

Arbor House Assisted Living &
Memory Care
9240 E. Reno
Midwest City, OK 73130

Postage
Information

May 2019

Arbor House Branch

Arbor House Assisted Living & Memory Care 9240 E. Reno, Midwest City, OK 73130
(405) 455-3900 ph. (405) 610-6937



Celebrating May Birthdays

Margaret Cooper 5/1

Clair Seglem 5/13

Wanda Stadt 5/15

Helen Gill 5/22

Daisy Jeffrey 5/25

Beulah Milburn 5/30

Staff: Rosie Quinteros

Also in May:

Physical Fitness & Sports Month

Older Americans Month

Meditation Month

Teacher Day

May 7

Mother's Day

May 12

Memorial Day: U.S.

May 27

Dancing Ghawazee



May 11 heralds the arrival of World Belly Dance Day. The term *belly dance* is a Westernized description of what was originally traditional Middle Eastern dancing. The earliest form of belly dancing came from the Egyptian *ghawazee* dancers. The *ghawazee* were popular street dancers, unveiled women who rapidly shook their

hips and played brass cymbals or castanets with their hands. While audiences enjoyed the art form, it was often frowned upon as improper. In the early 1800s, Europeans became fascinated with all aspects of orientalism, including belly dancing. It was the French who first called it *danse de ventre*, or belly dance. In the 20th century, the dancing of the *ghawazee* evolved into *raqs sharqi*, a classical Egyptian style of belly dance. This modern style rose to fame during Egypt's golden age of film, but despite its popularity, *raqs sharqi* is still considered disreputable.

May Birthdays

In astrology, those born May 1–20 are Bulls of Taurus. Bulls are stable, reliable, patient, and determined. They will work hard and finish the job no matter what gets in their way, but they expect to be rewarded! Those born May 21–31 are Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have an energetic and fun-loving side that is the life of the party but also a deep and emotional side that needs love and nurturing.

Bing Crosby (singer) – May 3, 1903

Audrey Hepburn (actress) – May 4, 1929

Nellie Bly (journalist) – May 5, 1864

Orson Welles (director) – May 6, 1915

J.M. Barrie (author) – May 9, 1860

Salvador Dali (artist) – May 11, 1904

Florence Nightingale (nurse) – May 12, 1820

Liberace (pianist) – May 16, 1919

Lorraine Hansberry (playwright) – May 19, 1930

Peggy Lee (singer) – May 26, 1920

Bob Hope (comedian) – May 29, 1903

Road Trip to the Odd and Awesome

May 5–11 is Travel and Tourism Week, and while you could spend all seven days visiting popular destinations such as Niagara Falls, Mount Rushmore, or the Grand Canyon, you could also pile into the car and take the path less traveled to see some of America's odd and awesome roadside attractions.

In Houston, Texas, you'll find the home of John Milkovich. Back in 1968, he grew tired of mowing the lawn, so he decided to landscape his yard entirely in brick, marbles, concrete, rock, and wood. He didn't stop there: Milkovich continued to cover his house entirely in siding made from aluminum beer cans. For the next 18 years, he used an estimated 50,000 beer cans to both insulate and decorate his home. The "Beer Can House" is not just a monument to the power of recycling, but it is an artistic center complete with guided tours and a gift shop.

If you're interested in giant-sized sculptures, options abound along America's highways. Thirty-foot-tall dinosaurs loom above Interstate 10 south of Palm Springs, California. An 80-foot-long blue whale rests in a lagoon along Route 66 in Catoosa, Oklahoma. Two giant milk bottles are all that remain of the Benewah Dairy Company of Spokane, Washington. The Longaberger Basket Company of Newark, Ohio, spent \$30 million to build its headquarters in the shape of a seven-story picnic basket with two 150-ton handles. (The Longaberger Company has since vacated the property but the unique building still remains.)

For those with an itch to see the exotic, you can find a replica of the Leaning Tower of Pisa in Niles, Illinois, but it's only half as tall and half as leaning. A small-scale replica of China's Forbidden City exists in Katy, Texas, complete with a miniature army of 6,000 tiny terra-cotta soldiers. You need travel no farther than Lake Havasu City, Arizona, to see the London Bridge. Oil baron Robert McCulloch moved all the pieces of the "fallen down" London Bridge to Arizona and put them together again as a ploy to draw tourists, which it has for almost 50 years.

Seltzer's Derby Dream

The hard-hitting sport of roller derby will be on full display this May 5, which is celebrated as International Roller Derby Day. Roller derby wasn't always about collisions and falls. One could even argue that the idea of the roller derby was born from the all-night dance marathons of the 1920s.



Many strange pastimes emerged during the Great Depression, including dance marathons. Partners would dance for as long as they could, sometimes for up to 40 days, hoping to outlast the competition and win a cash prize.

Entrepreneur Leo Seltzer attempted to capitalize on the trend by organizing dance marathons (then called "walkathons" since contestants merely ended up shuffling across the floor) across the country. Thanks to ticket sales and entry fees, he made millions before retiring after a couple of years. But Seltzer could not remain idle. He hoped to capitalize on another popular trend—roller skating.

Combining the allure of bicycle "track" races and roller skating, Seltzer envisioned the "roller derby," an around-the-clock roller-skating race around an indoor track. In 1935, Seltzer won praise for his touring Transcontinental Roller Derby, but it was still not enough for him. Over the next many years, he slowly transformed the game from a mere race into a full-contact sport. It wasn't until November 29, 1948—when his fantastic new sport was broadcast on television—that the nation became captivated with roller derby.

