

# Arbor Oaks News!!!

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

“Old Fashioned Christmas”



Since I was a small child, Christmas has always been my favorite holiday of the year. The sights of Christmas lights and tinsel on the tree; the sounds of Christmas Carols being played or sung by carolers down the streets; watching “A Charlie Brown Christmas” on TV; the smells of Christmas cookies wafting from the kitchen and the crispness of the air just before a snowfall all awakened a sense of wonder in me from my earliest memories. Even now I can close my eyes and return to those simpler times of anticipation, time with family and other rich family traditions that surround the season. I recall the Christmas Eve candlelight service at the Methodist Church with little children dressed in bath robes bringing the story of Jesus born in the manger on that first Christmas in Bethlehem.

As every adult knows, we begin to experience the realities of life and we start to see things through a different lens than we did as a child. Joyful anticipation turns into panic to get everything done in time. Memories of time with family turns into reminders of lost or strained relationships. In this day of divorce and remarriage some of us need a flow chart to figure out who is where for the holidays and family traditions once loved are set aside due to the present realities of life.

How I sometimes long to go back to those simpler days centered on values of family, faith and the concept of loving one another. We need to take time to sit quietly in front of the tree, the fireplace or in the church and reflect on the fact that the greatest gift of all came to earth that first Christmas night in the form of a baby who was born to bring “peace on earth, goodwill to man”. When we hold loosely to things on earth that we desire, we are able to receive them as gracious gifts from God with joy and thanks, without fear of losing them: giving and receiving gifts, spending time with family, being healthy, special traditions and above all, celebrating the birth of the One who is the center of our joy.

While lifestyles and traditions change, we CAN still hold to the message of Christmas as quoted by Linus in the Charlie Brown Christmas: “**And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, Glory be to God in the highest, and on earth, peace, good will toward men.**”

From the Staff at Arbor Oaks, we wish you all best wishes for a Christmas season filled with peace, hope, love and joy.

- Submitted by Becki Ringleb



In astrology, those born between December 1–21 are centaur archers of Sagittarius. Archers are curious, energetic, and enjoy change. They are funny and enthusiastic, cherishing freedom as their greatest treasure. Those born between December 22–31 are the horned goats of Capricorn. As goats climb to great heights, Capricorns strive to get to the top, using discipline and common sense to find fame, prestige, and money.

#### \*\*\*\*\* Resident Birthdays \*\*\*\*\*

12/15	Janice Austin	12/20	Earl Riffle
12/15	William Sadler	12/29	Joyce Riffle

#### \*\*\*\*\* Employee Birthdays \*\*\*\*\*

12/18	Julia McDonald	12/20	Margie Mitchell
12/24	Nicole Nichols		



Come out to the Ice Cream Parlor for the December celebration for all those who were born in December. Join us on December 31<sup>st</sup> at 3:00 pm for live entertainment and CAKE. There is nothing better than BIRTHDAY CAKE!!!



#### Hanukkah – December 22-30

Although according to Jewish custom, Hanukkah is considered a “minor” Jewish festival, today it ranks along with Passover and Purim as one of the most beloved Jewish holidays, full of light and joy and family celebration.

Hanukkah, which means “dedication”, is the festival that commemorates the purification and rededication of the Temple following the Greek occupation of that holy place. Today, the holiday reminds Jews to rededicate themselves to keeping alive the flame of Jewish religion, culture and peoplehood so that it may be passed on to the next generation.

Like Passover, Hanukkah is a holiday that celebrates the liberation from opposition. It also provides a strong argument in favor of freedom of worship and religion. In spite of human action that is commemorated, never far from the surface is the theology that the liberation was possible only thanks to the miraculous support of the Divine.



## Celebrating December

### Pearl Harbor Remembrance

*December 7*

### U.S. National Guard Birthday

*December 13*

### Winter Solstice

*December 21*

### Hanukkah

*December 22-30*

### Christmas

*December 25*

### New Year’s Eve

*December 31*



#### DIRECTORY

Mary Gaudet	Executive Director
Joy Post	Resident Care Director
Schelma Whitcomb	Business Manager
Mark Robison	Food Service Director
Jo Jones	Activity Director
Ramon Miranda	Maintenance Director

## RESIDENT SPOTLIGHT ON:

### Hazel “Lynn” Edwards



Hazel “Lynn” Edwards was born in Lakeland, Florida, in 1944, which makes her a true Florida “cracker”. She attended John Cox Elementary School and Lakeland High School. During her high school years, she worked at Food Machinery Corporation.

