



The month of May is a very busy month. May Day begins the celebrations on May 1st. In many other countries it is a celebration of spring and the coming of Summer with dancing around the May Pole and giving May Day baskets.

Mother's Day is observed annually in the US on the second Sunday in May. Was officially recognized by Congress and the President in 1914. This holiday is set aside to recognize mothers, motherhood and maternal bonds in general, as well as the positive contributions they make to society. Mothers are some of the greatest disciple makers in the world. They teach us what is really important in life and have the unique ability to demonstrate God's love and grace. A Mom with long-range goals is not concerned about lavishing gifts and good times on her family. Instead she is preoccupied with providing a foundation that will support her children as they grow into remarkable adults. Love becomes something she does, not something she says. Several children corralled by one overworked mom can turn sugary sweet into "You better get your act together, missy." There is no role in life that is more essential than that of motherhood. We give honor to all the mothers, grandmothers and great-grandmothers who call Arbor Oaks their home.



May 18th is Armed Forces Day. Armed forces day is a day to pay tribute to the men and women who serve the United States Armed Forces. President Harry S. Truman led the effort to establish this single holiday with the idea for citizens to come together and thank our military members for their patriotic service in support of our country. It was on August 31, 1949, that Secretary of Defense, Louis Johnson, announced the creation of an Armed Forces Day to replace separate Army, Navy, Marine Corps, U.S. Coast Guard and Airforce Days. In 1962, President John F. Kennedy established Armed Forces Day as an official holiday.

Memorial Day is a legal holiday observed in memory of those who died while serving in the United States Armed Forces. It originated after the American Civil War to commemorate the Union and Confederate soldiers who died in the Civil War and was first celebrated on May 30th, 1968. After the end of World War I, it was changed to include those who had served in any American War. In 1971, it was declared a federally recognized holiday and the date was changed to become the last Monday in May. This guaranteed recognition by all states and a three-day weekend off from work. Many people today look at Memorial Day as the kickoff to summer. The three-day weekend gives them time to get together with friends and family for trips to the lake, beach or theme parks. And, of course, it is a given that there will be cookouts and fireworks. When I was young, we always took time during that day to take geraniums to the cemeteries and place them on the graves of those relatives who died in service to our Country. That is a memory that I cherish to this day. Please take time this Memorial Day to remember those service personnel who gave it all for our freedom. At Arbor Oaks, we hold a service each year to remember our military heroes who have made the greatest sacrifice and give thanks that we can live in "the Land of the Free, Because of the Brave!"



- Submitted by Becki Ringleb



In astrology, those born May 1–20 are Bulls of Taurus. Bulls are stable, reliable, patient, and determined. They will work hard and finish the job no matter what gets in their way, but they expect to be rewarded! Those born May 21–31 are

Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have an energetic and fun-loving side that is the life of the party, but also a deep and emotional side that needs love and nurturing.

**** Resident Birthdays ****

05/01	Robert Rankin	05/10	Hazel Edwards
05/10	Brian Doran	05/19	Sam Kennon

**** Employee Birthdays ****

05/03	Jessica Johnson	05/23	Carmen Perez
05/27	Maybelle Barnaby		



Our *May Birthday Bash* will take place on May 28th at 3:30 pm in the Ice Cream Parlor to celebrate with the May Birthday Babies. Come out to enjoy live entertainment and *CAKE!!!* What is a birthday party without *CAKE????*



"Let us remember: one book, one pen, one child and one teacher can change the world." —Malala Yousofzai

Traditionally, the Tuesday of the first full week of May is the National Teacher Day in the USA. Teacher Day is a remarkable occasion for all of us to show our teacher appreciation, whether we are students or we wish to compliment a former teacher. Teachers are true heroes in our communities who, through their dedication to children, work millions of small miracles every day. And the vast majority of teachers in the United States are proud to be advocates for children, public education and their profession. Additionally, there are hundreds of teachers and education support professionals actively serving in the U.S. military.

National Teacher Day focuses on the contributions teachers make to help children succeed in school and in life. Public schools are where children learn to be Americans. School is where they learn the Pledge of Allegiance and the U.S. Constitution. It provides students their first opportunity to vote. It is where we all learn that wherever we are from, we are united as Americans. Showing our teacher appreciation shouldn't be limited to this week and day, but establishing a particular time of the year for teacher appreciation helps us to remember how important teachers are in society.

