



**Notable
Quotable**

“To announce that there must be no criticism of the president... is morally treasonable to the American public.”

~ Theodore Roosevelt, 26th U.S. President



October Horoscopes and Birthdays

In astrology, those born between October 1–22 balance the scales of Libra. Libras epitomize balance, often striving to minimize conflict and seek compromise. They achieve this with their charming personalities. Those born between October 23–31 are Scorpions of Scorpio. Scorpions are passionate and assertive yet are known to keep cool and calm. This composure makes them strong leaders and loyal friends.

Walter Matthau – October 1, 1920
Bud Abbot – October 2, 1895
Ray Croc – October 5, 1902
Chevy Chase – October 8, 1943
John Lennon – October 9, 1940
Molly Pitcher – October 13, 1754
Penny Marshall – October 15, 1943
Evel Knievel – October 17, 1938
Bela Lugosi – October 20, 1882
Pablo Picasso – October 25, 1881
Mahalia Jackson – October 26, 1911
Teddy Roosevelt – October 27, 1858
Henry Winkler – October 30, 1945



Linda Storts	10/5
Margaret Huddle	10/11
Betty Johnson	10/12
Sally Harvey	10/15
Joann Kretzer	10/22
Joyce Hulbirt	10/25
Charles Kelley	10/26
Irene Schmees	10/30



Your Stamp on the World

October is Stamp Collecting Month, so grab your magnifying glass and join the millions of people worldwide who collect, catalogue, and admire these miniature works of art. There is an almost infinite variety of stamps issued by countries around the world. Some are worth only a few cents, but others can be very valuable. The rarest stamp, issued in British Guiana in 1856 and known as the *One Cent Magenta*, was purchased by a collector in 1980 for \$935,000. Just as great works of art are

forged, so are great stamps. The greatest stamp forger of all time was the Italian Jean de Sperati. He grew up in a family of printers and mastered the trade, but he turned those skills into becoming a master counterfeiter of stamps. His forgeries are so perfect that they have become works of art in their own right. Some professionals cannot even tell the difference between his fakes and the real thing. In some cases, a perfect Sperati forgery may be worth even more than the original stamp.

Arbor Hills Grapevine

October 2019



Arbor Hills
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

Happy October!! I am so excited for the cooler weather. I know it is not that cool yet but the drop in temperature has made it very comfortable. I love fall.

This month, I wanted to remind everyone that this is Breast Cancer Awareness month. Did you know that 1 in 8 women are diagnosed with breast cancer? Did you know men can have it too? I have included some facts below.

~ In 2019, an estimated 268,600 new cases of invasive breast cancer will be diagnosed in women in the U.S. as well as 62,930 new cases of non-invasive (in situ) breast cancer.

~ 62% of breast cancer cases are diagnosed at a localized stage, for which the 5-year survival rate is 99%.

~ This year, an estimated 41,760 women will die from breast cancer in the U.S.

~ This year, an estimated 41,760 women will die from breast cancer in the U.S.

~ An estimated 2,670 men will be diagnosed with breast cancer this year in the United States and approximately 500 will die.

~ Breast cancer is the most common cancer in American women, except for skin cancers.

~ There are over 3.5 million breast cancer survivors in the United States.

~ On average, every 2 minutes a woman is diagnosed with breast cancer in the United States.

~ Female breast cancer represents 15.2% of all new cancer cases in the U.S.

I urge you to make your appointments for your mammograms. Early diagnosis is important for survival of this dreadful disease and it could save your life!

I wish you all an amazing month!



Resident Spotlight



John Disbot was born in Philadelphia, Pennsylvania, to Joseph and Josephine Disbot on November 16, 1942. He had a brother, Joseph, who passed away last year. After finishing high school, John enlisted in the U.S. Air Force in 1961. He served for six years stationed in Texas, Michigan, California, Alaska, Japan and Korea. During his time in service he received the following medals: Overseas Service Medal, Korean Defense Commemorative, Cold War Commemorative Good Conduct Medal, Small Arms Expert Medal and he was proficient in the M-16 rifle. John was honorably discharged from the service in November, 1967.