Lynn sang in the choir at Parkview Baptist Church where she met a young man named James Burrell Walker. They eloped to Georgia to get married when Lynn was 22 years of age. Two years later, Lynn became a mother for the first time when her son John was born. She worked at Barnet Bank as a Secretary and also was employed by First National Bank in the early years.

At the age of 27, Lynn was married to her second husband, Ralph Edwards. After that she went back to college and received her degree.

Lynn's work history was varied and exciting. She was the owner of Gemrocks, a hobby store selling precious jewelry and gemstones. She did belly dancing for several years. She served as the Executive Head Secretary at Maas Brothers for 25 years and worked for Publix for 15 years giving the agility test for new hires.

Lynn has always enjoyed traveling out West to do rock hounding in the desert and mountains and she loved horseback riding. She is a great fan of Elvis Presley.

Five years ago, Lynn joined the Arbor Oaks family and she blesses us every day with her beautiful smile. She loves to sing and dance and especially enjoys happy hour. Lynn loves to do trivia and play any game involving a ball.

Her ultimate achievement is represented in a quote from her son John Walker...”**She is the greatest mother in the whole world!**”





December 7<sup>th</sup>, 2019, is National Pearl Harbor Remembrance Day. It marks the 79<sup>th</sup> year since the tremendous military disaster that brought America into World War II. It is a time for somber reflection and to honor those who made the ultimate sacrifice in that tragedy, those who survived to go on to fight another day in that conflict and the few who are still living. Millions of Americans will mark the day by displaying the American flag, attending tributes and memorial services, school and public educational presentations and by visiting with survivors at reunions and in more personal ways.

At approximately 7:48 AM on Sunday morning, December 7<sup>th</sup>, 1941, December 7<sup>th</sup>, 1941, 353 Japanese aircraft, including fighters, dive bombers and torpedo bombers, launched an attack on the U.S. Naval Base at Pearl Harbor, Hawaii, as well as U.S. Army Air Corps wings based at nearby Hickam and Wheeler airfields. The attack caught the American forces by complete surprise. There had been no formal declaration of war or any type of warning by the Japanese.

The effect was devastating, with 2,405 American sailors, soldiers and civilians killed and another 1,178 wounded. Almost 20 U.S. Navy warships, including eight battleships were destroyed or severely damaged. Also damaged were three cruisers, three destroyers and one minelayer. Aircraft losses were 188 destroyed and 159 damaged. Important base installations such as the power station, dry dock, shipyard, maintenance, fuel and torpedo storage facilities, as well as the submarine piers and headquarters building (also home of the intelligence section) were not attacked. The aim of the attack was to immobilize the U.S. Pacific Fleet, which would allow Japan to advance to Malaya and Dutch East Indies. The attack is often cited as the catalyst for American involvement in the Second World War.

The next day, President Franklin D. Roosevelt declared war on Japan, delivering his famous speech to Congress saying that the attack was “a date which will live in infamy”. Americans entered World War II with the popular slogan “Remember Pearl Harbor” as their battle cry and to this day we still remember.



## The Power of Gratitude

Being grateful has been linked to health benefits such as improved mood, better sleep, and more satisfying relationships. Thank You Note Day on December 26 offers us a chance to use the power of gratitude. Researchers recently explored how writing thank-yous increases one’s sense of well-being. Writers of thank-you notes often feel nervous about the task. They worry that they will not be able to find the right words or that the recipients of their notes would feel awkward or surprised to receive a letter. But these worries are completely unfounded. Recipients of thank-you notes are almost always grateful. In fact, recipients find thank-you notes to be warmer and more articulate than the writers expect. As long as the intentions of the writer are sincere and heartfelt, the contents of the note are always well received. Researchers believe that thank-you notes are prosocial; that is, they are an important type of social glue linking people together. Self-consciousness should never stand in the way of giving thanks. So, let us express our gratitude to the researchers for conducting their experiment.



