



Notable Quotable

“The food I’ve liked in my time is American country cookin’.”

~ Colonel Harland Sanders

September Horoscopes and Birthdays

Those born between September 1–22 are Virgo’s Virgins. Virgos love paying attention to details—not to be picky, but to help others. Their industriousness makes them smart problem-solvers and fact-finders. Those born between September 23–30 balance the scales of Libra. Libras epitomize fairness and balance, often striving to minimize conflict and seek compromise. They achieve this with their charming, sincere, and lovable personalities.

Lily Tomlin – September 1, 1939  
Louis Sullivan – September 3, 1856  
Queen Elizabeth I – September 7, 1533  
Col. Sanders – September 9, 1890  
Roald Dahl – September 13, 1916  
Agatha Christie – September 15, 1890  
Lauren Bacall – September 16, 1924  
Greta Garbo – September 18, 1905  
Michael Faraday – September 22, 1791  
Victoria Woodhull – September 23, 1838  
Jim Henson – September 24, 1936  
Shel Silverstein – September 25, 1930  
Michelangelo – September 28, 1573

Happy Birthday!

Gloria Laube	9/1	Sally Kempf	9/4
Mary Venable	9/7	Dorothy Johnson	9/17
Cosme Rodriguez	9/27		



Let’s Talk Turkey!!

Special Splits

Violet Z.	5-7-10
Herb S.	2-7-8
Joyce H.	8-10
Joan H.	4-10
Art L.	6-7-10

Great job folks!!  
There are openings for new bowlers...or old ones! Come down and join the fun!!



Ms. Betty Allen with a score of 300!!  
WAY TO GO!!

Arbor Hills Grapevine

September 2019



Arbor Hills Independent Living  
Residence  
4145 Lakeland Hills Blvd.  
Lakeland, FL 33805

Resources

Mary Gaudet  
Executive Director

Robin Moran  
Community Director

Mark Robison  
Food Service Director

Ramon Miranda  
Maintenance Director

Jo Jones  
Activities Director

Lori Merrill  
Resident Relations

Physician  
Transport with Paul  
Monday (south side), Wednesday and Friday

Beauty/Barber with Courtney  
Tuesday, Thursday and Friday (Please schedule appointments with receptionist)

From the Community Director



Are you ready for fall? It is almost here and it is by far my favorite time of year. Although we do not get to see much in Florida, I love the crisp vibrant colors of the leaves changing. I enjoy waking up to the cooler weather in the morning and then warming up mid-day. I love Halloween and children dressing up in costumes; they are so cute! The scents of fall, like pumpkin spice for apple cinnamon are my favorite! I love Thanksgiving and time with family and friends. There is so much this season has to offer. I hope you enjoy it too.

You will notice new article in the newsletter this month, “Getting to Know Arbor Hills.” This segment gives us the opportunity to share a little of our personal selves with you. I hope you like it. We have also added a few things to the activities calendar so get involved and check them out.

If you ever have any suggestions for new activities or something you would be interested in doing, let us know and we will see what we can do to accommodate you.

Please enjoy the last few weeks of summer. I hope you all have a great month!





### Resident Spotlight



George and Mary Anne Simon with Daisy.

This month, we are shedding some light on George and Mary Anne Simon. Both from New Jersey, George was born in Manville and Mary Anne in Morristown. They met in Winston Salem, North Carolina at a Valentine’s Dance held by their church group. They have now been together for 56 years. The number 3 must be lucky because they have 3 sons, 3 grand children and 3 great grand children!

George has worn many hats. He has worked at a paper mill, drove a semi truck and served in the United States Air Force. After attending St. Petersburg Junior college, he went to work at a lumbar yard and transferred to Lakeland in 1974. In 1976, George opened his own business and started building houses. He had G Simon, Inc. for 25 years before he retired.

