



Have you ever wondered why we celebrate the Fourth of July or how the Fourth of July holiday came about? Many people think we celebrate the Fourth of July because it is the day we received our independence from England. While those people are thinking along the right track, that is not the entire reason we celebrate the Fourth of July, nor is it the reason that the Fourth of July holiday came about.

Way back in the 18th century the United States was not considered the United States. In fact, what we now call states were actually called colonies. The United States was actually an extension of England. When the colonies were first settled they were allowed to pretty much develop freely without hardly any interface from Britain. But things abruptly changed in 1763. Britain suddenly decided that they needed to take more control over the colonies and the colonies needed to return revenue to the mother country and pay for the colonies defense, which was being provided by Britain. But the colonies felt that since they were not represented in Parliament they shouldn't have to pay any kinds of taxes to the mother country, hence the saying "no taxation without representation. When Britain continued to tax, the colonies formed the first Continental Congress to persuade Britain to recognize the colonies' rights, and war was declared. People such as John Adams, Samuel Adams and Ben Franklin, as well as a group called the sons of Liberty decided it was time to unite all of the colonies and to stand together against Britain.

During the course of the American Revolution a second Continental Congress was formed. It is this group that adopted the final draft of the Declaration of Independence. After the first draft was written by Thomas Jefferson, it was revisited by Ben Franklin, John Adams and Thomas Jefferson before it was sent to Congress for approval. All thirteen colonies stood behind the Declaration of Independence and adopted it in full on July 4, 1776.

This is where the Fourth of July holiday comes in. The Fourth of July is known as independence Day because that is the day the Second Continental Congress adopted the full and formal Declaration of Independence. Even though we had declared that we were independent, the American Revolution was still being fought, which meant that we were still not independent. Regardless of the ongoing war the following year, people in Philadelphia celebrated a muted Fourth of July.

While celebrations on July 4th during the American Revolution were modest, after the war ended in 1783 the Fourth of July While celebrations on July 4th during the American Revolution were modest, after the war ended in 1783 the Fourth of July became a holiday in many places. The celebrations included speeches, military events, parades, and fireworks. To this day the Fourth of July is the most patriotic holiday celebrated in the United States.



In astrology, those born July 1–22 are the Crabs of Cancer. Guided by their hearts, crabs are emotional and nurturing. They create deep bonds and comfortable homes, and are always willing to welcome people into their circle. Those born between July 23–31 are Lions of Leo. Leos are natural leaders: intelligent, courageous, and bold. Leos' social natures also make them excellent friends.

**** RESIDENT BIRTHDAYS ****

07/07	Betty King	07/12	Jo Dillon
07/08	Don Yule	07/20	Pat Millar
	07/30	James King	

***** EMPLOYEE BIRTHDAYS*****

07/21	Emmarie Gaudet	07/22	Shelley Smith
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...To the **JULY BIRTHDAY BASH** on Tuesday, July 30th, at 3:30 pm in the Ice Cream Parlor. Join your friends for food, fellowship and fun as we celebrate the July birthday babies! As always, there will be live entertainment and BIRTHDAY CAKE....lots of BIRTHDAY CAKE!!!!

Congratulations to Bob Barrett!!



Arbor Oaks resident, Bob Barrett, was honored at our June Veterans Meeting with the Salute of Honor presented by Hap Branthoover, United States Air Force Veteran, with Cornerstone Hospice and the Hospice Veterans Partnership of Florida. Bob served in the US Navy from 1950 – 1954.

This Salute is given to pay special tribute for military service to America, and for advancing the hope of freedom and liberty for all.



We are proud of Bob and all of our Veterans who reside at Arbor Oaks. You are all heroes in our eyes!

YOUR LETTERHEAD

Name of your community • Address • Phone number • Fax number • Other information



Celebrating July

Dog Days of Summer

1st 2 weeks of July

Tour De France

July 12 – July 28

National Postal Workers Day

July 1

Independence Day

July 4

International Day of

Friendship

July 7



DIRECTORY

Mary Gaudet..... Executive Director
Joy Post.....Resident Care Director
Jo Jones.....Activity Director
Ramon Miranda..... Maintenance Director
Schelma Whitcomb.....Business Manager

RESIDENT SPOTLIGHT ON:

Martha Horn



Martha Horn is a true Florida resident from birth. Born in Fort Meade, Florida, to Olin & Mary Gramling on January 2, 1930, Martha grew up with two sisters and one brother. She grew up, and attended school in Fort Meade. At 16 years of age she met her soon to be husband, William (Bill) Horn. Bill had just been discharged from the Air Force as a paratrooper. His mother introduced them and the rest is history. He was 21 and she was 16. They were married for 71 years! Olin and Martha had two girls, Shirley and Sandra, and 2 boys, Greg and Kim who passed away one month after his Dad passed in 2010.

