

AUGUST 2017

Arbor House Branch

MWC Arbor House Assisted Living and Memory Care- 9240 East Reno Ave. MWC, Ok. 73130-405-455-3900 * 405- * Other information

SAVE THE DATES:

August 1st- Lunch out at Ted's at 11:00 a.m.

August 4th- Walmart Market at 10:00 a.m.

August 7th, 14th, 21st, 28th, Exercise with Leigh Ann at 11:00a.m.

August 9th – Resident Council Meeting at 11:00 a.m.

August 10th- Bob Merrill at 10:00 a.m.

August 10th – Wine and Cheese Social from 3:00-4:30 p.m.

August 11th- Ice Cream Social at 3:00 p.m.

August 15th, 22nd, 29th, - Suzanne Gregg at 10:00a.m.

August 17th – Gathan Graham at 2:00 p.m.

August 24th- Resident Birthday Party with Dave Rosco at 2:00 p.m.

August 25th- Bake Sale- All Day



Celebrating August Birthdays:

Resident Birthdays:

Donna 08/22
Helen L. 08/25
Anna F. 08/31

Staff Birthdays:

Debra D. 08/11
Agnes 08/21
Raegan 08/30

The Legends of Bigfoot



Since 1992, believers in the preternatural have gathered during the last weekend in August in Carson, Washington, for Bigfoot Daze, a celebration of the legend of Bigfoot. Washington state is an appropriate venue, for

stories of “wild men” living in the woods have long been part of Native American lore in the Pacific Northwest. Curiously, the indigenous stories of a massive, hairy, ape-like man, known as Bigfoot or Sasquatch, are set in the very same locales as contemporary sightings. Is it merely a coincidence that modern sightings overlap with historical record? Or is there really a Bigfoot?

While most people agree that Bigfoot sightings are hoaxes, some researchers have looked for plausible explanations to the many sightings and stories. Bigfoot, they speculate, may be the last existing specimen of a prehistoric giant ape, *Gigantopithecus*, which could have crossed the Bering land bridge from Asia into North America. Other experts suggest that Bigfoot is the last living Neanderthal or other crude human-like creature such as *Paranthropus robustus*. All of these explanations, however, lack sufficient scientific evidence and proof.

And yet, despite the lack of hard evidence, many cultures across the world have claimed to see similar creatures. The Sasquatch has been sighted in the Pacific Northwest. The Yeti, also known as the Abominable Snowman, has been part of the legend in the Himalayas. Australia has its own version of a large ape-like human, called a Yowie, stalking the Outback. In Mongolia, the creature is called an Almas. In China, it is called the Yeren. The tribes of the jungles of South America spin tales of the Mapinguari. Perhaps the reason people still want to believe in this fantastic creature despite hard evidence is because so many separate cultures around the world claim to have sighted it. Are all these humans suffering the same delusion? Or are there really Bigfoot-like creatures scattered across the globe?

This Joke's on Joe

Joe Miller was a popular actor on England's stages in the early 1700s. He performed in the plays of Shakespeare and excelled at comedy. Miller, though, is not remembered for his acting but for a pamphlet of jokes published after his death on August 15, 1748, entitled *Joe Miller's Jestes*. This is why August 16 is celebrated as Joe Miller's Joke Day.

Strangely, Joe Miller himself likely had nothing to do with the joke book bearing his name. A down-and-out writer named John Mottley compiled the volume and used the popularity of Miller's name to advertise his work. It was a savvy marketing move, for the book was wildly popular and was published in three editions in its first year. The first edition presented 247 jokes and witticisms. Over 100 years later, the book was still being published and updated with over 1,300 jests. The stage comedian's name has even entered our modern language. A “Joe Miller” is a term for an old, time-worn joke or a groaner. Scant thanks for the comedian who made Mottley a small fortune.

First in Flight?



Orville and Wilbur Wright are widely credited for inventing modern powered flight in 1903 on the sandy beaches of Kitty Hawk in North Carolina. The story of German aviator Gustave Whitehead throws a wrench into the gears of this lauded

history. Whitehead emigrated to America in the late 1800s and spent much of his adult life building and experimenting with airplanes. His supporters claim that he performed the first powered flight on August 14, 1901, two years before the Wright brothers. When, in 1935, the magazine *Popular Aviation* published an article detailing the possibility of Whitehead's achievement, experts set out to verify these claims—but no hard evidence was ever discovered.