Mary Anne stayed home for most

of their children’s childhood. Once their youngest was in high school, she volunteered there and then went back to college to get her teaching degree in early childhood. She taught Kindergarden through 3<sup>rd</sup> grade for 15 years.

George enjoys woodwork, gardening, reading and has a new found love of making Christmas ornaments. He can also sew! Mary Anne likes photography, gardening and arts and crafts. They both like that Arbor Hills is like one big family of friends.

George says to live life to the fullest and Mary Anne says that when you meet someone, the first thing you should do is smile! They are both thankful, greatfull and truly blessed as is also on their front door.

George and Mary Anne are a true blessing to Arbor Hlls.

### Favorite Recipe-Beef Stew



What you need:

- Stew Beef
- Water
- Celery
- Onion
- Carrots
- Ketchup
- Sugar
- Salt
- Pepper
- Potatoes

Brown the stew beef then add the water. You then add celery, onion and carrots. Add a litte ketchup, sugar, salt and pepper to taste. Cook for a few hours. Add potatoes about an hour before you are ready to eat to insure they stay firm. Serve and enjoy!

### As the World Gurns



Gurning contests are older than soccer in England, dating back over 800 years.

On September 20, the Egremont Crab Fair will get underway on the West Cumbrian coast of England. This harvest festival was first held in 1267 when the Lord of the Barony of Egremont began the tradition of giving away crab apples to the village serfs. Today, the tradition continues with the Parade of the Apple Cart, where apples are thrown to crowds lining Main Street. Over the centuries, there have been many contests

held during the fair: horse races, hound dog trials, singing, teacake eating, pipe smoking, wrestling, and, of course, gurning. *Gurning*, which means “to snarl like a dog, look savage, or distort the countenance,” remains the perennial highlight of the festival. During the Gurning World Championships, contestants don a horse collar, or *braffin*, and compete to see who can pull the ugliest facial expression.

### The Woman in the Moon

On the 15th day of the eighth month on the Chinese lunar calendar comes the second-grandest festival in all of China: the Mid-Autumn Festival, also known as the Harvest Moon Festival. This year, it falls on September 13.

Worshipping the moon has long been a part of Chinese culture. One legend states that the festival began when the Chinese emperors of the Zhou dynasty worshipped the moon to ensure an abundant harvest the following year. Still another legend tells the story of Chang’e, the Chinese goddess of the moon.

Long ago, 10 suns ruled the sky, but they were so powerful that they burned Earth, scorching crops and causing much suffering. The mighty archer Hou Yi shot down nine suns and saved Earth. For his triumph, the Western Queen Mother gave Hou Yi a bottle of elixir that granted immortality. Hou Yi liked the idea of immortality, but he wanted to stay at home with his wife Chang’e more. When Hou Yi’s

greedy archery student Pang Meng attempted to steal the elixir, Chang’e drank it rather than let Pang Meng have it. The elixir made Chang’e fly to the moon, where she has forever remained. It was Hou Yi, Chang’e’s husband, who began the tradition of worshipping the moon. Children in China are told that Chang’e still lives on the moon. They look to the full moon and try to find her shape on it, much like we attempt to discern the Man in the Moon.

On the night of the full moon, families gather together for a merry feast. It is traditional to give, receive, and eat mooncakes, those dense, sweet pastries filled with red bean or lotus seed paste. Cakes are often imprinted with Chinese characters referencing the holiday and its legendary characters. Another common tradition is to light paper lanterns and release them into the night sky. It is also the perfect night to yearn for family and friends who live far away, much like Hou Yi’s pining for his beloved wife.



How mooncakes are presented as gifts is often more important than how they taste.

# Getting to Know Arbor Hills



This month, we wanted to let you get to know Lucy! Lucy is our full time Activities Aide. She came to Arbor Hills almost 4 months ago. Lucy is originally from Elizabeth, NJ but moved to Florida as a child. At 18, she moved to Chicago and was back in Florida at the age of 21. She then moved to Tennessee when she was 30.