Today, roller derby remains a popular amateur sport with over 4,000 clubs worldwide. Most teams are all-female, although male and co-ed clubs are becoming popular. Gameplay is relatively simple, with two teams fielding five players on the track. One player, called a *jammer*, is helped to score by the four remaining *blockers*. A point is scored each time the jammer passes the opposing team's blockers. Alas, despite the game's quick pace and physical play, Seltzer's dream of roller derby becoming an Olympic sport has yet to be realized.

A Fan Calls Foul

By May 16, the Major League Baseball season is well underway. If you have ever attended a game and caught a foul ball, you know how exciting that can be. May 16 marks the beginning of Foul Ball Week in honor of Reuben Berman, the man who fought to allow fans to keep foul balls.

Berman was a businessman attending a New York Giants game at the Polo Grounds back on May 16, 1921, when he caught a foul ball. As was customary, an attendant showed up to retrieve the ball from Berman. Berman did not keep it but tossed it into the crowd, at which point he was forced from his seat, reprimanded in a ballpark office, and then ejected from the park. Berman felt humiliated and so sued the Giants. While Reuben did not win the \$20,000 in damages he sought, the court ruled that Berman should have been allowed to keep the ball. "Reuben's Rule" was instituted, allowing fans to keep foul baseballs as souvenirs forevermore.

Viking Invasions



From May 16–19, the town of Petersburg in southeast Alaska celebrates its Little Norway Festival. Many of its inhabitants claim Norwegian ancestry, and legend states that in the 19th century, a Norwegian named Peter Buschmann, eyeing nearby Mitkof Island, thought it the perfect place for a salmon cannery. Norwegians have flocked to Petersburg ever since. For the festival, Petersburg's main street, Nordic Drive, is abuzz with all things Norwegian: food, music, crafts, games, and plenty of Vikings. And for those who can't get enough of the Viking spirit, they need only to descend to the lower 48, to the town of Poulsbo in Washington state, for the annual Viking Fest held May 17–19. Visitors will find music, a Viking parade, and doughnut- and lutefisk-eating competitions. Of course, there will be a reading of Norway's Constitution in celebration of Norway's Constitution Day on May 17.

A Scent Is Born

On May 5, 1921, Gabrielle "Coco" Chanel introduced the first modern perfume to the world—her famous Chanel No. 5. It was no mistake that she debuted her fragrance on the fifth day of the fifth month, for the number five had long held special significance to Coco Chanel.



When Chanel was just 12 years old, her mother died of tuberculosis and her father sent her to live in an orphanage under the care of the convent of Aubazine. As Chanel walked the pathways of the convent gardens, she discovered that the stones were laid in groups of five. She constantly passed over these stones while making her way to prayers, and they made a lasting impression. While her childhood was stark and frugal, it was amongst the nuns that Chanel learned to sew, a skill that blossomed into a fabulous career in fashion design. But always, the number five stayed with her.

Fashion houses were not interested in the perfume business, yet Coco Chanel was not interested in following traditions. In 1920, she approached the French-Russian perfumier Ernst Beaux and asked him to "create a scent that would make its wearer smell like a woman, and not a rose." At the time, most perfumes were simple, often mimicking the scent of one flower. Or else they were gaudy and overpowering with musks and jasmine. Chanel wanted something new.

Beaux concocted several scents and presented bottles labeled 1–5 and 20–24. Chanel, of course, selected the fifth vial and named it, simply and accurately, Chanel No. 5. On the fifth day of the fifth month of the next year, Chanel not only presented her latest fashion collection but also her new fragrance, a delicate mixture of jasmine, ylang-ylang, may rose, and sandalwood. It also contained aldehydes, which are chemicals that create longevity in the scent so that women would not need to constantly reapply the perfume. Chanel No. 5 was an instant hit, and women have worn it ever since.

May Day

For many, the first rite of spring comes on May 1, May Day, with the raising of the maypole. The celebration of May Day dates back thousands of years. The Celts of the British Isles celebrated May 1 as Beltane, their most important holiday. It was believed that this holiday marked the halfway point of a year split between the dark and light. Massive fires were burned to herald the start of the return of life. The tradition of raising and dancing around a maypole came much later, during the Middle Ages. It was common for villagers to dance around the maypole bearing colorful streamers, ribbons, and baskets of flowers, symbolizing the fertility of the earth and blooming of trees and flowers. It wasn't until May 1, 1886, that May Day became associated with the labor movement. In those days, workers of all ages suffered from abhorrent working conditions. It was on that May Day that 300,000 workers marched across America to demand better working conditions and higher wages. Today, while May Day is considered a major holiday in many countries, it is not widely celebrated, least of all in the United States.

For the Love of Pugs



Pug lovers of every stripe will flock to Milwaukee on the weekend of May 18–19 for the annual Pugfest. The focus of the festivities revolves around three adorable costume contests, where pug owners parade their dogs for all to see. The costume categories are: "Hand-Crafted," "Ready-Made," and "Strollers and Floats." When visitors aren't ooh-ing and aah-ing over the cute dogs, they will be watching pug races and allowing Father John Allen to perform the annual Blessing of the Pugs. Why do people love these tiny and, some might say, ugly dogs? They were originally bred as companion animals for Chinese royalty. When the dogs were brought back to Europe in the 16th century, European royalty adopted the practice. Today, anyone can feel like a king or queen with their own pug pup.