

Arbor Oaks News!!!

Arbor Oaks at Lakeland Hills * 4141 Lakeland Hills Blvd., Lakeland, FL 33805 * Phone: (863) 687-0101 * FAX: (863) 687-8302



"Let us remember one book, one pen, one child and one teacher can change the world." –Malala Yousafzai

Traditionally, the Tuesday of the first full week of May is the National Teacher Day in the USA. Teacher Day is a remarkable occasion for all of us to show our teacher appreciation, whether we are students or we wish to compliment a former teacher. Teachers are true heroes in our communities who, through their dedication to children, work millions of small miracles every day. And the vast majority of teachers in the United States are proud to be advocates for children, public education and their profession. Additionally, there are hundreds of teachers and education support professionals actively serving in the U.S. military.

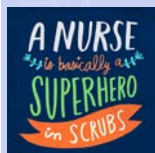
National Teacher Day focuses on the contributions teachers make to help children succeed in school and in life. Public schools are where children learn to be Americans. School is where they learn the Pledge of Allegiance and the U.S. Constitution. It provides students their first opportunity to vote. It is where we all learn that wherever we are from, we are united as Americans. Showing our teacher appreciation shouldn't be limited to this week and day, but establishing a particular time of the year for teacher appreciation helps us to remember how important teachers are in society.



In the fire service we fight together against one common enemy – fire – no matter what country we come from, what uniform we wear or what language we speak." – Lt. JJ Edmondson, 1999

International Firefighters' Day is observed each year on May 4th. On this date you are invited to remember the past firefighters who have died while serving our community or dedicated their lives to protecting the safety of us all. It is a time where the world's community can recognize and honor the sacrifices that they make to ensure that their 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.

HAPPY NATIONAL NURSES DAY!



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 6 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: Mecqui Dean Smith, Deon Fleming, Ivonne Bencar, Mariam Monge, April Pack. Please take time to let them know how much you love and appreciate them for their hard work, care and concern.

Mother's Peace Day



Anna Jarvis is often credited with founding the first Mother's Day, in 1908, but it was poet and abolitionist Julia Ward Howe who made the first Mother's Day Proclamation for Peace, in 1870. Howe was already well

known for authoring "The Battle Hymn of the Republic," and her fame lent greater weight to her advocacy for peace. As a nurse during the American Civil War, Howe had seen firsthand the ravages of war. When she saw the specter of war rising yet again at the onset of the Franco-Prussian War, she spoke out for an international Mother's Day where mothers from all over the world would give counsel on how to achieve peace. She wrote: "Arise, then, women of this day! Arise all women who have hearts, whether our baptism be that of water or of tears!" Indeed, Anna Jarvis' mother had worked with Julia Ward Howe, a relationship that inspired Jarvis' Mother's Day.

Celebrating May



Nurses Week
May 6 -12

Salvation Army Week
May 15–21

May Day
May 1

National Day of Prayer
May 4

Cinco de Mayo
May 5

Mother's Day
May 14

May 29



DIRECTORY

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

Resident Spotlight on: Cheryl Green



Cheryl Green was born in Tampa, Florida on July 27, 1952. She is a 5th generation Florida. Her Mother's great grand-father came over from England. Her Dad and Mom settled in Tampa after World War II where they raised eight children. Cheryl grew up in Tampa, but spent summers outside of Ocala.

Cheryl went to Florida State University in Tallahassee and graduated from there in 1974 with a background in Child Development, Elementary Education and Early Childhood Education. She fell in love with preschoolers and worked in private education in churches and corporate day care. She taught at a private Montessori School for ten years and then worked as an after school preschool director.

In 1972, she was married and lived in Melbourne, Florida. She has three grown children: a daughter in Lakeland, a son in Melbourne and another son in Tallahassee. Her grandson is finishing his education at the Air Force Academy in Colorado and her Granddaughter will graduate this year and will be attending Florida State University for in the fall.

In 2020, Cheryl moved in with her daughter in Lakeland and on December 23, 2022, she joined our Arbor Oaks family. When asked what she likes about Arbor Oaks, her response was, "It feels like home and family here. There is a sense of community. I love all the music events and especially Caring Friends Trio."

If you haven't had an opportunity to become acquainted with Cheryl yet, please take time to do so.