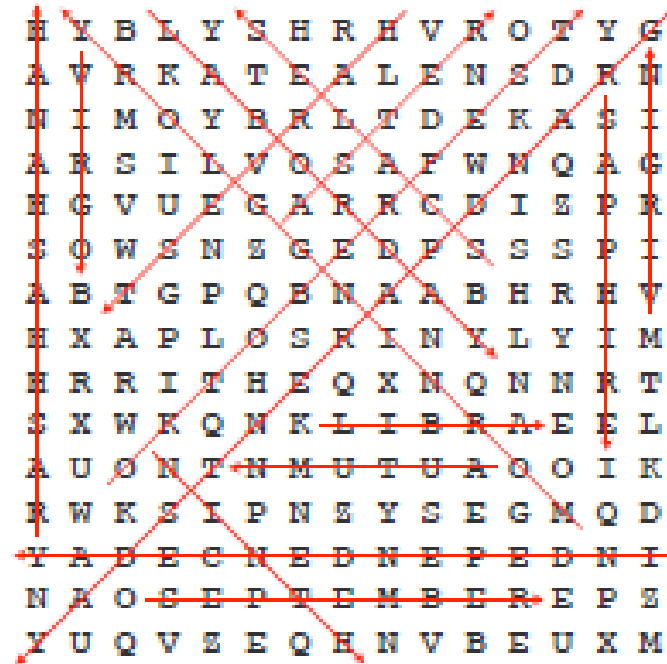
Lucy moved back to Lakeland a year ago to have a strong family support system as she found out she would be battling uterine cancer. Thankfully, Lucy has been blessed and has beaten it and currently cancer free!!

Lucy was recently married, 5 months ago. She and her husband have one fur baby, Luke. She enjoys nature and doing anything outdoors, including hiking, biking, camping and traveling. She loves horses and hopes to live on a farm one day.

Lucy started working in activities because she has a compassion for working with seniors. She loves our residents and co-workers here at Arbor Hills and we are thankful to have her beautiful smile and positive energy here at Arbor Hills.

## Searching for September

(solution)



# Activities Bulletin

- Monday, September 2<sup>nd</sup>** - Celebrate Labor Day with an indoor picnic! 12:00pm in the Dining Room
- Tuesday, September 3<sup>rd</sup>** – Let your voice be heard at Town Hall at 10:15am in the Community Center
- Wednesday, September 4<sup>th</sup>** – Your taste is our passion! Culinary Committee at 10:00am in the Craft Room
- Wednesday, September 4<sup>th</sup>** – Meet and greet our new family members at our New Resident Reception at 1:00-  
pm in the Community Center
- Thursday, September 5<sup>th</sup>** – What are you willing to bid at the Lima Bean Auction? Sponsored by *Care Plus Health Plans* at 3:00pm in the Community Room
- Friday, September 6<sup>th</sup>** – Get happy at Happy hour with Jenifer Roys at 3:45pm in the Community Room
- Tuesday, September 10<sup>th</sup>** – Need retail therapy? Lakeland Mall trip (see sign-up sheet on the bulletin board).  
Bus leaves promptly at 10:30
- Wednesday, September 11<sup>th</sup>** – Spiritual Support Group with David Revell at 10:30am in the Social  
Kitchen/Media Room
- Thursday, September 12<sup>th</sup>** – Fall Prevention with MEDERI Care Tenders at 1:00pm in the Community Center
- Friday, September 13<sup>th</sup>** – Get happy at Happy Hour with Sherrie Nosal at 3:45pm in the Community Center
- Monday, September 16<sup>th</sup>** – Celebrate our residence with September birthdays at our Birthday Bash with Dale  
Glenn at 3:30pm in the Community Center
- Wednesday, September 18<sup>th</sup>** – Bon Worth Visit and fashion show and shopping at 10:30am in the Community  
Center.
- Thursday, September 19<sup>th</sup>** – Get in the kitchen and bake something yummy! Baking class at 3:00pm in the  
Social Kitchen
- Friday, September 20<sup>th</sup>** - Get happy at Happy Hour with Sherrie Nosal at 3:45pm in the Community Center
- Tuesday, September 24<sup>th</sup>** - Learn how they write in the sky at our Skywriter Presentation with Jerry Stevens at  
1:00pm in the Community Center
- Wednesday, September 25<sup>th</sup>** - Spiritual Support Group with David Revell at 10:30am in the Social  
Kitchen/Media Room
- Thursday, September 26<sup>th</sup>** – Invite your friends! We are hosting our annual Hawaiian Luau. Festivities begin at  
4:30pm and is open to the public. RSVPs are accepted with the Receptionist
- Friday, September 27<sup>th</sup>** - Try your luck and place your bets! The bus leaves promptly at 10:00am for Hard Rock  
Casino
- Friday, September 27<sup>th</sup>** – Get happy at Happy Hour with Dale Glenn at 3:45pm in the Community Center