Bill worked in construction as a Supervisor building phosphate plants, gas plants and ammonia plants. This meant the family to move to different locations every time work required it.; however their home base was in Lakeland. They lived in nine states during that time for as long as two years at a time. His last building was Bartow First Assembly of God.

Martha worked for the Polk County Schools, driving a bus for eleven years. She retired and moved to Arbor Oaks on March 30th, 2018. She says "it has been a happy year."

Martha has a quick smile and a concern for people. She participates in as many activities as possible, loves BINGO and being with the other residents here. To quote her: "I love everything about Arbor Oaks. Everything I need is right here. The Staff and employees are wonderful!"

We love you, to Miss Martha and are proud to have you as part of our Arbor Oaks family.

What is Your Favorite Summer Story?



What comes to your mind when someone mentions a summer vacation? Is it the salt, sun and sand of the beaches, the smell of sun tan lotion, popcorn on the boardwalk, sailing, skiing, boating, fishing and all things associated with water sports? But there is so many more wonderful options to choose from in the USA along, not to mention destination vacations all over the world.

Many people enjoy trips to the mountains to escape the heat of the southern climates. In Florida this year, our “summer” began in May with temperatures as high as 98 degrees and “feels like” temps of 100 degrees. A trip to the mountains in July or August is a great change of climate and scenery as well.

My husband and I took a trip in June to Southeastern Ohio where I grew up. Driving up through Georgia, South Carolina, Virginia and West Virginia we enjoyed the change of scenery from state to state. As went from Florida to Georgia, we passed by the marsh lands between Brunswick and Savannah. In North and South Carolina we began to see the various shades of green in the forests lining I-95. In Virginia and West Virginia we began the ascent to the mountains with the majestic hills rising so high they looked like they could touch the sky. This is just in the Appalations & Blue Ridge. Just think how high it is in the Rocky Mountains! We came down from the high places to Parkersburg, West Virginia and cross the bridge into Marietta, Ohio. In Ohio our eyes were treated to the shades of lush green pastures of my home State with corn fields, hay fields and, the pastoral scenes of cattle and horses grazing lazily in the sun. The temperatures were much more moderate up there going into the 60s at night. I still much prefer the warmth of the sun living in the Sunshine State.

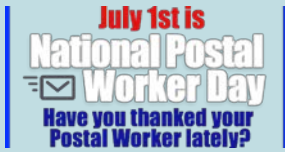
Friends of mine are taking a tour this week of the Western states, going to thorough the midwest from Indiana, Illinois, Iowa, Nebraska, Utah and Colorado visiting historic scenes along the way.

We are blessed to live in a country that offers the freedom to travel from sea to shining sea and learn of the history that brought this nation together since the time Columbus set forth on his voyage in 1492 to set it all in motion. We are a nation built on freedom and liberty that was paid for with blood of our forefathers.

No matter where your summer vacations may take you, enjoy the beauty and splendor of this great nation. The words of Irving Berlin express it best:

*God bless America, Land that I love!
Stand Beside Her and Gude Her
Through the Night with the Light from Above
From the Mountains to the Prairies
To the Ocean White with Foam.
God Bless America - My HOME SWEET HOME!!*

- submitted by Becki Ringleb



National Postal Worker Day is observed annually on July 1st. This is a day to appreciate and thank the numerous men and women who work consistently and diligently deliver all of our mail and packages. These employees suffer some of the harshest working conditions, yet continue to persevere six days a week.

Across the United States, postal workers walk an average of 4 to 8 miles carrying a full load of letters and delivering them promptly to each of our doorsteps. There are approximately 490,000 postal workers across the United States. They work in all kinds of weather including extreme heat and cold, rain and sleet and blizzards, too.

Besides severe weather, they have also dealt with unusual packages. In 1913 the postal service started delivering packages up to a maximum 11 pounds. The most surprising package to arrive for delivery was a small child. Barely under the weight limit, James Beagle was mailed at a cost of 15 cents to his grandmother just a few miles away. This practice continued for just over a year until the postmaster general was able to put regulations in place prohibiting it.