Even though it is not a federal holiday, the birthday of the U.S. National Guard, celebrated on December 13, is an important event to note. Established in 1636, National Guard militias were used to protect British colonies making the Guard the oldest military organization in America. During the Revolutionary War, National Guard units were called Minutemen because of how quickly they responded.

Each state has its own National Guard and the state governor can call them up in emergencies. The Guard also answers if the president calls on them to serve the federal government. Its members serve during times of war and emergency.

The National Guard has fought in every U.S. war since 1936. Take time to honor those who have protected our country for centuries.



Annie McCray has served our Arbor Oaks Family since 2013, moving through the ranks from Resident Assistant. Since last year she has earned the title of Support Staff. Annie assists with the nursing staff, passing meds when needed and assisting in keeping up with the paperwork. In addition, she covers the front desk for the evening shift and always makes herself available to cover the desk for the day shift when needed.

We appreciate you keeping everything running smoothly, Annie! Keep up the good work.



Legacy would like to wish everyone a safe and happy holiday season as we come to the end of 2019. Remember that Legacy will be here for any of your therapy needs in 2020. We provide physical, occupational and speech therapy and tailor our therapy to meet your needs, not only our goals. For more information, see Joy Post for a referral.



As we are about to ring in the New year, here are some fun facts about New Year’s Eve to explain some of your existing traditions and maybe inspire you to try some new ones.

1. The song traditionally sung on New Year’s Eve, “Auld Lang Syne”, means “times gone by”.
2. Black eyed peas, ham and cabbage are considered good luck if you eat them on New Year’s Eve or Day because it is believed they will bring you money.
3. Time Square New Year’s Eve Ball was first dropped in 1907 after there was a fireworks ban. The original ball weighed 700 pounds and featured 100 25-watt bulbs.
4. 2,000 pounds of confetti are dropped on the crowd in Times Square at midnight.
5. Kissing under the mistletoe at midnight. Like with most traditions, it’s meaningless. It is not a sign you’ll spend the whole year miserable and alone if you don’t find someone who wants to kiss you.



Invite your family to join us for Christmas Dinner on December 25<sup>th</sup>, of course! Stop by the Lobby Desk to make reservations by December 20<sup>th</sup> and check the menu!

**Resident Council** will take place on Wednesday, December 11, at 10:30 AM in the Community Center. Bring some creative ideas for the New Year!

Calling all Veterans. The **VETERANS MEETING** takes place on Friday, December 13<sup>th</sup> at 10:00 AM in the upstairs lobby. Join our Cornerstone Veteran Volunteers for some lively conversation and refreshments.

**RESIDENT CHRISTMAS PARTY! Thursday, December 19, at 4:00 PM. Guests should RSVP by December 13<sup>th</sup>.**

December 22<sup>nd</sup> at 1:30, **John, Becki & Sandy** will be bringing you a Christmas package of gospel music and traditional Christmas songs.

Everyone loves the **CHRISTMAS TREE GRAB**. Join us in the lobby at 3:00 PM for all the fun!

Check your calendar insert for all the exciting Christmas happenings at Arbor Oaks. There will be Christmas carolers, Ugly Sweater Happy Hours and Holiday Movies!

As always, the following services are available to you by making appointments at the Lobby Desk.

**Pretty nails** – 10:30 am on Saturday  
**Beauty/Barber** – Every Tuesday beginning at 9:00 am  
**Onsite Dermatology** – 3<sup>rd</sup> Monday of the month  
**Podiatrist** – Last Thursday of the month

## Radio City Splendor



On December 27, 1932, at the height of the Great Depression, Radio City Music Hall opened in New York City. The theater was the pet project of billionaire John D. Rockefeller Jr. He envisioned a performance venue for the masses, an Art Deco masterpiece where rich and poor alike could see the highest-quality entertainment.

One year after opening, Radio City debuted its *Christmas Spectacular*, featuring the high-kicking Rockettes on its Great Stage. The stage measures over 100 feet long and 60 feet wide, and was constructed to resemble a setting sun. Since its opening, over 300 million people have passed through its doors to enjoy movie premieres, stage shows, concerts, and more. Radio City Music Hall remains the largest indoor theater in the world today.