Into the Wild



The Atacama Desert is the oldest desert in the world, experiencing arid conditions for the past 150 million years.

Humans have settled 77% of Earth’s surface, so what places are left unexplored? This September, Wilderness Month, we take a look at the world’s wildest places.

Antarctica definitely tops the list of one of the wildest and most remote places on Earth, but few want to go there. For those interested in cold and inaccessible places, far from the touch of civilization, there is the Kamchatka Peninsula in Russia’s Far East. It is Russia’s land of fire and ice, thanks to its proximity to the Arctic and its many volcanoes. It harbors an abundance of wildlife, including brown bears, wolves, reindeer, mountain sheep, whales, sea eagles, and the breeding grounds of the spoon-billed sandpiper. The peninsula was off-limits to outsiders until 1990 due to its strategic importance to Russia’s submarine bases.

Papua New Guinea also remains one of the world’s least-explored places. Scientists believe that

many of the world’s undiscovered plants and animals live deep within the rugged, inaccessible jungles of the country’s interior. Due to a lack of infrastructure, travel to and around Papua New Guinea is extremely limited.

For those looking for an otherworldly experience, there is the barren yet beautiful Atacama Desert of Chile. This high mountain desert gets almost no rainfall. Its 40,000 square miles is covered in salt basins, sand, and lava. In fact, it is so devoid of life that NASA uses it to replicate conditions on Mars. It is so far from light pollution and radio interference that it is one of the best places in the world to spy on the universe, which is why two major observatories have been constructed here.

How much longer will such untouched corners of Earth exist? No one knows. But there is still ample time to visit and protect these pristine natural jewels.

Greek to Me



The unofficial motto of the U.S. Post Office was originally penned for couriers working around 500 BCE.

“Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds.” While this saying is not the official motto of the U.S. Postal Service, many recognize this as the postal worker’s creed thanks to its inscription on the James A. Farley Post Office building in New York City, which was opened on September 7, 1914.

The famous motto comes from the classical work *Histories* by

the Greek historian Herodotus. While detailing the Persian Wars, Herodotus refers to the mounted courier service of the Persian Empire, known as the *angarium*. One of the architects of the Farley Post Office building was the son of a classics scholar, and he enjoyed reading Greek. When he happened upon the phrase, he decided to incorporate it into the building. Professor George Herbert Palmer of Harvard University was enlisted to translate Herodotus’ words into the motto that is so well known.

Searching for September

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



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

ASTER  
AUTUMN  
GRANDPARENTS DAY  
HARVEST  
INDEPENDENCE DAY (Mexico)  
LABOR DAY  
LIBRA  
MORNING GLORY

NINTH  
OKTOBERFEST  
RASH HASHANAH  
SAPPHIRE  
SCALES (Libra)  
SEPTEMBER  
VIRGIN (Virgo)  
VIRGO