



Mother's Day is observed annually in the US on the second Sunday in May. It was officially recognized by Congress and the President in 1914. This holiday is set aside to recognize

mothers, motherhood and maternal bonds in general, as well as the positive contributions they make to society. Mothers are some of the greatest disciple makers in the world. They teach us what is really important in life and have the unique ability to demonstrate God's love and grace. A Mom with long-range goals is not concerned about lavishing gifts and good times on her family. Instead she is preoccupied with providing a foundation that will support her children as they grow into remarkable adults. Love becomes something she does, not something she says. Several children corralled by one overworked mom can turn sugary sweet into "You better get your act together, missy." There is no role in life that is more essential than that of motherhood. We give honor to all the mothers, grandmothers and great-grandmothers who call Arbor Oaks their home.

The following are a few things "mom" might have told us a time or two:

My mother taught me TO APPRECIATE A JOB WELL DONE: "If you're going to kill each other, do it outside. I just finished cleaning!!!"

My mother taught me RELIGION: "You better pray that will come out of the carpet."

My mother taught me about TIME TRAVEL: "If you don't straighten up, I'm going to knock you into the middle of next week!"

My mother taught me LOGIC: "Because I said so, that's why."

My mother taught me FORESIGHT: "Make sure you wear clean underwear, in case you're in an accident."

My mother taught me IRONY: "Keep crying and I'll give you something to cry about."

My mother taught me about the CIRCLE OF LIFE: "I brought you into this world and I can take you out."

My mother taught me about RECEIVING: "You are going to get it when you get home."

My mother taught me about WISDOM: "When you get to be my age, you'll understand."

My mother taught me about CHOICE: "Do you want me to stop this car?"

May Birthdays



In astrology, those born May 1—20 are Bulls of Taurus. Like bulls in a pasture, Taureans enjoy relaxing in serene environments. They also work hard and expect a reward for their efforts. Those born from May 21—31 are Twins of Gemini. Perhaps because twins are born with a companion, Geminis love to communicate with others. They are flexible and clever extroverts who can make persuasive arguments.

**** Resident Birthdays ****

05/03	Frances Friar	05/06	Susan Ward
05/06	Anita Rucker	05/18	Viola Taylor
05/19	Sam Kennon	05/20	Marilyn Bull
05/27	Mary Barker	05/31	Judith Granger
	05/31	Charlotte Campbell	

**** Employee Birthdays ****

05/09	Dahlia Williams	05/21	Mequi Dean-Smith
	05/27	Maybelle Barnaby	



Firefighters dedicate their lives to the protection of life and property. Sometimes that dedication is in the form of countless hours volunteered over many years, in others it is many selfless years

working in the industry. In all cases it risks the ultimate sacrifice of a firefighter's life.

International Firefighters' Day (IFFD) is observed each year on May 4th. This is a time where the world's community can recognize and honor the sacrifices that firefighters make to ensure that their communities and environment are as safe as possible. It is also a day in which current and past firefighters can be thanked for their contributions.

In addition, these dedicated men and women donate their time to community service. The young man on the right in this photo is this writer's son, John Ringleb, II. He has served the Palm Bay Fire Rescue team in Brevard County, Florida for 28 years. We are very proud of him!



May 2022

Arbor Oaks News!!!

Arbor Oaks at Lakeland Hills * 4141 Lakeland Hills Blvd., Lakeland, FL 33805
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Nurses Week
May 6-12

Cinco de Mayo
May 5

National Day of Prayer
May 5

148th Kentucky Derby
May 7

Mother's Day (U.S.)
May 8

Memorial Day (U.S.)
May 30



DIRECTORY

Mary Gaudet.....Executive Director
Joy Post.....Resident Care Director
Kaitlyn Askey.....Activities Director
Ramon Miranda.....Maintenance Director
Luis Casiano.....Food Service Director
Emmarie Gaudet.....Business Manager