Upon leaving the service, John was employed by Rohm & Haas Company, inventors of Plexiglas and water softeners in Philadelphia. In 1987, he left work due to service connected disabilities.

John has three children: Leo (51), Eunice (50) and Dyanna (43). He

is the proud grandparent to five grandchildren. In 1990 he met, Wanda. They were married in 1993 and John gained a step-son, Adam and his wife, Liza, as well as a sister-in-law, Bonnie. In 2003, they moved to Sebring, Florida and in 2006, they came to Lakeland, Florida, where they built a house that met all the requirements needed for his disability.

On April 11, 2018, Wanda, went to be with the Lord, leaving John by himself. So he sold his house and came to live at Arbor Oaks and then moved to Arbor Hills in June, 2019. John has made himself at home from the very beginning. He has made many friends and learned to play bridge. He loves the food, the musical entertainment and celebrations for holidays. With the aid of his power scooter and "tricked-out" van, he can come and go with independence. John is an active member of Together Church of God in Lakeland

Giants Among Us



The oldest living redwood on record is 2,200 years old.

On October 2, 1969, President Lyndon Johnson signed a bill creating Redwoods National Park in California. While it is estimated that over two million acres of old growth redwoods once existed along California's coast, today 133,000 acres of those remaining forests are protected as national and state parks. The coastal living conditions for these trees are perfect, and they get much of their water from the thick fog that rolls in off the coast. These trees

are the tallest on Earth, and as such are the world's tallest living things. Take the redwood known as "Hyperion." Standing at 379 feet tall, it is the tallest known tree in the world. The tree is hidden deep within a rugged and inaccessible section of Redwood National Park and is considered so valuable that its location has not been disclosed so as to discourage visitors and vandals. The mighty redwoods remains one of our planet's most valuable natural treasures.

A Howling Good Time



Wolves are a keystone species, vital to the health of an ecosystem.

Falling just a few days before Halloween, October 26 is Howl at the Moon Night. Hearing a pack of wolves howling at the moon might make your hair stand on end, but there is really no scientific evidence to show that wolves do howl specifically at the moon. The truth is that wolves howl for a variety of reasons, none of which have to do with the moon. Some howl

when they are lonesome. Some howl in confrontation. Others howl to share their location or to warn of danger. The howling of a pack is done to exaggerate their numbers to rivals. Despite scientific evidence, wolves have been associated with the moon since ancient times. So, too, have monstrous werewolves. Luckily, werewolves are also just a myth.

The Funny Pages



Mutt & Jeff first made their home on the sports page of the San Francisco Chronicle.

Be sure to pick up a newspaper on October 18 so that you can celebrate Newspaper Comic Strip Appreciation Day. The very first comic strips appeared in the rivals of New York's newspaper industry during the 19th century. Joseph Pulitzer's *New York World* featured the first comic strip in 1894, *The Yellow Kid*, about a down-on-his-luck boy who hung out in Hogan's Alley. Two short years later, William Randolph Hearst's *Morning Journal* jumped on the comic strip bandwagon and introduced a weekly full-color comic strip supplement. Hearst even went so far as to lure *The Yellow Kid* and his creator Richard Outcault away from the *New York World*.

By 1897, comics were in high demand, and Hearst meant to capitalize on the phenomenon. He called upon Rudolph Dirks to create a new strip for the Sunday edition of his *New York Journal*. The strip followed two boys, Hans and Fritz, who were

constantly running into trouble with their parents and schoolteachers. *The Katzenjammer Kids*, which ran continuously from 1897 to 2006, remains the longest-running comic strip in history.

