

February 2019

Arbor House News



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Once Upon a Time

Once upon a time, it was decreed that February 26 would forevermore be Fairy Tale Day. Whether you fancy woodland sprites, fire-breathing dragons, princesses locked in high towers, or talking animals, fairy tales and the lessons they impart are integral parts of every culture.



Scientists have traced the first fairy tales back to an era before the written word. An old folktale entitled "The Smith and the Devil," which is about a blacksmith selling his soul to the devil in order to gain magical abilities, dates back to the Bronze Age—6,000 years ago. Researchers from the New University of Lisbon in Portugal believe that this ancient tale was shared

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Join Us!
FAMILY NIGHT
Thurs., Feb. 21
5:30 pm

Have you done your research? Do you have all the answers for senior care options? Come listen to:

Special Guest Speaker

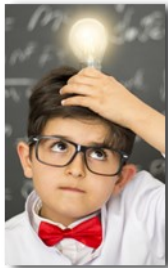
Aaron Parks

Attorney and Founder, The Elder Care Law Center

Aaron Parks is a specialist in Elder Law and a VA Accredited Attorney. He will discuss senior care options, and changes and new guidelines in VA benefits. Aaron will be glad to visit with you and your family to share information in planning for individual or a loved one's care.

Stay in-the-know! Join us on Feb. 21st!

Inventing the Future



What would we do without the innovative imaginations of the inventors of the world? We can honor inventors and their great achievements on February 11, Inventors Day. When we think of inventors, sometimes the first who come to mind

are people like Thomas Edison, who invented the light-bulb, or Leonardo da Vinci, who conceived of marvelous devices like airplanes and parachutes. But inventors are not only people of the past. Truly, it seems as if new inventions are flooding the market every day, thanks to strides in technology and computing.

Robots and artificial intelligence are all the rage in today's tech sector. Personal robots, such as Amazon's Alexa and Google's Home, are like personal assistants, helping us make calls, maintain schedules, and purchase items. A new home robot named Jibo is attempting to make the home assistant more personal and lifelike. Jibo looks like a little cartoon, with a squat white body and a glowing "head" with eyes and a mouth. The body swivels and turns to face you as it speaks, making it seem all the more human.

Robots are not just boxes on our tabletops; they are being integrated into cars and appliances. The Tesla company may have invented the most futuristic cars yet. They are fully electric and boast self-driving features. Refrigerators are even getting into the robot game: not only do some fridges boast interactive screens that give you updates on the fridge's contents, but Panasonic has just designed a voice-controlled mini-fridge on wheels that will come to you when its called. You no longer have to get up from the couch to get a cold drink—your fridge will bring it to you!

Inventors are not just focused on robotics. Some are also focused on improving ice cream. That's right, the Halo Top

company has invented a flavorful, low-sugar ice cream that is only 360 calories per pint. Their motto is "Go ahead, eat the whole pint." It's good to know that inventors have their priorities straight.

Once Upon a Time

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orally in a language that does not exist today. It is no surprise that fairy tales are so old. The purpose of these stories, after all, is to teach children clear distinctions between good and evil and right and wrong. Fairy tales are, in essence, morality tales filled with magic and wonder as a means to attract the attention of a young audience. Yet, adults are no less in need of morality tales.

The brothers Wilhelm and Jakob Grimm, famous for their collection of fairy tales, also believed that many of the stories they found had existed for centuries before they wrote them down. They listened to old-timers tell the beloved tales "Little Red Riding Hood," "Cinderella," "Hansel and Gretel," and "Snow White" and then transcribed their versions of the tales into print. The Brothers Grimm were the first scientists of folklore. They even took positions as librarians and historians at the University of Göttingen in Germany.

It would be wise on Fairy Tale Day to choose a story collected by Wilhelm Grimm, for this brother's birthday falls on February 24. If you've grown tired of the same old tales, then perhaps you can read a new tale, such as "The King of the Golden Mountain," "Hans My Hedgehog," or "Cat and Mouse in Partnership."

Life in Motion — January Memories



It was a beautiful Winter Wonderland at Arbor House on the first snowfall of 2019.



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.

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Story or article suggestions?
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RESIDENTS

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Geneva S — 2/20

Jean P — 2/22

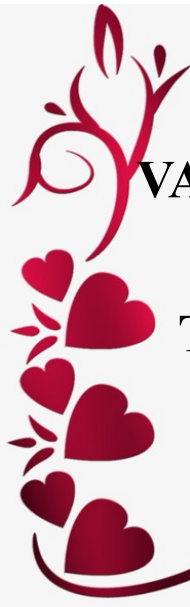
Nina S — 2/24

STAFF

Massak — 2/1

Katie — 2/19

Birthday Party — Tues., Feb. 28 at 2:30 pm



VALENTINE'S DAY PARTY

Thursday, Feb 14

11:00 am