



**Notable
Quotable**

“We may have
all come on
different
ships, but we
are in the
same boat
now.”

~ Martin
Luther King
Jr., minister
and activist



January Horoscopes and Birthdays

In astrology, those born between January 1–19 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 wealth. Those born between January 20–31 are the Water Bearers of Aquarius. As the water of life heals the land, so Aquarians are the humanitarians of the zodiac, compassionate free spirits who empower others.

J.R.R. Tolkien – January 3, 1892
Diane Keaton – January 5, 1946
Joan of Arc – January 6, 1412
Zora Neale Hurston – January 7, 1891
Elvis Presley – January 8, 1935
Rod Stewart – January 10, 1945
Joe Frazier – January 12, 1944
Martin Luther King Jr. – Jan. 15, 1929
Muhammad Ali – January 17, 1942
George Burns – January 20, 1896
Neil Diamond – January 24, 1941
Virginia Woolf – January 25, 1882
Nolan Ryan – January 31, 1947



Betty Allen	1/9
Giti Mitra	1/10
Marie Corrales	1/19
Fred Cox	1/24
Dave Howze	1/31



Brain Games

As we age, we might misplace our keys or forget the names of people we know, leading us to worry about memory loss. Enter the industry of brain games, which promises to strengthen our minds and stave off cognitive decline. January is International Brain Teaser Month, but can these brain games actually fulfill the promises of mental acuity they advertise? Computerized brain-training programs are a \$1.3 billion-a-year industry. Some of the world's best neuroscientists have even designed brain games

they tout as the best on the market. But can a computer screen replicate the enriched environments that positively stimulate our brains? The general consensus of the scientific community is “no.” This does not mean that people should avoid brain teasers, especially if they enjoy them. It seems that the healthiest modes of living for both the body and the brain are the ones we have been practicing for centuries: eating healthfully, exercising, and spending time with friends and family.

Arbor Hills Grapevine

January 2020

Resources

Mary Gaudet
Executive Director

Robin Moran
*Community
Director*

Mark Robison
*Food Service
Director*

Ramon Miranda
*Maintenance
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
all appointments
with
receptionist)**



Arbor Hills Independent Living
Residence
4145 Lakeland Hills Blvd
Lakeland, FL 33805
863.689.7811

From the Community Director

HAPPY NEW YEAR!!!

Another year has come and gone and I have to say 2019 was an amazing year for my husband and me. We were able to see new places, experience new things and treasure new moments. As exciting as 2019 was though, I am even more excited to see what 2020 has in store for us.

This past year was also very exciting for Arbor Hills. It took a little work but we have reached new occupancy goals. We have brought in the new year at over 92% occupied! This is very exciting for me and our hard

working staff. I have also had the privilege of getting to know all of you residents a little better this year. For me this is significant and I am very grateful for each and every one of you.

I want to wish you all a very happy new year! I myself am looking forward to another successful year here at Arbor Hills.

~Robin



Mummers the Word

Each year on New Year's Day, the Mummers Parade makes its way through the streets of downtown Philadelphia. The parade is one of the oldest folk festivals in the United States, with roots dating back to the mid-17th century, when Swedish and Finnish immigrants would go door-to-door visiting neighbors on the day after Christmas. The parade is also related to the

English and Irish traditions of mummers' plays, folk plays performed in streets and pubs by amateur costumed actors. Today, the parade has matured into a full-blown New Year's spectacle replete with acrobatic clowns, string bands, elaborate floats, and fancy costumes. The parade is not only one of the nation's oldest traditions but at 11 hours it is also one of America's longest.

Resident Spotlight



This month we are going to shine our spotlight on Margaret Huddle! Margaret has been a resident of Arbor Hills for the past three years. She was born in Bristol, Virginia and grew up in Blountville, Tennessee. She graduated from Kingsport High School.

Margaret married Jim Huddle in 1952. They lived in Guthriesburg, Maryland during the Korean War where Jim worked at a missile base that surrounded Washington, DC. During this period, Margaret began a career in banking. She and Jim both attended an Eisenhower Inaugural Ball.