Drinking the Stars



It was on August 4, 1693, that a young Benedictine monk named Dom Pierre Pérignon discovered that his batch of wine was filled with bubbles. This was the undesired byproduct of refermentation. As the weather cooled in the fall, fermentable sugars in the bottles would go dormant, only to awake in the warming weather and begin to referment. It was Pérignon's job as cellar master of his abbey in the Champagne region of France, to mind the wine cellars and rid the wine of bubbles. Often, the pressure would grow so great inside a bottle that one would explode, leading to a chain reaction of exploding bottles, which could ruin an entire cellar. The wine in these explosive bottles was dubbed "*le vin du diable*," or "the devil's wine." But after tasting the ruined wine, Pérignon exclaimed to his fellow monks, "Come quickly! I am drinking the stars!" On that day, legend has it, French champagne was born.

Leave it to the English to try and steal the French's thunder. Some contend that in the 17th century, 20 years before Pérignon, an English doctor named Christopher Merret recorded the recipe for a champagne-like beverage in a paper presented to the Royal Society. Apparently, English cider makers had been purposefully adding sugar to their wine, simulating the refermentation process, to create sparkling, crisp drinks almost identical to the French champagne.

Regardless of history, French champagne and the name *Dom Pérignon* dominate the market. Yet many other countries continue to produce their own sparkling wines. Italy has Prosecco. Spain has Cava. Germany has Sekt. Even America has its own sparkling wines. But no one is likely to pop a bottle of English *Merret* on New Year's Eve. The French have made sure to protect the name *champagne*, even signing treaties with neighboring countries to assure that true champagne can only come from the Champagne region of France. So the next time you take a sip of the bubbly, think of young Dom Pérignon "drinking the stars."

Rest and Relaxation

August 15 is the day to take it easy and chill out! It's Relaxation Day. Stress management is an important skill to have in this day and age. Often, before you can relax your body, you must quiet your mind. Slow, deep breaths and meditation are a very good way to start. Soothing music and even a warm bath can make this easier. For some, writing or journaling can be relaxing. Still others benefit from guided imagery, where a person suggests and describes a calming setting to imagine. Relaxing the body, ironically, sometimes requires exercise and movement. A walk, hike, or yoga can work your muscles into a state where they are more ready to rest. Alcohol and caffeine counteract rest. Warm milk or herbal tea are a better bet. When both the mind and body are relaxed, it's far easier to take that precious afternoon nap in the hammock.

Golf Rediscovered



The Professional Disc Golf Association has declared the first Saturday in August to be Disc Golf Day. This sport is a combination of golf and Frisbee.

Instead of hitting a ball with a club on a green golf course, players hurl discs down the fairways toward a basket. As in golf, the person with the fewest strokes wins. College students in the 1960s created informal disc golf courses, throwing Frisbees at trees and other landmarks across campuses. But it was "Steady" Ed Headrick who invented the Wham-O Pro model Frisbee in 1964 and then the disc target with chains and a basket, called a Disc Pole Hole, in 1975. One year later, the Professional Disc Golf Association, or PDGA, was founded. In 1979, the PDGA held its first major tournament in Huntington Beach, California, with a \$50,000 prize. Today, the PDGA runs over 3,000 events a year, including 12 major tournaments. Sure, formal disc golf courses exist all over the world, but it's still common to find kids hurling Frisbees through the neighborhood at trees and light poles.

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City, State ZIP Code

A Car Is Born



Toyota didn't become the world's most successful car company overnight. Its history began on

August 28, 1937, when the Toyota Motor Company split from its parent company, the Toyoda Automatic Loom Works. Toyoda was founded in 1926 in Japan by Sakichi Toyoda, the inventor of a series of manual and machine-powered looms. Today, Toyota is still in the textile business and manufactures sewing machines and looms. However, in 1929, Sakichi encouraged his son Kiichiro to travel to America to investigate the auto industry. The Japanese government strongly encouraged the Toyoda company to begin domestic auto production due to their war with China. The venture proved so successful that the Toyota Motor Co. was spun off, eventually to become the world's leading car manufacturer.

August Birthdays

In astrology, those born between August 1–22 are Leo's Lions. Lions are the "kings" of the zodiac: dramatic, ambitious, confident, and hard to resist. Leos are also generous and loyal, putting both their family and friends first. Those born between August 23–31 are Virgos. Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical. Since all that attention to detail is put into the service of others, Virgos make perfect humanitarians.

Francis Scott Key (composer) – August 1, 1779
Louis Armstrong (musician) – August 4, 1901
Neil Armstrong (astronaut) – August 5, 1930
Allegra Kent (ballerina) – August 11, 1937
Mae West (actress) – August 17, 1893
Robert De Niro (actor) – August 17, 1943
Connie Chung (journalist) – August 20, 1946
Dorothy Parker (writer) – August 22, 1893
Leo Tolstoy (writer) – August 28, 1828
Van Morrison (musician) – August 31, 1945