

Concerts

How beautiful the sonatas
The Beethovens, the Mozarts
Played on grand concert stages
The piercing sweetness
Of the Strads, the Amatis
Send forth their exquisite messages
But oh, to be at a hoedown
Where the do-si-dos, the swing your partners
Are danced to, played on
Jolly nameless fiddles
In their carefree sweetness
They send forth their lusty messages
by Clelia 'Cee' Cannarella



Julia Ficarra	5/6/1927
James Huffstickler	5/10/1942
Pauline Bald	5/12/1919
Olive "Jean" Darnell.....	5/16/1928
Marie Cancellare	5/21/1935
Dorothy "Dot" Suker	5/21/1924
Shari Headrick	5/22/1943
Carmen Luca.....	5/24/1942
Patricia "Patty" Smith.....	5/28/1938

Ramadan

Ramadan means 'scorching' in Arabic. Ramadan is a religious holiday that lasts a whole month and is observed by Muslims all over the world. Participants practice personal introspection, prayer and fasting. It is the ninth month of the Islamic calendar, which is based on a lunar calendar. This holiday is not on the same day every year.

This holiday was established in the 7th century when the Quran was revealed to the Prophet Muhammad. His revelation

began in 610 CE in Mecca at Hira Cave on Mount Nur. This day has been known as Laylat al-Qadr - which means Night of Decree or Night of Power in English. This was revealed by the hadith (a collection of traditions containing sayings of the prophet Muhammad) all of the subsequent Holy Scriptures were written down by the Prophet Muhammad. Observance of Ramadan is mandatory, as dictated in the Quran, Surah 2, Ayah 185.



ADORE	
AFFECTION	HUG
APPRECIATION	INHERIT
CHILDREN	LOVE
DAUGHTER	MATERNAL
FAMILY	MEMORIES
GRANDMOTHER	MOTHER
HERITAGE	WIFE

E R N R M L R N O I T C E F F A D H U G T
F E O H A M I R A M V H I E A N R E T A M
W H I T T E G R M O H E R I T A G E U F D
I T T O E M H M L R W I F E O E I G D A P
T O I M R O C S I R O M E M G H E E C E R
D M A D N R R O H T O M A E E R O T O M A
C D C N A I A E T N O I T A I C E R P P A
T N E A L E E I T C H I L D R E N E E A N
T A P R D S R I I H R N D F Y L I M M A F
T R P G O E O F N E G A R U A D F R A I E
C G A R H E D A H H F U D E A M A M T R E
E H R N C A A M L T E S A O H G I U E E R
F V I H L Y O A L H R R N D O N H L G D G
F N O M O T H E R A F F E C T O I E Y H A
A F N L E E A A H R G A I T O T A N R H A

ARBOR OAKS

News

May 2019

3400 JOG ROAD • GREENACRES, FL 33467

May Fun Stuff



5th 12:00 Celebrate Cinco de Mayo with us while Richard entertains in the dining room.
10th Magnolia Jewelry and other accessories will be for sale in the lobby.
12th Mothers' Day Luncheon for all. David Hulse will sing and play the piano.
27th 12:00 An Arbor Oaks BBQ event, always held outside on the porch
weather permitting. It is fun for you, your family, and/or friends. Please
make reservations with the receptionists for how many will be at your table.
It is always fun for everyone. Entertainment will be offered by Alfonso.



May Holidays and Events

1..... May Day
2..... Brothers and Sisters Day
4..... Kentucky Derby Day - first Saturday in May
5..... Cinco de Mayo
5..... National Hoagie Day
5..... Ramadan - begins at sundown and ends in the evening of Tuesday, June 4
6..... National Nurses' Day
7..... National Teacher's Day
8..... National Receptionist Day
8..... V-E Day
8..... World Red Cross Day
12..... Mother's Day
15..... National Chocolate Chip Day
15..... Police Officer's Memorial Day
18..... Armed Forces Day
21..... National Waiters and Waitresses Day
21..... Victoria Day (Canada)
27..... Memorial Day
28..... International Amnesty Day
28..... National Hamburger Day
29..... National Senior Health & Fitness Day



OUR MANAGEMENT TEAM

Karen Gibbons
Executive Director

Fara Linton
Nursing Director

Brenna Gibbons
Activities Director/
Business Manager

Jimmy Perez
Maintenance Director

Thomas Williams
Food Service Director

Trevor Gibbons
Dining Room Supervisor

ARBOR
OAKS
AT GREENACRES
An Assisted Living Residence
561-432-4700

TeaTime

Top 10 health benefits of drinking tea

1. Tea contains antioxidants:

Antioxidants work to prevent the body's version of rust and thus helps to keep us young and protect us from damage from pollution.

