

Arbor Oaks News!!!

Arbor Oaks at Lakeland Hills * 4141 Lakeland Hills Blvd. * Lakeland, FL 33805
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Celebrating November



Alzheimer's Disease Month

Election Day
November 8

Marine Corps Birthday
November 10



November 11

Thanksgiving Day (U.S.)
November 26



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: CHARLES COLLINS



Charles Collins joined our Arbor Oaks family on October 18th. Charles was born on May 23rd, 1937, in Pineville, Kentucky. He grew up on a farm just outside of Pineville, attended school and became a mechanic working on tractors and trailers.

Charles met the love of his life in 1956. Her name was Ruth Ann. He was 20 and she was 17 years of age when they were married. She did play a little hard to get. At the time they met he was riding a 1955 Harley Davidson motorcycle which she promptly refused to ride. So he sold it. Charles and Ruth Ann were married in 1957 and had three boys, David Keith & Doug and four grandchildren. Most of them are still in Kentucky.

Charles served in the Army as a Sergeant (SP5) as a cook stationed at Ft. Knox. He couldn't get what he wanted to eat when he was serving, so he figured he would cook it himself! He spent two years in Germany.

Charles was transferred to a job in Tampa and the couple purchased a home in Plant City. Ruth Ann passed away in 2018. Charles is one of our newest neighbors here at Arbor Oaks so let's all give him a warm welcome!

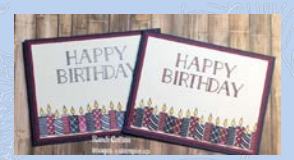


Is there any bigger spectacle than the Macy's Thanksgiving Day parade marching down Broadway in New York City? This big spectacle requires huge balloons to capture the attention and dazzle the imagination of millions of onlookers.

The Thanksgiving Day parade did not always boast larger-than-life balloons. The first parade was held in 1924 when R.H. Macy & Co. decided to celebrate the opening of its new flagship store on 34th Street in Manhattan. This massive parade was not meant to celebrate Pilgrims and a feast of turkey but to usher in the Christmas shopping season. During its first three years, the parade featured live animals from the Central Park Zoo, including tigers, elephants, camels, and donkeys. However, the children lining Broadway were so scared by these beasts that parade organizers decided to feature some "lighter" entertainment: giant balloons in the shape of beloved cartoon characters.

The first inflatable star of the Macy's Thanksgiving Day Parade was Felix the Cat, the preeminent cartoon megastar of the silent era. In those early days, the balloons were built by the Goodyear Tire and Rubber Plant Company. They were not filled with helium but with air, and wranglers propped them up with long sticks. In 1929, balloons were filled with helium and wranglers had to both wrestle the gargantuan cartoons and keep their own feet firmly on the ground. Between 1929 and 1932, the balloons were released into the air at the finish of the parade. They could float to the ground anywhere in Manhattan, and the lucky ones who found them needed only to return the tag attached to the lost balloon to Macy's for a \$25 gift certificate.

For over 90 years, balloons have floated through New York's skyscraper canyons. Felix the Cat has stepped aside for Raggedy Ann, Popeye, Snoopy, and current favorites like Iron Man and Pikachu, but the sense of wonder these balloons inspire carries on.



November Born

In astrology, those born from November 1–21 are Scorpios. Scorpios cherish the truth and are not afraid to go to extraordinary lengths to uncover mysteries and get what they want. Those born from November 22–30 are Archers of Sagittarius. These Archers are philosophical seekers of knowledge who love traveling to new places to absorb new cultures.

***** Resident Birthdays *****

11/06 Pearlne Snipes	11/13 Michael Newquist
11/07 Kathryn Steinert	11/16 Billy Smith
11/12 Louise King	11/21 Janice Ayscue
11/13 Anna Korbos	11/21 June Revell
	11/26 Margaret Huff

***** Employee Birthdays *****

11/13 Sharon Jarvis	11/14 Ashley Jarvis
	11/14 Cynthia Fugnole



Election Day is November 8th. Election Day refers to the day on which general elections in the United States are held. Presidential elections are held every 4 years and the elected president will then be sworn in and take office on the following January 20th, a day known as Inauguration Day.

Election Day in the United States is always held on the Tuesday after the first Monday in November. Elections held for federal offices only occur on even-numbered days.

Go out and exercise your right to vote on November 8th. To quote Franklin D. Roosevelt:

"Nobody will ever deprive the American people of the right to vote except the American people themselves and the only way they could do this is by not voting!"



Life is moving faster than it ever has before! Didn't we just celebrate the 4th of July? When I was a kid it seemed like forever from one

Christmas to the other. Mom

would say that the older you get, the faster time flies. She was right! Of course, it doesn't help that the retailers start putting up Christmas decorations before Halloween. But we go with the flow and make the best of it.