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 wreaths. 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".

We must never forget to pause and give thanks for the many who gave their all. **We must never forget!**

- Submitted by Becki Ringleb

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	05/15	Lynn Davis
05/19	Sam Kennon	05/20	Marilyn Bull
05/23	Charles Collins	05/27	Mary Barker
05/31	Judith Granger	05/31	Charlotte Campbell

**** Employee Birthdays ****

05/09	Dahlia Williams	05/21	Mecqui Dean-Smith
05/27	Maybelle Barnaby	05/30	Tatyana Crawford



Cinco de Mayo is an annual celebration held on May 5th. The date is observed to commemorate the Mexican Army's unlikely victory of the French Empire at the Battle of Puebla, on May 5, 1862, under the leadership of General Ignacio Zaragoza. The Battle of Puebla was significant, both nationally and internationally, for several reasons. Although considerably outnumbered, the Mexicans defeated a much-better-equipped French army that had not been defeated for almost 50 years. Some have argued that no country in the Americas has subsequently been invaded by any other European military force. Historian Justo Sierra has written in his *Political Evolution of the Mexican People* that, had Mexico not defeated the French in Puebla on May 5, 1862, France would have gone to the aid of the Confederacy in the U.S. Civil War and the destiny of the United States would be very different.



May 4, 2023

National Day of Prayer is an annual observance day which is observed on the first Thursday in the month of May. On this day, Americans are encouraged to give thanks and turn to God in prayer and peaceful meditation. The origins of National Day of Prayer date back to 1787, when Benjamin Franklin asked President George Washington to open each day with prayer, and to realize that prayer is deeply intertwined in the fabric of the United States. However, it was not until February 1952 during the Korean War that Reverend Billy Graham petitioned support of Representative Percy Priest to observe a national day of prayer. On April 17, 1952, President Harry Truman signed a bill proclaiming National Day of Prayer, to encourage Americans to turn to God in prayer and meditation.

Each year, almost 40,000 prayer gatherings are held all over the US.

Kentucky Derby – May 6, 2023



The Kentucky Derby is the most popular and oldest horse race in the world. The race is a 1.25-mile long, Grade 1 stakes horse race for the three-year-old thoroughbreds on a dirt track. Held

annually at Churchill Downs racetrack in Louisville, Kentucky, the Kentucky Derby, run on the first Saturday in May of every year, is the first leg of the elusive Triple Crown races. It is followed by the Preakness Stakes two week later in Baltimore, Maryland and the Belmont Stakes, 3 weeks after the Preakness in Elmont, New York.

The first Kentucky Derby was held in 1875. Since then, the Derby has become a day of luxury and fashion and celebrities are often in attendance. Over 160,000 spectators come to see the Kentucky Derby every year while millions of others watch it on TV. In Kentucky, the equine industry generated 3 billion dollars annually and creates 55,000 jobs. As of 2015, no woman trainer or jockey has won the Kentucky Derby. Many have run horses and ridden the, but none have won. Only 13 horses have ever been able to win the Triple Crown. The most recent was Justify in 2018. Prior to that, the Triple Crown had not been won since 2015.

Upcoming Events

Sundays 10:00 am – Church Service with Pastor Revell
 Mondays 9:30 am – Morning Exercis
 10:00 am – Catholic Communion
 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 3:00 pm – Classic Movie Matinee

Resident Council meets Monday, May 8th at 10:30 a.m. in the Community Center.

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

Sign up at the Lobby Desk

For the following monthly services:

Beauty/Barber – 9:00 am – 12:00 p.m. Mondays
Pretty Nails – 2:45 pm Tuesdays in the Beauty Parlor
Onsite Dermatology – 1:00 pm 3rd Monday of the Month



Legacy Occupational Therapy facilitates and empowers seniors to maximize independence, safety and function to optimize quality of life and dignity through chosen occupations. Legacy OT enables residents to feel confident in their living environment through assessment and intervention focused on the unique needs of the individual. Areas of practice and expertise are wide and varied. They include, but are not limited to ADLs, IADLs, continence management, low vision, dementia management, wheelchair seating and positioning, vestibular assessment, pain management community reintegration and driving.



Photo of Residents and staff on Easter, some even in their Easter bonnets on!