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Arbor House News



Our Staff

Christi Dobbs
Executive Director

Marki Denton
Director of Nursing

Lillian "Lil" Kenney
Admissions & Marketing Director

Sarah Dixon
Dietary Supervisor

Mark Bernhard
Engagement Coordinator

Amber Hughes
Wellness Coordinator

Laura Tucker
Administrative Assistant

Shelley Jones
RN Consultant

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Go A-Wassailing



Whether you have a good singing voice or not, get into the swing of the holiday season with Go Caroling Day on December 20. You may be surprised to hear that carols did not originate as holiday songs at all. Carols were folk dances, and *carol* meant "to dance in a ring." Most often these dances and their accompanying songs were sung in the pubs (along with the presumptive overindulgence of ale). So when did carols make the jump from the ale-house to the church house? The answer might lie in Victorian England.

Wassailing, or the act of wishing good fortune on your neighbors, was a fairly common practice during the medieval era. It was believed that if you passed well wishes to your neighbors, they would reward you in turn. Caroling, or performing folk songs of well-wishes to neighbors, became traditional during local festivals and on holidays like May Day. But it was during the Victorian Era that caroling became forever merged with Christmastime. Legend has it that the first Christmas carol service was held in Truro, England, in 1880, when Edward White Benson attempted to lure carolers out of the pub on Christmas Eve by publicizing a carol service at church. Benson would go on to become the Archbishop of Canterbury.

It was also during Victorian England that Christmas became more popular and commercialized. Publishers began compiling and printing vast anthologies of carols. Some went so far as to take ancient songs and rewrite them as hymns to the birth of Christ. Many of the most famous Christmas carols date from this period, including "God Rest Ye Merry Gentlemen," "The First Noel," "Hark! the Herald Angels Sing!" and "Joy to the World." Nowadays, Christmas caroling is almost uniquely found during church services. Rarely do carolers venture door-to-door *a-wassailing* as they once did in olden times. But on December 20, Go Caroling Day, the practice may be revived. So don't be surprised if you hear a knock on your door and a choir of voices.

Life in Motion— Memories from the Halloween Carnival 2018



What a FUN evening! We welcomed lots of Trick-or-Treaters and enjoyed seeing bright smiles and oh-so-cute costumes. Special thanks to Synergy Homecare, Humanity Hospice and family and friends who donated candy or volunteered their time to help Arbor House host another successful Halloween Carnival.



More memories from Halloween Carnival 2018



Christmas Crossing



It was nearly midnight on Christmas of 1776 when Revolutionary War General George Washington daringly crossed the freezing Delaware River to turn the tide in favor of the colonists. Washington

had suffered numerous defeats, resulting in the loss of many strategic locations, including New York City in the north. Washington's plan included three crossings of the Delaware. He led a division of 2,400 men to surprise a group of German Hessian soldiers gathered at Trenton. When Washington's force descended the next morning, the Hessians were caught unawares after a night of Christmas revels and were easily overwhelmed. When Washington's other two divisions of 3,000 men failed to make the rendezvous, he was forced to withdraw. While the victory was not particularly strategic, Washington's renown and the morale of the Continental Army grew.

The Invention of Clean

Many of us have good reason to thank Josephine Cochrane, for she invented the first automatic dishwasher on December 28, 1886. Cochrane was the daughter of an engineer and wife of a successful merchant and politician. In 1870, Cochrane and her husband moved into an Illinois mansion, where she hosted elaborate dinner parties served on heirloom china. Wishing to prevent damage to her precious china, Cochrane set about designing an automatic dishwasher in a shed behind her home. Wire compartments measured specifically to hold her unique collection of plates, cups, and saucers were fit into a wheel that revolved inside a copper boiler. A motor turned the wheel while hot soapy water rained down on the dishes. Cochrane took her invention to the 1893 Chicago World's Fair, where she won the highest prize. Just four years later, she bought a factory for her new company and provided dishwashers to many of Illinois' most prestigious hotels and restaurants—and sweet relief to the world's homemakers.

A Grimm Tale Turned White

The history of Disney's success with feature-length animated films began on December 21, 1937, when it released *Snow White and the Seven Dwarfs*. Many versions of this Grimm brother's fairy tale existed before Walt Disney put his hand to it. The first film version of *Snow White* hit theaters in 1902, but it was the Disney film that was considered groundbreaking. Indeed, the film won a specially designed Academy Award: one regular-sized Oscar statue with seven miniature Oscar statuettes. No less impactful was Disney's transformation of the story from a wicked tale of murder into a magical cartoon. The original unknown dwarfs were given funny personalities (not including the rejected names of Blabby, Jaunty, and Hoppy-Jumpy). Also forgotten was the evil Queen's fate of dancing to death in hot iron shoes. But this has always been the magic of Disney, providing the most exceptional and enduring family entertainment. *Snow White and the Seven Dwarfs* has not lost any of its original luster.





Here We Come A-Caroling

Are these funny facts about our favorite holiday carols true or false?

- ◆ “Deck the Halls” was a bawdy Welsh tune sung on New Year’s Eve.
- ◆ “Jingle Bells” was written to celebrate Thanksgiving.
- ◆ The lyric “Have Yourself a Merry Little Christmas” was originally followed with the depressing line “It may be your last.”

ANSWERS: They’re all TRUE!

Our Philosophy

Giving new meaning to Life

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.

Arbor House
Assisted Living
4501 W. Main
Norman, OK 73072

(405) 292-9200
www.arborhouseliving.com

Story or article suggestions?
Contact Lil or Email
lil@arborhouseliving.com



RESIDENTS

Pat S — 12/17

Helen W — 12/22

STAFF

Andrew — 12/16

Phillip — 12/17

Maria — 12/24



What's Lucky in December?

Lucky Colors: **Blue and Green**

Lucky Days: **Tuesday and Saturday**

Lucky Numbers: **2 and 8**

Lucky Letters: **D and R**

Lucky Animal: **Reindeer**