Soon, all newspapers wanted in on the comic strip act. In 1915, the *San Francisco Chronicle* debuted the first daily black-and-white comic, Bud Fisher's *Mr. A. Mutt*, which would later become *Mutt and Jeff*. Classics like *Gasoline Alley*, *Popeye*, *Dick Tracy*, and *Blondie* began to appear all across the country thanks to syndication. It was only a matter of time before publishers realized that they could create entire books from comics. *Detective Comics* and *Action Comics* soon spawned enduring heroes like Batman and Superman. Lucky for us all, comic strips endure with an almost unlimited variety. All we have to do is pick up any newspaper to find our favorite comic characters.

Searching for October

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



AUTUMN
BOSS’S DAY
COLUMBUS DAY
COSMOS
HALLOWEEN
LIBRA
MARIGOLD
OCTOBER



OPAL
SCALES (Libra)
SCORPIO
SCORPION (Scorpio)
SIMCHAT TORAH
SWEETEST DAY
THANKSGIVING (Canada)
YOM KIPPUR

Activity Bulletin

- Tuesday, October 1st** - Let your voice be heard at Town Hal l-10:15am in the Community Center
- Wednesday, October 2nd** – Culinary Committee – 10:00am in the Craft Room
- Wednesday, October 2nd** – Spiritual Support with David Revell – 10:30am in the Social Kitchen
- Wednesday, October 2nd** – New Resident Reception – 1:00pm in the Community Center
- Thursday, October 3rd** - Who will have the highest bid at the Lima Bean Auction? – 3:00pm in the Community Center
- Friday, October 4th** – Happy Hour with Jenifer Roy – 3:45pm in the Community Center
- Tuesday, October 8th** - Catholic Communion Service – 1:00pm in the Community Center
- Wednesday, October 9th** – Spiritual Support with David Revell – 10:30am in the Social Kitchen
- Friday, October 11th** - Happy Hour with Sherry Nosal – 3:45pm in the Community Center
- Monday, October 14th** – Show your support at the Breast Cancer Ribbon Ceremony – 3:30pm in the Community Center
- Tuesday, October 15th** – Lunch out at Mission Bar-B-Que – Bus leaves promptly at 11:00am
- Wednesday, October 9th** – Spiritual Support with David Revell – 10:30am in the Social Kitchen
- Thursday, October 17th** - Dementia Chat & Learn with Mary – 3:00pm in the Community Room
- Friday, October 18th** – Happy Hour with David Smith – 3:45pm in the Community Center
- Monday, October 21st** – Celebrate October birthdays at the Birthday Bash with Chris Lemamon – 3:30pm in the Community Center
- Wednesday, October 23rd** – Spiritual Support with David Revell – 10:30am in the Social Kitchen
- Tuesday, October 22nd** – Catholic Communion Service – 1:00pm in the Community Center
- Friday, October 25th** – Halloween Happy Hour with Jenifer Roy – 3:45pm in the Community Center
- Wednesday, October 30th** – Spiritual Support with David Revell – 10:30am in the Social Kitchen
- Thursday, October 31st** – Halloween Party/Open House – 6:00pm

Getting to Know Arbor Hills



This month, we are getting to know Luis!

Luis was born in Philadelphia, Pennsylvania. He and his wife moved to Lakeland in August, 2018 in search for a better life for their family. He has 4 sons and one daughter, 3 still at home. His oldest child, his daughter bless him with 3 grandchildren.

Luis enjoys riding ATVs and motorcycles. He also enjoys camping and spending time with his family.

Luis has worked in maintenance for about 9 years. He came to us in June, 2019 and has been an asset to Arbor Hills. Luis enjoys the residents the most here and loves making them happy. It shows because we have many compliments from our residents.

Seenager

I JUST discovered my age group! I am a Seenager (senior teenager).

I have everything that I wanted as a teenager, only 55-60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and my own car.

I have ID that gets me into bars and the wine store. I like the wine store best. The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared? And I don't have acne. Life is good!!

Also, you will feel much more intelligent after reading this, if you are a Seenager. Brains of older people are slow because they know so much. People do not decline mentally with age: it just takes them longer to recall facts because they have more information in their brains. Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem; it is nature's way of making older people do more exercise.

SO THERE!!

I have more friends I should send this to, but right now I can't remember their names!!



From the Luau