After the war, Margaret and Jim moved to Lakeland around 1954. Jim was a football coach and vice principal at Lakeland High School and then a principal at Bartow High School. Margaret worked in banking at Peoples Bank in downtown Lakeland until her children were born. They have three children.

In the late 1960s, Jim left the school system and began a very successful career owning travel agencies in central Florida. He built The Traveler building, (now Compass Realty). Jim and Margaret enjoyed travelling all over the world with tour groups that they organized locally or with Southern College student

groups. Their travels included trips to the South Pacific Islands, Australia, New Zealand, The Caribbean, South America, including Peru and Mocho Pischu, the Middle East and Europe. Jim also travelled to Russia and all over Africa. They also went to Montana and Colorado with the Florida Snow Skiers club every December and January.

Jim and Margaret were active members of the community and at First United Methodist Church on Lake Morton. Margaret taught Sunday school. She is also a former President of the Sorosis Club of Lakeland. Margaret was named Florida Junior mother of the Year in 1974. She represented Florida at the National event in New York City.

Margaret lost Jim in 1999. At that time, Margaret moved to Naples where she resumed a career with Wells Fargo in banking for a time before moving with her daughter Georgia. While in Georgia, she suffered an illness and she moved back to Lakeland where she has lived with us at Arbor Hills since. She is looking forward to her fourth year as a resident here.

The Sound of Silence

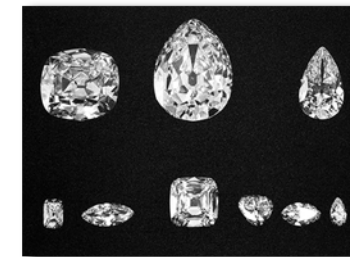


In Buddhism, Noble Silence is a meditative state of mind.

The first week of January brings Silent Record Week. Why would someone want to listen to a silent record on the turntable? In 1952, experimental composer John Cage wrote his piece 4'33", which "consisted" of four minutes and 33 seconds of silence. During the silence, any sounds were supposed to be considered music. In 1959, a jukebox at the University of Detroit won fame for

including three silent records. Anyone who wanted a bit of silence could buy it for the price of a song. The silent records were so popular that they developed noisy scratches and had to be replaced. Many consider silence to be golden. Cage agreed. It was after his study of Zen Buddhism and the religion's emphasis on stillness of the mind that he composed his silent masterpiece.

The Cullinan Diamond



The 95 smaller gems cut from the Cullinan diamond have been set in pieces of jewelry for the royal family.

On January 26, 1905, Frederick Wells, the surface manager of the Premier Mine in Transvaal, now South Africa, made one of the world's most stunning discoveries. Just 29 feet below the surface, he found a massive, blue-white diamond, which he cut from the rock with his pocketknife. He immediately took it to his office to be weighed and inspected. At 3,106 carats, it was the largest diamond the world had ever seen. Newspapers called it the "Cullinan diamond," after Sir Thomas Cullinan, owner of the mine. It was such a fantastic discovery that it was put on public display at the Standard Bank in Johannesburg, where visitors could catch a glimpse of the world's largest diamond.

In April of that year, the Cullinan diamond was destined for London. A team of detectives guarded its transport on a steamboat, where it was locked securely inside the captain's safe... or so people thought.

This, in fact, was a diversion. The real diamond was shipped to England in an unmarked box via regular post. Upon its safe arrival in England, it went to Buckingham Palace, where it was admired by King Edward VII. The Transvaal government had purchased the diamond and, in 1907, presented it as a gift to His Majesty the King, who accepted it and declared that it would become part of the Crown Jewels.

Splitting and cutting the diamond into various workable pieces took eight months, with three people working 14 hours a day. It is said that Dutch diamond cutter Joseph Asscher had a doctor and nurse on hand while he was cleaving the massive diamond. Thank goodness, for he fainted after successfully dividing the gem. The two largest stones remain part of the Crown Jewels, set in the Sovereign's Sceptre with Cross and the Imperial State Crown.