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

Arbor Oaks News

Resident Spotlight On:



My mother, Carolyn Suggs, was born in Lakeland at what is now Lakeland Regional Health on April 20, 1937, to Charles F. and Mildred K. Hughey. She is a 5th generation Floridian and the eldest with 5 brothers and 1 sister. She helped her mother with the younger children so, as she would tell you, "I've been a mother most of my life." She is the niece of James Wetherington of the Statesmen Quartet. Her brother Kenneth Hughey sang with the Tribunes, The Southern Knights and Chapter III.

Carolyn attended Central Avenue Elementary as well as Lakeland Junior and Lakeland Senior High Schools. Upon graduation, she took a job in 1955 as a telephone operator with Peninsular Telephone Company in Lakeland. She met my father, Ronald Suggs, on a double date with a friend. After that first date, he was quoted as saying that he'd just met his future wife. They married in June of 1957 and began saving for a house while living with my Grandmother Suggs because her husband had died and left her no way to pay the mortgage on their house. After my oldest brother was born they decided the expense of working outside the home was not practical because of the expense of transportation, business attire and outside childcare, so she quit working in 1960 before my middle brother was born. She became a stay at home Mom and Household VP of Home Operations. She had 3 boys of her own, Steven (1958), Glenn (1960) and Keith (1965). She also has a granddaughter, Keri, who is expecting Carolyn's first great-grandchild. They had some bonus monies in 1975, and bought an acre of land outside of Mulberry as for investment or maybe a new house. In 1978, Dad and Mom decided to build a new house on an acre of land outside of Mulberry where they lived for the next 40+ years. In August of 2016, my father fell and broke his hip and was in the hospital or nursing home rehabilitation until he passed on December 3, 2016. After his passing, Carolyn stayed with her sister until May of 2017. Without Dad's help, the dementia made it impossible for her to live alone. After touring most of the facilities in the area my brother and I could find locally, we discovered Arbor Oaks and moved Mom in on May 25, 2018. (submitted by Keith Suggs).

On behalf of Arbor Oaks, I would like to add that we are very happy to have Carolyn as a resident here. She has a quiet spirit and sweet smile. Caroline enjoys the gospel music Sundays. (Becki Ringleb)



Celebrating May

National Nurses Day
May 6

Teacher Day
May 7

Mother's Day
May 12

Armed Forces Day
May 18

Memorial Day: U.S.
May 27



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

Seltzer’s Derby Dream

The hard-hitting sport of roller derby will be on full display this May 5, which is celebrated as International Roller Derby Day. Roller derby wasn’t always about collisions and falls. One could even argue that the idea of the roller derby was born from the all-night dance marathons of the 1920s.



Many strange pastimes emerged during the Great Depression, including dance marathons. Partners would dance for as long as they could, sometimes for up to 40 days, hoping to outlast the competition and win a cash prize. Entrepreneur Leo Seltzer attempted to capitalize on the trend by organizing dance marathons (then called “walkathons” since contestants merely ended up shuffling across the floor) across the country. Thanks to ticket sales and entry fees, he made millions before retiring after a couple of years. But Seltzer could not remain idle. He hoped to capitalize on another popular trend—roller skating.

Combining the allure of bicycle “track” races and roller skating, Seltzer envisioned the “roller derby,” an around-the-clock roller-skating race around an indoor track. In 1935, Seltzer won praise for his touring Transcontinental Roller Derby, but it was still not enough for him. Over the next many years, he slowly transformed the game from a mere race into a full-contact sport. It wasn’t until November 29, 1948—when his fantastic new sport was broadcast on television—that the nation became captivated with roller derby.

Today, roller derby remains a popular amateur sport with over 4,000 clubs worldwide. Most teams are all-female, although male and co-ed clubs are becoming popular. Gameplay is relatively simple, with two teams fielding five players on the track. One player, called a *jammer*, is helped to score by the four remaining *blockers*. A point is scored each time the jammer passes the opposing team’s blockers. Alas, despite the game’s quick pace and physical play, Seltzer’s dream of roller derby becoming an Olympic sport has yet to be realized.

Evergreen Resident of the Month



Our Resident of the Month for May is Pat Busse. Pat always has a smile on her face and loves to help out. She loves trivia and painting, as well as our weekly treat creation! Pat also loves music and plays the piano quite well. We’re so thankful to have her sweet smile and helping hands with us!



