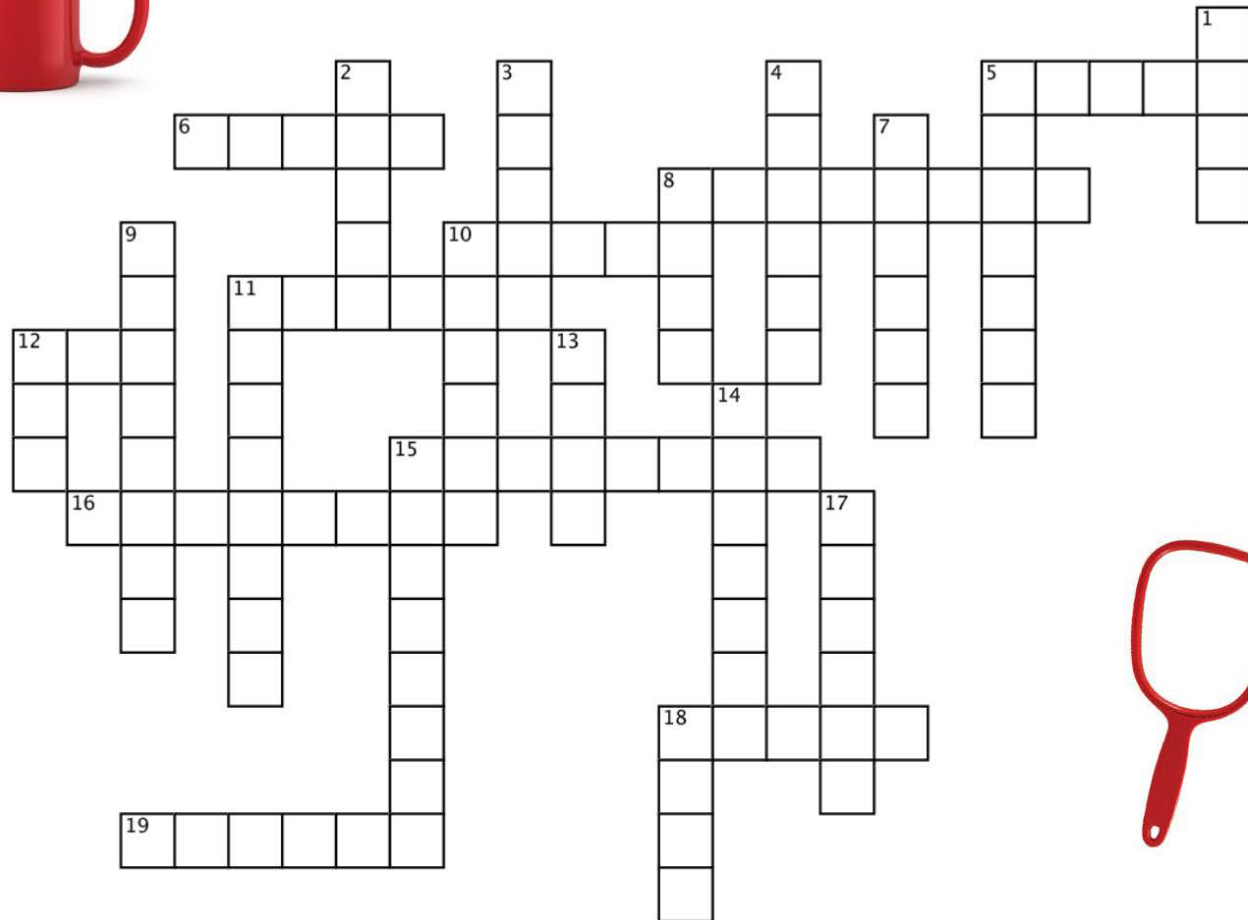


- | | |
|------------------|------|
| Ann Van Eijk | 3/7 |
| Barbara Ryan | 3/14 |
| Bob Storts | 3/22 |
| Diane Wallace | 3/24 |
| Elaine Kershaw | 3/26 |
| Helen Hall | 3/27 |
| Constance Wiggin | 3/27 |



“M” Is for March

Use the clues to fill in the crossword.
All of the answers start with *M*.



ityConnection.com

ACROSS

- 5. Exotic fruit
- 6. Noisy parrot
- 8. Handlebar or chevron
- 10. Small rodent
- 11. Reflective surface
- 12. Coffee holder
- 15. Ground beef dish
- 16. Clergyman
- 18. Syrup flavor
- 19. Sculpture material