Resident Spotlight on: Mary Lou Briggs



Born in Sharpesville, PA on September 3, 1931, to John and Nina Gassner. She is the eldest of three siblings, Jack who lives in Minnesota, Margaret "Peg" (deceased) and Ruth Anne who resides in North Carolina. When she was a young girl, Mary Lou's family moved to Follansbee, West Virginia. It was there, while in high school she met the love of her life Harry Briggs whom she would later marry and they

would share the next nearly seventy years of marriage. Mary Lou and Harry had two children, Frank the eldest and a daughter Barbara. Frank is married to Patti and Barbara is married to Michael. From these unions Mary Lou has four grandchildren, nine great grandchildren, and seven great great grandchildren. Mary Lou and Harry moved to Florida in 1980. Harry worked for Palm Beach County as a plumbing inspector and Mary Lou worked for the County School System as a classroom aide for several years. When Harry retired from Palm Beach County they built a home and moved to Sebring where they were very active at Heartland Christian Church. During their nearly seventy years together Mary Lou and Harry led a very full life. They built several homes and running several of their businesses. They enjoyed boating, traveling and working on numerous projects and crafts. In 2018, Mary Lou and Harry moved to Arbor Oaks to be closer to their son Frank. Harry passed away in January 2019, but Mary Lou still resides at Arbor Oaks.

Employee Spotlight!



Congratulations to Keyla for being a star and keeping our residents' home spic and span! She started with our Housekeeping department in October of 2021 and takes time to clean the places we would normally forget!



APHORISM:

A short, pointed sentence that expresses a wise or clever observation or a general truth.

- 1. The nicest thing about the future is...that it always starts tomorrow.
- 2. Money will buy a fine dog, but only kindness will make him wag his tail.
- 3. If you don't have a sense of humor, you probably don't have any sense at all.
- 4. Business conventions are important...because they demonstrate how many people a company can operate without.
- 5. There are no new sins; the old ones just get more publicity.
- 6. I've reached the age where 'happy hour' is a nap!
- 7. The trouble with bucket seats is that not every-body has the same size bucket.
- 8. After 60, if you don't wake up aching in every joint, you're probably dead!
- 9. Politicians and diapers should be changed often and for the same reason. ☺



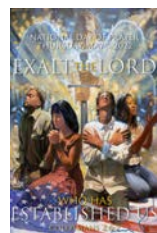
National Nurses Day is observed annually on May 6th. On this day we raise awareness of the contributions and commitments of all nurses and acknowledge the vital role nurses play in society.

National Nurses Week begins May and ends on May 12, which is the birthday of Florence Nightingale (5/12/1820 – 8/12/1910). The English nurse became known as the founder of professional nursing, especially due to her pioneering work during the Crimean War (1853-1856). Due to her habit of making rounds at night, Nightingale became known as "The Lady with the Lamp."

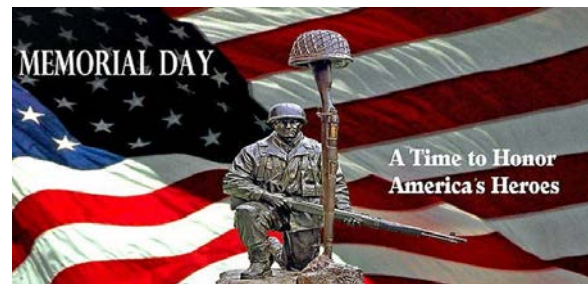
We want to acknowledge and recognize our excellent nursing staff at Arbor Oaks. Under the direction of Joy Post, LPN and Resident Care Director, the following LPNs are here to serve the needs of our residents round the clock: Ivonne Bencar, Megan Davidson, Mequi Dean-Smith, Deon Fleming, Mariam Monge. Please take time to let them know how much you love and appreciate them for the hard work, care and concern.



