

# Arbor Oaks News!!!

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Hello, Friends! I have struggled with writing this article for you this month. It seems that everywhere we go we are hearing only news about the COVID-19 virus and the impact it is having across the country. Schools are closing across the board from grade schools through colleges. The Lakeland Tigers Baseball Spring Training has been cancelled, Sun n Fun Fly-in is postponed, churches are having online services only and cancelling all activities through the end of April and the White House is cancelling the Easter Egg Roll. If we don't maintain a positive outlook, we could really come down with a case of the doldrums.

So we need to set our sights on positive things. I'm sure you all remember the wisdom in the old song that tells us to look for the silver lining:

*"Look for the silver lining whenever the clouds appear in the blue. Remember somewhere the sun is shining and so the right thing to do is make it shine for you. A heart full of joy and gladness will always banish sadness and strife. So always look for the silver lining and try to find the sunny side of life!"*

If you see the glass as half full when others see it as half empty; if you look on the bright side of things, you are optimistic. I have always been a "cockeyed optimist" as the song goes. I believe there is something good in everyone if you look for it. No matter what happens, I always tell my children that "everything is going to be alright". They have been instructed to inscribe my tombstone with the words, "Everything is alright now!" It is much easier to look on the bright side and spread joy into the lives of others, than to always be down on everything. Anyway, it takes less facial muscles to smile than it does to frown, which gives special meaning to the phrase, "Smile, it improves your face value."

One of our residents put things into perspective for me recently. She came to my desk with a big smile on her face and said, "We have it so good here. We have this beautiful home, good food, great people to take care of us and we are safe!" We can all learn something from this upbeat attitude.

I challenge you this month to look for the silver lining and face life with a song in your heart and a smile on your face. If you don't have a song, come see me and I'll sing one for you.

- submitted by Becki Ringleb

## April Birthdays

In astrology, those born between April 1–19 are the Rams of Aries. As the first sign of the zodiac, Aries like to be number one. Bold, courageous, passionate, and somewhat impulsive, Rams dive headfirst into the most challenging situations. Those born between April 20–30 are the Bulls of Taurus. Bulls not only work hard with a determined and tireless manner but they also enjoy the payoff, rewarding themselves for a job well done. These stable and reliable types won't finish the job until they are completely satisfied.

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

04/02	Teresa Holland	04/15	Emma Brophy
04/06	Dorothy Breidinger	04/16	Dorothy McCorkle
04/11	Vivian Bellairs	04/20	Carolyn Suggs

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

04/01	Frankie Tucker	04/10	Datoyia Hines
04/02	Anthony Boswell	04/17	Sarah Frye
04/26	Sandis Sarduy Rios		



Tax Day isn't a holiday in the United States. Instead, it's a day in which tax payers must have their Income Tax information submitted to the Internal Revenue Service (IRS). This day usually falls on April 15<sup>th</sup>; however severe weather conditions or holidays may cause Tax Day to be switched to another day.

In 1861, the very first income tax was started in the US. This initial income tax was used to fund the American Civil War effort by levying a 3% tax on all households which made over \$800 a year. Although it was wildly successful, many Americans didn't like it and by 1872 it was repealed as being unconstitutional. However the idea of taxing personal income didn't go away. Instead, it was re-introduced in 1894 under the Revenue Act. This tax levied a 2% tax on all personal income. Many people at the time didn't believe that the federal government should be able to levy taxes on personal income. In 1913, the issue was solved once and for all when the 16<sup>th</sup> amendment to the U.S. Constitution was ratified, giving the federal government the power it needed to levy income taxes and allowing the creation of a more modern tax system.



## Celebrating April

### Jazz Appreciation Month

#### April Fools Day

April 1

#### Passover Begins

April 8

#### Easter

April 12

#### Gardening Day

April 14

#### Arbor Day

April 24



Mary Gaudet  
Joy Post  
Schelma Whitcomb  
Kaitlyn Askey  
Mark Robison  
Ramon Miranda

Executive Director  
Resident Care Director  
Business Manager  
Activities Director  
Food Service Director  
Maintenance Director

## Resident Spotlight on: Muriel McCalla



Muriel McCalla joined our Arbor Oaks family in October of 2014.

Muriel was born on August 6, 1923, in Minneapolis, Minnesota, to Sigfrid and Deola Francin. She attended Macalester College in St. Paul, Minnesota, where she majored in music.

She met and married Rodney McCalla when they were children in the 1930s. They married on June 12, 1945. They lived in the Columbus, Ohio, area until moving to Punta Gorda, Florida in 1988 and later to Cape Coral. They were married for 71 years before Rodney died.

She has four children: Nancy, Barb, Mark & Patti. She also has 8 grandchildren and 5 great-grandchildren.

Muriel enjoyed bowling and was an avid golfer. She won trophies for both. She was a fundraiser for the Columbus Symphony and was frequently requested to play piano for various community functions. She taught piano for over a decade.

Although she doesn't play the piano any longer, every now and then she will sing a little song.

Muriel and Rodney's love for each other and their family was inspirational! Their children and grandchildren are all grateful for the example they set before them.

World Autism Awareness Day

April 2, 2020



April 2 is World Autism Awareness Day, when the world takes part in the puzzle pattern of blue, red, yellow and purple pieces that reflect the complexities and uniqueness of the autism spectrum. There is no better way to celebrate this day than by becoming aware of the characteristics of people with this condition and how all of us can do better to increase our own understanding and promote kindness.