DOWN

- 1. Natural satellite
- 2. City leader
- 3. Juvenile
- 4. Field trip destination
- 5. Chinese tile game
- 7. Refrigerator decoration
- 8. Waiter’s food list
- 9. Reception area read
- 10. Father’s mate
- 11. The witching hour
- 12. Swab the deck
- 13. Algebra or geometry
- 14. Purplish-red
- 15. It’s often prescribed
- 17. Bodybuilder’s goal
- 18. Puzzle in a cornfield

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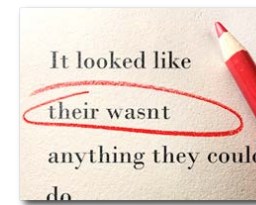
Heist of the Century



On March 18, 1990 over \$500 million worth of artwork was stolen from the Isabella Stewart Gardner Museum in Boston, Massachusetts. In the early morning hours, guards admitted two men dressed as police officers into the museum. These clever thieves quickly tied up the guards and spent the next hour stealing some of the museum’s most valuable art. They stole works by Vermeer, Rembrandt, Degas, Manet, and Flinck. The FBI launched an investigation and despite following leads all around the world, neither the thieves nor the artwork have ever been recovered. The heist

remains the largest robbery of private property in history. Investigators believe the thieves were part of an organized crime group from New England and the mid-Atlantic. Gangster Bobby Donati, an associate of known art thief Myles J. Connor Jr., may have led the robbery under the orders of Boston crime boss Vincent Ferrara. Despite a lack of further evidence and no admissions of guilt, there is still hope at the museum. Empty frames still hang on the walls, so visitors can see for themselves where the paintings once hung and may hang again.

Grammar Rules



“I am” is the shortest complete sentence in the English language.

The Society for the Promotion of Good Grammar has declared March 4 as Grammar Day. English is often said to be the hardest language to learn, and English grammar is even difficult for native speakers. Why is it so difficult? The order of words, pronunciations, homophones, synonyms, idioms—all of these are confusing! As language evolves, more and more grammar rules are being ignored. It is considered okay to begin a sentence with *And* or *But*,

just as it is acceptable to end a sentence with a preposition. You can also split as many infinitives as you want! There are some rules, however, that are not as flexible. Double negatives are still a no-no. Also, *alot* is still not a word. You can write a *lot* when you mean “many,” or *alot* when you’re assigning a share or portion. With well over a million words in the English language, you are likely to find something to celebrate today.

The March of Women’s History

The month of March is Women’s History Month, in recognition of women and their impact on culture and society all around the world. The movement to establish recognition of women’s history began in Sonoma, California, in the 1970s. A group of women formed the Education Task Force of the Sonoma County Commission on the Status of Women. Their goal was to include women’s history in

the local school curriculum. For too long, men had dominated the study while women’s contributions had nary a mention. The movement in Sonoma gained traction nationwide. In 1987, Congress declared the month of March as Women’s History Month. Politicians, writers, freedom fighters, scientists, soldiers, athletes—women have made contributions in virtually every field. We honor them all this March.

Past Activities / Events



Having a Blast at Happy Hour



Activities Bulletin

Friday March 1st – Happy Hour with Tim Godfrey & Melissa Miles.
3:45pm in the Community Center.

Tuesday March 5th – Let your voice be heard in the Town Hall Meeting.
10:15am in the Community Center

Tuesday March 5th – Fat Tuesday. Special Performance by Eddy Rivers

Wednesday Feb. 6th – Help our newest resident feel welcome at the New Resident Reception in the Community Center at 1:00pm.

Thursday March. 7th - Lima Bean Auction held in the Community Center at 3:00pm

Friday March 8th – Happy Hour with Sherrie Nosal. 3:45pm in the Community Center.

Sunday March. 10th – Daylight Savings Time begins

Sunday March. 10th – Lakeland Concert Band performance. (See Flyer on bulletin board for details)

Tuesday March. 12th – Jewelry Show hosted by Eddy Rivers

Friday March 15th – Happy Hour with Tim Godfrey & Melissa Miles. 3:45 in the Community Center.

Saturday March 16th – Spring Fling

Sunday March 17th – St. Patrick's Day 🍀

Friday March. 22nd – Happy Hour with Eddy Rivers. 3:45pm in the Community Center.

Friday March. 29th – Happy Hour with Sherrie Nosal. 3:45pm in the Community Center.