2022 Theme: *Exalt the Lord who has established us. Colossians 2:6-7*



The first National Day of Prayer can be traced back to 1775 when the Continental Congress allocated a daily prayer while they were forming the new nation. From that time on, various Presidents have asked for citizens to pray in cases of national emergency or tragedy. However, it wasn't until April 17th, 1952, that National Day of Prayer was passed by Congress and signed into law by President Harry Truman. In 1988, President Reagan signed an amendment to the law that designated the first Thursday of May as the National Day of Prayer. In 1972, the National Prayer Committee was formed in the U.S. This committee would go on to create the National Day of Prayer Task Force, a task force with the intended purpose of coordinating events for this observance day.



Memorial Day is a legal holiday observed in memory of those who died while serving in the United States Armed Forces. It originated after the American Civil War. It started as an event to honor soldiers who had died during the war. It is said to be inspired by the way people in the Southern states honored the dead. The original national celebration of Decoration Day took place on May 30th 1868. After the end of World War I, it was changed to include those include those who had served in any American War. In 1971, it was declared a federally recognized holiday and the date was changed to become the last Monday in May. This guaranteed recognition by all states and a three-day weekend from work.

Traditionally, Memorial Day is viewed as a time of honor and remembrance. Throughout the United States it is common to visit cemeteries, particularly military ones and decorate graves of the deceased with flowers, small flags and wreathes. I remember when I was a child, Mom would load the trunk with geraniums and we would drive to three different cemeteries to place them on the graves of our relatives who were veterans. This is one of my most cherished memories. Other traditions of Memorial Day that are still practiced today include flying the flag to half-mast until noon. The lowering the flag to half-mast is meant to honor the fallen soldiers who have died for their country. Re-raising the flag is meant to symbolize the resolve of the living to carry on the fight for freedom so that the nation's heroes will not have died in vain.

Typically, Memorial Day weekend is viewed as the kickoff to summer. The three-day weekend gives people time to get together with friends and family for trips to the lake, beach or theme parks. At Arbor Oaks we always take time on Memorial Day to remember our military heroes who have made the greatest sacrifice and give thanks that we can live in "the Land of the Free, Because of the Brave".



- Sundays 10:00 am – Church Service with Pastor Revell
2:00 pm – Sunday Cinema
- Mondays 9:30 am – Morning Exercise
3:00 pm – Arts n Craft
- Tuesdays 4:00 pm – Trivia in the Lobby
- Wednesdays 10:15 am – Bible Study with June
2:45 pm – Ice Cream Social
- Thursdays 9:30 am – Exercise with Legacy
- Fridays 10:15 am – Short Story Club
- Saturdays 3:30 pm – Classic Movie Matinee

Join **John, Becki & Sandy** – Join May 15th at 1:30 p.m. in the Ice Cream Parlor for some good old gospel music.

May 30th, 10:00 am - Memorial Day Service in the Lobby

Sign up at the Lobby Desk
For the following monthly services:

- Pretty Nails – 2:45 pm Tuesdays in the Beauty Parlor
- Beauty/Barber – Tues. & T. 9:00 am-4:00 pm.
- Onsite Dermatology – 1:00 pm 3rd Monday of the Month
- Podiatrist – 2nd Monday of the Month



148th Kentucky Derby - May 7th



The Kentucky Derby is one of the most prestigious yearly events in all of horse racing. The grand race features the best three-year-old thoroughbreds in the world as they take to the track at Churchill

Downs to decide the first leg of the distinguished triple crown series of races. The Churchill Downs race-course stretches for one and a quarter miles in circumference. In total, it should take just over two and a half minutes to determine the 2022 Derby winner.

The 148th Kentucky Derby event officially kicks off at 10:30 AM ET with the first race of the day. The complete slate of duels features 14 different races and goes all the way to 8:30 PM ET. However, "the most exciting two minutes in sports" and the business in sports" and the business everyone will be tuning in for goes down at 6:57 PM ET.