

April 2019

Arbor House News



Our Staff

Christi Dobbs
Executive Director

Marki Denton
Director of Nursing

Lillian "Lil" Kenney
Admissions & Marketing Director

Sarah Dixon
Dietary Supervisor

Katie Williams
Engagement Coordinator

Amber Hughes
Wellness Coordinator

Laura Tucker
Administrative Assistant

Shelley Jones
RN Consultant

Inside this issue:

Get Things Rolling	2
Hula Is Life	2
April Holidays	2
Healthy Brain, Healthy Mind	2
Easter Egg Hunt	3
Birthdays	4
Mission	4

William's Fair Shake

Historians believe that the famous playwright William Shakespeare was born on April 23, 1564, and then died on that same date in the year 1616. Some argue that too little is known about Shakespeare to prove he was a famous writer, yet a wealth of records of his life exist.

William Shakespeare's father, John, was a prominent figure in his hometown of Stratford-upon-Avon. John was a successful glove maker, tanner, and wool dealer as well as a respected city councilman and town mayor. William Shakespeare's mother, Mary Arden, also came from a prosperous family. Her father ran a successful farm near Stratford. The Shakespeare family's wealth, sadly, did not last. By the time William was about 10 years old, his father's business had collapsed, and they were forced to mortgage even Mary's inheritance. Perhaps this is why young William attended a rather unremarkable local school and completed his education at the age of 14.

William Shakespeare desired to be more than the son of a farmer, so he left Stratford for London, where he became an actor. He progressed from acting to playwriting and eventually became the owner and manager of the very venues where his plays were performed, the Globe and Blackfriars Theatres. As Shakespeare's fame grew, he caught the notice of the noble classes. His drama company became the official troupe of both Queen Elizabeth I and King James I, and his works were regularly performed before the royal court. Shakespeare's success won him the respect of his peers and garnered him vast wealth. As a show of his success, he returned to Stratford-upon-Avon to purchase the largest house in the town. Where Shakespeare's father had lost a fortune, William had built one. Surprisingly, a definitive collection of Shakespeare's plays wasn't compiled until after his death. In 1623, two members of his troupe published the so-called *First Folio*, which remains to this day one of the most important works in the English language.

"Love all, trust a few, do wrong to none."

~ William Shakespeare, playwright and poet



OHAI Presentation

Join us on **Tuesday, April 16 at 2:00 p.m.** for the Healthy Brain, Healthy Mind presentation provided by the Oklahoma Healthy Aging Initiative (OHAI). This presentation is designed for individuals and caregivers who want to learn about the various pathways through which they can improve both their mental and physical health. Developed within the University of Oklahoma Health Sciences Center Department of Geriatric Medicine, the Healthy Brain, Healthy Mind Intro Presentation is designed to give individuals an overview of the many different techniques that help maintain a healthy brain which is vital for good mental health. This one-hour presentation will cover more than a dozen ways to improve mental and physical health. Enroll today to get the information you need to take action towards a healthier mind and a healthier you!



Annual Easter Egg Hunt

Friday, April 19

3:30 pm

Bring the little ones for a
FUN event!

Hula Is Life



From April 21–27, the greatest hula dancers in the world will converge on Hilo, Hawaii, for the annual Merrie Monarch Festival. The festival celebrates the ideals of King Kalakaua, the last King of Hawaii, known as the “Merrie

Monarch,” and an ambassador of Hawaiian culture all around the world. The hula dance, once banned in public, was put on full display at his coronation. Hula dates back to ancient Hawaii. When written language did not exist, history and stories were preserved and passed from generation to generation in song and dance. Every movement—a hand gesture, a swaying hip, a stepping foot—told part of the story. When missionaries arrived, Hawaiian language and music were discouraged; even the hula was banned. The Merrie Monarch changed all that, and today, hula is a quintessential part of Hawaiian culture. Hula festivals abound throughout the year in Hawaii, but the best of the best of hula comes every April in honor of the Merrie Monarch.

*Welcome
Spring*



Welcome to Spring and all the newness this season brings. Its rain, daffodils, sunshine, and thunder. Its warmth, color, and a breath of fresh air. Its little buds and birds chirping. All life crawls out of hibernation and our hearts open.



*Happy
St. Patrick's
Day*

*May the dreams
you hold dearest
be those which
come true,
And the kindness
you spread keep
returning to you.*



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



@ Arbor House Assisted Living



RESIDENTS

Beth — 4/1

Myrel — 4/29

Wilda — 4/30

STAFF

Jonathan — 4/15

Jasmine — 4/21

Jenni — 4/27

In the Good Ol' Days of April

Fifty years ago, in April 1969, the average annual income was \$6,500. Average cost of a new house was \$60,000. Minimum wage was \$1.60 per hour. A loaf of bread was 23¢, a dozen eggs were 62¢, and postage stamps were 6¢ each. A new car cost \$2,000. But best of all, gasoline was 32¢ per gallon—even cheaper than a gallon of milk, which was \$1.10.