Activities Bulletin

Wednesday, January 1st- HAPPY NEW YEAR!!!

Thursday, January 2nd – Who will have the highest bid? Lima Bean Auction at 3:00pm in the Community Center

Friday, January 3rd – Happy Hour with Deborah Mims at 3:45pm in the Community Center

Tuesday, January 7th – Shopping trip to Bealls. Bus leaves promptly at 10:15am

Wednesday, January 8th - Welcome our new residents at the New Resident Reception at 1:00pm in the Community Center

Thursday, January 9th – Win big at the Seminole Hard Rock Casino! Bus leaves promptly at 10:30am

Friday, January 10th – Happy Hour with Tim Godfrey and Melissa Miles at 3:45pm in the Community Center

Tuesday, January 14th – Let your voice be heard! Town Hall meeting at 10:15am in the Community Center

Wednesday, January 15th – Culinary Committee with Mark at 10:30am in the Craft Room

Thursday, January 16th – Learn the signs! Dementia Chat with Mary at 3:00pm in the Community Center

Friday, January 17th – Happy Hour with Eddy Rivers at 3:45pm in the Community Center

Thursday, January 23rd – Where we go nobody knows! Mystery bus trip. Bus leaves promptly at 10:00am

Friday, January 24th - Happy Hour with Sherrie Nosal at 3:45pm in the Community Center

Monday, January 27th – Celebrate January's birthdays! Birthday Bash with Tim Godfrey and Melissa Miles at 3:00pm in the Community Center

Tuesday, January 28th – St. Anthony's Catholic Church Communion Service at 1:00pm in the Community Center

Thursday, January 30th – Put your baking skills to the test. Baking class at 3:30pm in the Social Kitchen

Friday, January 31st - Happy Hour with Jenifer Roys at 3:45pm in the Community Center



The Lone Ranger was found by Tonto as the sole survivor of a group of Texas Rangers that were ambushed.

On January 31, 1933, a Detroit radio station hit broadcasting gold when it aired the first episode of a western series called *The Lone Ranger*. It was an instant hit which led to a spectacular run of 2,956 radio episodes. *The Lone Ranger* phenomenon became a cultural touchstone for an American nation hungry to romanticize its Wild West roots.

The Lone Ranger hit the American public during a particularly fragile time. Many Americans were suffering during the Great Depression and had lost faith in their government and social institutions. The public needed a working-class hero—an ordinary man with extraordinary abilities—who promised to protect those who couldn't help themselves and bring order to a lawless frontier. Perhaps the greatest appeal of the Lone Ranger was in his strict moral

code. He may have hidden behind his signature black mask, but he never hid his desire for truth and justice. The Lone Ranger always used perfect grammar and never swore or used slang. He never drank or smoked. Scenes did not take place in rough saloons but in restaurants serving food rather than liquor. The Lone Ranger had a pistol, as any western hero should, but he never shot to kill. He instead used his gun to disarm others and bring them to jail. Criminals were never glamorized with wealth or fame, nor did they enjoy positions of power. These decisions were made deliberately by the show's creators, Fran Striker and George W. Trendle. They intended *The Lone Ranger* to be wholesome family entertainment with a hero destined to become an enduring and honorable American icon.

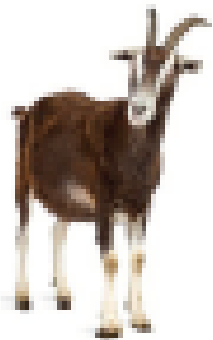


Searching for January

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



AQUARIUS
AUSTRALIA DAY
CALENDAR
CAPRICORN
CARNATION
CHINESE NEW YEAR



GARNET
GOAT (Capricorn)
JANUARY
MARTIN L. KING (Day)
NEW YEAR'S DAY
WATER BEARER (Aquarius)