The 2019 Tour de France will be the 106th edition of the Tour de France, one of cycling’s three grand tours. The start of the 2019 Tour (known as the

Grand Depart) will be in Brussels in honor of the 50th anniversary of the first Tour de France of Eddy Mereckx.

This will be the second time the Grand Depart will take place in Brussels and will be the fifth Belgian Grand Depart. The Amaury Sport Organization (ASO) presented the Grand Depart in a special conference in January 2018. The opening stage will visit Charleroi and loop back to Brussels to connect the regions of Flanders and Wallonia in a stage.

The 18 UCI World Teams are automatically invited to the face. On January 10th, 2018, organizers of the Tour announced two of the four second-tier UCI Continental Circuits that received a wildcard invitation to participate in the event. The two teams are Cofidis from France and Belgium’s Wanty-Groupe Gobert, both of which have participated in the race before.



Orlando Mogollan – CNA/Med Tech

Orlando was selected by the Staff in June to stand in the Employee Spotlight. Orlando came to the Arbor Oaks family of employees on June 12, 2017. Orlando is a team player, always consistent in his gentle spirit with staff and residents alike. He goes above and beyond to get the job done from resident care, assisting with med pass or delivering boxes to rooms. We appreciate his “can do” spirit and servant’s heart. Thank for consistently bringing your best game to the residents and team at Arbor Oaks.



The topic of bladder control can be extremely sensitive, embarrassing and upsetting. About 25 million Americans have bladder control problems. For many of those people, incontinence episodes can be drastically reduced and even cured. There are typically three ways to manage incontinence: behavioral techniques, medication and surgery. Examples of behavioral interventions include bladder re-training, relaxation training, clothing adaptations, environmental changes/modification, dietary management and pelvic floor exercises. Did you know Legacy Healthcare has a continence management program that addresses many of these behavioral techniques and has helped many individuals achieve positive results?



Why Do They Call Them the “Dog Days” of Summer?



The “Dog Days” have always been thought to be those summer days so devastatingly hot that even dogs would like down on the asphalt, panting. But originally, the phrase had nothing to do with dogs, or even with the lazy days of summer. Instead, it turns out, the dog days refer to the dog star, Sirius, and its position in the heavens. To the Greeks and Romans, the “dog days” occurred around the day when Sirius appeared to rise just before the sun, in late July. They referred to these days as the hottest time of the year, a period that could bring fever, or even catastrophe. Although the meaning has been lost, the phrase has lived on.



On Thursday, July 4th, we will celebrate in style with an indoor picnic of hamburgers, hot dogs & trimmings, potato salad, watermelon & popsicles! Lunch entertainment will be provided by Doug King! Guests be sure to sign up at the lobby desk by June 27th!

Resident Council meets on Wednesday, July 10th at 10:30 am in the Community Center.

Our **Veteran’s Meeting** will take place on Friday, July 12th at 10:00 am in the upstairs lobby.

Bible Study with Nancy continues every Tuesday at 10:30 am

Come out to **HAPPY HOUR EVERY FRIDAY AT 3:30 PM** in the Ice Cream Parlor for fun, fellowship and live entertainment

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.

Pretty Nails – 10:00 am on Saturday
Beauty/Barber - 9:00 am every **TUESDAY * Note Change**
Podiatrist – Last Thursday of the month
Dermatology – Last Monday of the month



International Day of Friendship is an international holiday which has been celebrated annually on July 30th since 2011. It was created in the hopes that the fostering of friendship between

peoples, cultures and countries will inspire peace throughout the world. The United Nations also wanted to create a day that taught the youth of today the importance of diversity and to promote understanding between different cultures. In some countries, it is not celebrated on the 30th of July, but is instead celebrated on the first day of August. In these countries, it is often known either as World Friendship Day, International Friendship Day of simply, Friendship Day

The concept of an International Day of Friendship was first proposed during the late 1950s by Dr. Ramon Artemio Bracho during a dinner party he was having with friends at his house in Puerto Pinasco, Paraguay. From this idea would spring the World Friendship Crusade, an organization that would petition the United Nation for several decades to get them to institute their idea for a World Friendship Day. Eventually, the United Nations decided to make July 30th the International Day of Friendship. They did so on July 27, 2011, with the passing of resolution A/RES/65/275. Today it is celebrated widely all over the world.

Today, governments, individuals and community groups plan activities, launch initiatives and hold events to foster friendships in their communities and beyond. International Day of Friendship is the perfect day for people to get together, have fun and remind themselves that the diversity of people from all over the world need not divide us, but should bring us all together. It’s also a day to rekindle close personal relationships or just have a good time with friends.