2. Tea has less caffeine than coffee:

Herbal blends have no caffeine, while traditional teas have less than 50 percent of what typically is found in coffee. That means you can consume it without those pesky effects on your nervous system, says Leslie Bonci, nutritionist and owner of Active Eating Advice.

3. Tea may reduce your risk of heart attack and stroke:

"There's a lot of literature out there on tea and heart health," says Anna Ardine, clinical nutrition manager at Magee-Womens Hospital of the University of Pittsburgh Medical Center. "This is a health effect for which there is the strongest evidence." In fact, a study published earlier this year that combined data from a host of earlier reports found a nearly 20 percent reduction in the risk of heart attack and a 35

percent reduced risk of stroke

among those who drank one to three cups of green tea a day. Those who drank four or more cups of green tea daily had a 32 percent reduction in the risk of having a heart attack and lower levels of LDL cholesterol.

4. Tea may help with weight loss:

Research on this isn't as strong, Ardine says, adding that studies that have shown an effect have depended on consumption of large amounts of tea, often in pill form.

5. Tea may help protect your bones:

Data from recent animal studies has shown that green tea may prevent bone loss.

6. Tea may keep your smile bright:

"Japanese researchers have found that tea can decrease tooth loss," Ardine says. "It changes the pH in your mouth when you drink it and that may be what prevents cavities." Beyond that, tea, unlike many other beverages, does not appear to erode tooth enamel, Bonci says.

7. Tea may boost the immune

system:

Studies have shown tea can tune up immune cells so they reach their targets quicker.

8. Tea may help battle cancer:

Studies on this are currently mixed, which means more research is needed, Bonci says. But, in the meantime, "if you've got a strong family history of cancer and you want to do anything you can, you might increase your tea consumption," she adds.

9. Herbal tea may soothe the digestive system:

"Herbal teas, in particular chamomile, can be good for people with irritable bowel syndrome because it is an antispasmodic," Bonci says. "And ginger teas can calm nausea."

10. Tea is calorie free:

"It's a great no-calorie alternative to water," Bonci says. "It provides so many options for flavor and versatility. You can have it hot or cold. And you don't have to put anything in it, though you might want to add a cinnamon stick or some ginger. That means you're able to hydrate with something other than water alone."



Coffee Talk

Many Americans enjoy a steaming cup of coffee daily. In fact, the United States tops the list of coffee-consuming countries, with coffee being the primary caffeine source for the majority of people. That being the case, let's explore how it is made.

Coffee beans are planted in tropical and subtropical climates found close to the equator. The plants are generally around 10 feet tall, but are able to tower at heights up to 20 feet. Four to five years after the beans are planted, they'll begin to flower, and months later, eventually produce coffee cherries that house the magical coffee bean, also known as seeds. These seeds can be planted for more growth, or processed, roasted and ground.

Small farming families do the bulk of the work in many communities, harvesting the seeds by hand. The middle of harvest season proves to have the most flavorful crops.



Following the harvest, a range of processes occur, including depulping the cherries, which has to occur within 24 hours of the harvest. The coffee beans then ferment for flavor, enhancing its taste threefold.

After fermentation and drying are complete, it is on to sorting and roasting. The beans are sorted for defects, helping along the quality assurance process of the company manufacturing the coffee. Roasting coffee beans is an art form, both enhancing the bean quality and maximizing its potential for flavor. Batches are tested again and measured for quality standards following the roasting

process. Some batches are blended to make unique flavors, too. Packaging and distribution then occur. It's time to brew, drink and enjoy!

Household Secrets for the Garden

Newspaper makes excellent mulch.

- Lay several sheets of newsprint over soil and then cover with mulch; this helps retain moisture and suffocate weeds.
- Add wet, shredded paper to compost to remove odor

Banana peels are a rosebush's best friend.

- Keep aphids off your rosebushes by burying dried or cut up banana peels an inch or two deep around the base of the plant. (Whole peels will attract animals, who will dig them up.)

Aluminum foil deters insects.

- Mix strips of aluminum foil with mulch and you'll keep bugs away. The foil will also reflect light back on the plants, which encourages growth.

Salt is a natural pest killer.

- You can also prevent the growth of weeds in walkway cracks by making a solution of 1 cup salt to 2 cups water and pouring it directly on the plants.