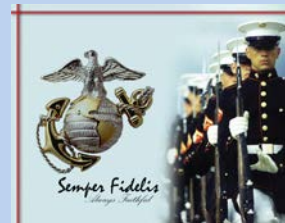
There are some very important dates to remember in November. **November 8th** is Election Day. Every year it becomes more important that we exercise this right. By resolution of the Second Continental Congress in 1775, **November 10th** was declared to be the date of the Marine Corps birthday. On **November 11th**, we observe Veteran's Day and give honor to all who have served our country to preserve our freedom. Every year at Arbor Oaks we have a very special Veteran's Day Salute honoring the men and women of Arbor Oaks who served to protect and defend the freedom that we enjoy. *If you value your freedom, thank a Vet!*

Of course, the most celebrated holiday in November is Thanksgiving Day. Proclaimed by George Washington as the first national Thanksgiving Day in 1789, it has been an annual holiday in the United States since 1863 and is now celebrated on the last Thursday of November. It is a day for families and friends to get together for a traditional meal including turkey, stuffing, potatoes & gravy and pumpkin pie. We eat too much food all day long and watch a lot of football. At our house, the day begins with the Macy's Parade followed by "Miracle on 34th Street" while the meal is prepared. At the end of the day, when the dishes are done, we sit down with a cup of pumpkin spice coffee and watch "White Christmas" to kick off the holiday season.

What are your traditions? Whatever they may be, make sure to set aside time to give thanks for the love of family and friends and God's blessings to all of us. Make a "thankfulness list" beginning at the first of the month. Think of at least one thing each day for which you are thankful and write it down. You will be surprised to discover how very much you are blessed. At Arbor Oaks, we are thankful every day for our residents and their families. May you all be blessed not only on Thanksgiving, but every day!

- submitted by Becki Ringleb

Marine Corps Birthday – 11/10/18



This day is mainly celebrated by personnel, veterans or other people related to the Marine Corps. Usually, it is marked with a Marine Corps Birthday Ball with a formal dinner, birthday cake and entertainment. The first ball was held in 1925.

The US Marine Corps started as the continental Marines on November 10, 1775. On that date, the Second Continental Congress decided that they needed 2 battalions of Marines to serve as landing forces with the Continental Navy during the American Revolutionary War (1775-1783). After the war, the continental Navy was dismantled, and as a consequence the Marines as well. However, after increasing conflict with revolutionary France, the Marine Corps was formally re-established.

The United States Marine Corps is the US Armed Forces' combined-arms task force on land, at sea, and in the air. It has more than 280,000 active duty personnel as well as almost 40,000 personnel in the Marine Corps Reserve.



We have a new Speech Therapist here at Arbor Oaks. Speech therapy is a rehabilitation process to address problems with speaking, swallowing and cognition. As we grow older, our vocal cords often become less elastic, and our larynx muscles may weaken. These problems can make it difficult to talk and swallow. While this is part of the natural aging process, speaking difficulties may also result from other health conditions. Speech therapy can also help seniors stimulate and improve speaking, reading, writing, comprehension and cognitive ability.

Improvement in these areas is vital for the overall health of seniors, as they must be able to communicate properly with their doctors, nurses and loved ones. We want them to be able to tell us about any pain, discomfort or other simple issues they may be experiencing.

A Smashing Idea

Every Halloween, millions of pumpkins are sold for decorations and to be carved as jack-o'-lanterns, but what happens to all those pumpkins when Halloween is over? According to government statistics, most of the 1.3 billion pounds of pumpkin produced every year ends up in landfills. This refuse produces methane gas, a greenhouse gas considered 20 times more harmful than carbon dioxide. Luckily, there are plenty of options when it comes to discarding leftover pumpkins.

Pumpkins, of course, are meant for eating, and not just in pies. Pumpkin is delicious in muffins, custards, and soups, and seeds can be roasted and salted for a savory snack. Pumpkin seeds can also be planted so that next year you can harvest pumpkins in your own backyard for free! A pumpkin patch also makes for a great Halloween display. As an added bonus, pumpkin flowers are a great source of food for pollinating insects.

Pumpkins are also a tasty treat for animals. You could choose to leave pumpkin scraps for local scavengers like squirrels and raccoons, but you might prefer to donate your pumpkins to a local farm. Pumpkins are a great forage food for farm ruminants like cows, sheep, and goats.



Every November, Idaho Springs, Colorado, hosts an event called the Scraps-to-Soil Pumpkin Smash, a public pumpkin-smashing party. Participants choose their method of demolition—slingshots, baseball bats, giant mallets, even pumpkin catapults. The goal isn't to relieve post-Halloween or pre-Thanksgiving stress but to convert pumpkins to compost. While every part of a pumpkin—skin, meat, stem, and seeds—is compostable, seeds are often hardy enough to overwinter, so composters have to make sure that composting temperatures reach 150 degrees for three days. Unless, of course, you don't mind growing your own pumpkin patch.

November Events



VETERANS DAY SALUTE!!!

November 11th at 10:00 am

Join us in the downstairs lobby to pay tribute to our resident Veterans and widows of Veterans for this very special service.

Make sure to take advantage of these regularly scheduled events!

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 Crafts

Tuesdays 4:00 pm – Trivia in the Lobby

Wednesdays 10:15 am – Bible Study with June

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**, November 20th at 1:30 pm in the Ice Cream Parlor for some good old gospel Music.

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

Beauty/Barber – Mondays 9:00 am – Beauty Parlor
Pretty Nails – 2:45 pm Tuesdays in the Beauty Parlor
Onsite Dermatology – 1:00 pm 3rd Monday of the Month

Podiatrist – 2nd Monday of the Month

Check your calendar insert for activities throughout the month!



SUNDAY, NOVEMBER 6TH AT 2:00 AM

The first Sunday in November marks the end of Daylight Savings time in the US. On this day, clocks are set back 1 hour, except for Hawaii and parts of Arizona which do not observe DST.

There are arguments on both sides of this matter. I would prefer that Daylight Savings Time be observed year round so we could have more daylight after working hours. However, the up side is that it gives me one Sunday in the year to get to church early!