At our April Staff Meeting, Damond Denney was selected as our Employee of the Month of April. Damond joined our Dietary Staff on January 17, 2091. He is a hard working young man who is kind and courteous to residents and co-workers alike. He is always smiling, willing to pitch in where needed no matter what the task. His signature uniform includes a bow tie.

On April 26th, Damond took off to attend the University of Northern Iowa on a full ride football scholarship. He will be pursuing a degree to become a Physical Therapy Assistant. We wish him all the best and we miss him already.



May is Hydration Awareness Month. High blood sugar can lead to dehydration. We can lose a large amount of water from our body with urinating more frequently due to increased sugar intake. The increased output of urine causes our body to dry out. Drink more water and be aware of the sugars hiding in our drinks. Is sugar hiding in your drink? The common names for sugar sources that may be hiding in your drink are:

Fructose Sugar	Concentrate Syrup Dextrose	Honey Sucrose
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To learn more or to obtain the services of Legacy Healthcare Services, please see Joy Post, Resident Care Coordinator of Arbor Oaks.



National Nurses Day is observed annually on May 6. On this day, we raise awareness of all nurse contributions and commitments and acknowledge the vital role nurses play in society. This day is also the first day of National Nurses Week and is sometimes known as National RN Recognition Day. National Nurses Week begins May 6 and ends on May 12, which is the birthday of Florence Nightingale (5/12/1820 – 8/12/1910). Florence Nightingale was a celebrated English social reformer, statistician and founder of modern nursing. She became well-known while taking care of the wounded soldiers during the Crimean War. Nightingale was dubbed “The Lady with the Lamp” because of her habit of making rounds at night.

We want to acknowledge and recognize our excellent nursing staff at Arbor Oaks. Under the direction of Joy Post, LPN and Resident Care Director, the following LPNs are here to serve the needs of our residents round the clock: Ivonne Bencar, Anthony Boswell, Jessica Johnson, Shontel Meadows and Shelly Smith. Please take time to let them know how much you love and appreciate them for their hard work, care and concern.



THE KENTUCKY DERBY is one of the most iconic sporting events in the world. The 145th running of the roses takes place on Saturday, May 4th, with a post time of 6:50 p.m. ET. Millions of fans will tune in to watch top race horses from around the globe compete in “The Most Exciting Two Minutes in Sports.” The Kentucky Derby, run the first Saturday in May of every year, is the first leg of the elusive Triple Crown races. It is one of the most well-known Grade 1 Thoroughbred stakes races in the world. First run in 1875, this 1 ¼ mile (or 10 furlongs) race kicks of the American Triple Crown of horse racing followed by the Preakness Stakes 2 weeks later in Baltimore, Maryland and the Belmont Stakes in Elmont, New York, 3 weeks after the Preakness.



RESIDENT COUNCIL meets on Wednesday, May 8th, at 10:30 am. In the Activities Center. Everyone is invited to attend and give input for upcoming events.

Friday, May 10th, 10:00 AM, all Veterans are invited to come out to our monthly **Veteran’s Meeting**, in the upstairs lobby. Join the Cornerstone Veteran Volunteers for open discussion and refreshments.

Mother’s Day is Sunday, May 12th. Sign up at the Lobby Desk for a Mother’s Day Luncheon.

Monday, May 27th, is **Memorial Day**. Join us at 10:30 am in the downstairs lobby for our annual Memorial Day service as we give honor to those who gave the ultimate sacrifice for our freedom.

Check your calendar insert for activities throughout the month and sign up at the Lobby Desk for shopping, dining in/out and other activities for your enjoyment.

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 Moth
- Dermatology** - Last Tuesday of the Month



Ready for a fiesta? As the name suggests, Cinco de Mayo is celebrated on May 5th and we all know you are itching to get the party started. Despite the holiday’s popularity in the United States, many do not know what it is we are all celebrating each year. While often mistaken in the U.S. to be Mexico’s Independence Day, Cinco de Mayo actually celebrates Mexico’s victory over the French in the Battle of Puebla on May 5, 1862. Surprisingly, Cinco de Mayo is not a national holiday in Mexico. It is much more popular in the United States and has been celebrated by American citizens since the 1860s. The observation of this holiday began as a means of resistance against French rule in Mexico, but today it is observed primarily to celebrate Mexico and its culture. So let’s “taco” ‘bout Cinco-de-Mayo, shall we?