

MUSTANG ARBOR HOUSE TIMES



April Holidays 2018

1st Easter

1st April Fools day

7th World Health Day

10th National Siblings Day

17th Tax Day

22nd Earth Day

27th Arbor Day



Interesting Facts about April

- 1.** The Romans called this month Aprilis which may derive from the verb aperire meaning “to open”, referring to flowers and fruits opening.
- 2.** In the UK, April is national awareness month for pets, mathematics, stress, irritable bowel syndrome, bowel cancer and jazz.
- 3.** The Anglo-Saxons called April Eostre-Monadh, possibly named after a pagan goddess.
- 4.** A giraffe named April at Animal Adventure Park in Harpursville, New York, is expected to give birth any day now.
- 5.** Of the eight US presidents who died in office, three died in April.
- 6.** April is the first month of the year with exactly 30 days and the only month with an “i” in its name.
- 7.** “April” is an anagram of “pilar” which means “hairy”.
- 8.** April was the 216th most popular name given to a baby girl in England and Wales in 2015 and the 191st most popular in Scotland.
- 9.** “The first of April is the day we remember what we are the other 364 days of the year.” (Mark Twain).
- 10.** “April is the cruellest month.” (opening line of TS Eliot’s The



Thelma Taylor 4/7

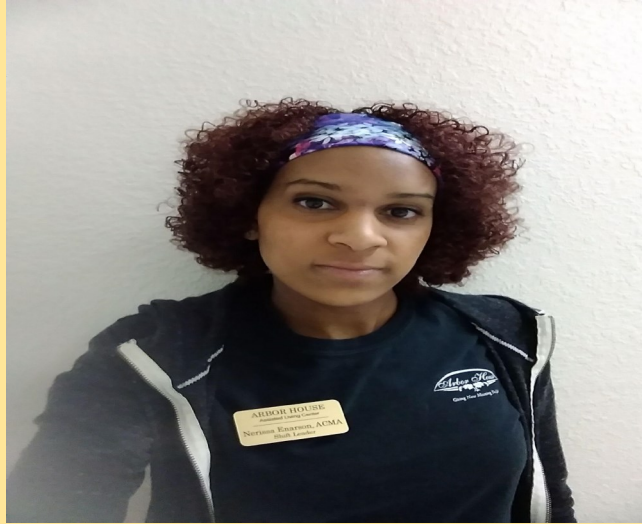
Margaret Randal 4/9

Eycile Young 4/11

Edward Mashino 4/17

In The Spotlight

Nerissa Enarson



Nerissa is from Denver, Colorado. She is Married to Scott Enarson, and they have two sons Isaiah (3) and Josiah (8). Nerissa works as a CNA/ACMA. Her favorite color is red, and her favorite food is spaghetti. In her spare time she likes to read and spend time with family. Nerissa says that her best attributes are her patience, connection, optimism, passion, and integrity. Nerissa's favorite thing about Arbor House is the Residents, she says that they are so appreciative of her help. Nerissa's favorite holiday is Halloween because she loves dressing her kids up!

Word Pyramid

1. Letter that follows *M*
 2. Not down
 3. Feline
 4. Dixieland music
 5. Owned apartment
 6. Marionette
 7. Room where meals are made
 8. Small squirrel
 9. Firehouse dog
- Answer the clues to fill in the pyramid.

Word Pyramid

(solution)

- 1.N 2.UP 3.CAT 4.JAZZ 5.CONDO
6.PUPPET 7.KITCHEN
8.CHIPMUNK
9.DALMATIAN



Spring Word Scramble

WBNIAOR

BLLAMURE

WFLORE

PLITU

NERGE

MLOBO

PLRIA

LFBTUTREY

NIAR

DREGNA

EBE

YMA

GNRIPS

HSSNIEUN

YBNUN

CAMHR

EDES



Flower - Daisy



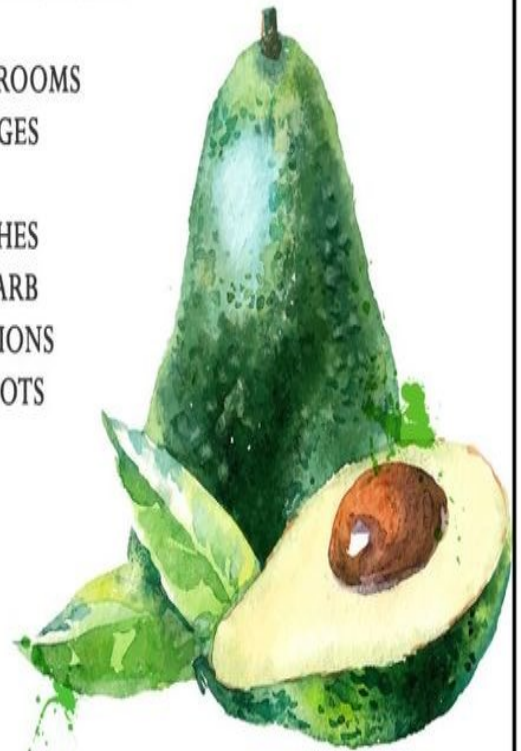
APRIL

EAT SEASONAL

WITH AHEALTHYLIFEFORME.COM



ARTICHOKE
ASPARAGUS
AVOCADOS
BEANS
BEETS
BROCCOLI
CAULIFLOWER
CHICORY
FAVA BEANS
LETTUCE GREENS
LIME
MUSHROOMS
ORANGES
PEAS
RADISHES
RHUBARB
SCALLIONS
SHALLOTS



HEALTHY LIFE
FOR ME

The Arbor House Philosophy is based on the belief that each resident is entitled to the highest quality of life through wellness services that work to promote independence, healthy lifestyles, dignity, and a sense of security. The right of each resident to determine his/her need is respected at each level of care, and promoted by providing services in ways that recognize individuals needs and preferences. A partnership exists between residents and staff to promote individual's independence while providing the necessary support to function at his/her highest level.



850 N. Clear Springs Rd.
Mustang, OK 73064

Our Staff

Executive Director.....	Cristy Davis
Director of Nursing.....	Lynne Zepeda
Wellness Coordinator.....	Tonda Morris
Dietary Manager.....	Sandy Wilson
Engagement Coordinator	Doug McCollough
CD Assistants.....	Trisha Martin
Maintenance.....	Bonnie Stubbs
Housekeeping:.....	Cassandra Gastingau