Autism is a developmental disability that affects the brain functions of an individual. Those with autism often find social interaction to be difficult or near impossible, have problems with both non-verbal and verbal communication, have a limited number of activities they engage in or a limited number of interests and may demonstrate repetitive or restrictive behavior. This disorder affects males and females of all races in all parts of the world.

The first historical appearance of the word "Autism" was made in 1911 by the psychiatrist Eugen Bleuler, who used the term to describe a specific cluster of symptoms that were considered simple symptoms of schizophrenia as an extreme social withdrawal.

In that order, it was in 1943, when pediatric psychiatrist Dr. Leo Kanner characterized Autism as a social and emotional disorder in his article "Autistic Disturbances of Affective Contact", and in 1944 Hans Asperger published his "Autism Psychopathology Article" where he described autism as a disorder of normal intelligence children who have difficulties with social and communication skills. These articles were an important contribution to the studies that helped to classify Autism as a disorder separate from schizophrenia in 1980.

This holiday is a United Nations health-specific day that brings autism organizations from the international community together to network and help with research and treatment projects for those individuals with this disorder. This day usually features all kinds of educational events for everyone from parents to teachers to health care workers. With the continuous investigation and research on autism, World Autism Awareness Day was set to April 2 of each year by the United Nations General Assembly on Resolution 62/139 and adopted on December 18 of 2007, to encourage member states to take action in raising awareness about people with autism spectrum disorder and support the research finding new ways to improve wellness and inclusion.



Passover is the most important holiday for the Jewish community. It is the major Jewish spring festival that commemorates the liberation of the Israelites from Egyptian slavery, lasting seven or eight days from the 15<sup>th</sup> day of Nisan. The eight-day celebration represents Jewish life, tradition and history. Passover, or Pesach, means "passing over" or "protection" in Hebrew. This year Passover begins at sundown on Wednesday, April 8, and ends at sundown on April 16, 2020.

Passover is an important family time. Traditionally, the Seder is celebration is celebrated on the first two nights. Preparation for the holiday takes a great deal of time: all kitchen items must be replaced, kosher foods need to be purchased or made and the Seder plate is prepared using five foods that have special meaning. The Seder plate typically holds matzoh (unleavened bread), maror (bitter herbs), chazeret (bitter lettuce, often romaine), charoset (a pebbly-textured nut and fruit paste), karpas (a vegetable, often parsley, dipped in salt water, vinegar or charoset), zeroa (a roasted goat or lamb bone) and beitzah (a roasted egg).

Passover celebrates the Exodus, when Israelites fled to freedom from their enslavement in Egypt.

April 1<sup>st</sup> is National Gardening Day



It is the perfect time for gardeners and would-be gardeners to get outside and start their own little plot. There is something magical about gardening. It is more than just the peaceful time you spend working with your own two hands. It is more than just the feeling of the warm sun on your back and the calming sounds of nature buzzing in your ear. Maybe it is about creating something that takes time to curate; it isn't the instant gratification that to which we have become accustomed.

Whatever the reason, gardening has been a beloved pastime for centuries. Gardening has been shown to reduce stress by lowering cortisol levels in your body, boosting your immune system, increasing dexterity in your hands as you age and improving your mental health.

At Arbor Oaks, we have our own resident gardener. Guy Whitehead truly has a green thumb and keeps things blooming here.



This month we want to say "THANK YOU" to ALL of our staff who are working together to assist the residents through the challenges caused by the COVID-19 virus. We have never before faced this type of crisis and you are all working together as a team to confront daily changes in protocol and giving consistent love and care to the residents. Each department plays a pivotal role in getting the job done – Management, Nursing & Care Staff, Activities, Dietary, Maintenance, Housekeeping and Receptionists. You are appreciated more than words can say. Rest assured we will come through this ordeal with a closer bond than ever.

Traditionally, *April Fools Day*, is an opportunity for playing jokes or tricks on one another. The stranger and more absurd the better. This tradition of pulling pranks and practical jokes has been well established since 1632. Any tricks or jokes must be harmless and in good taste for the unsuspecting "victim". It also might be good if you think twice before pulling one on the boss, even if he or she is known to be of good humor.



Hydration Awareness

Remember to drink plenty of fluids to stay hydrated. Below are a few questions about hydration.

1. How many glasses of water should you drink each day for good health?
  - a. 1-2
  - b. 3-4
  - c. 6-8
2. How should you drink your daily water intake?
  - a. All at once
  - b. Little sips regularly
  - c. Big mouthfuls
3. What is the ideal color of urine to be if you are well Hydrated?
  - a. Light brown
  - b. Light yellow
  - c. Pale yellow/clear

Answers: 1. C 2. B 3. C



There is no calendar insert for the newsletter this month due to the continuing changes being made because of the COVID-19 virus. Thank you for your patience and cooperation.

Some of our regular activities have been cancelled this month; however, the Activities Department will keep you entertained. Check the white board in the front lobby for daily updates.

EASTER SUNDAY, April 12<sup>th</sup>! Remember "the great gift of Easter is hope!"



All April long, **National Jazz Month** celebrates the heritage and history of jazz.



The roots of jazz can be found in the blues. The exciting history of jazz takes us through the deep south along back roads and into the big cities all across the United States and then the world. The thrum of the bass and sizzle of the snare make the nightclubs dazzle just a little more against the brass and lights.

Kick back and listen to the sound of history as you listen to Miles Davis or any modern-day jazz musician. Let the music move you!

