

June 2019

# Arbor House News



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## The Magnificent Abyss

June is World Ocean Month, a time to celebrate everything in and under the sea. What would our world be without the ocean? The ocean produces over half of the air we breathe. Covering 70% of the planet's surface, the ocean's currents distribute heat all around the globe, regulating both the world's climate and weather patterns. And although 95% of the ocean remains unexplored, it is home to over two million different species, including the largest animal ever known to have existed on Earth.

The blue whale, capable of growing to almost 100 feet long and weighing in at 190 tons, is larger by far than any dinosaur that ever walked the earth. This massive creature relies on one of the ocean's smallest animals for its

*Continued on pg. 2*

## Farewell, Adios, Au Revoir, Ciao, Aloha...



As I write this article my heart is filled with emotions for this is the last newsletter I will design for you. After nine years at Arbor House, I am retiring effective this June. I have absolutely loved my job! I have had the pleasure of meeting many lovely, caring people. Although I will miss you all, I know in my heart that it is the right time for me to bid you farewell.

So as I celebrate my 66th birthday, I look forward to the next phase in my life—and, I will hand over my princess crown (*ha,ha*) to your new Marketing Director. She's an amazing young woman who some of you will remember. She's returning home and I'm thrilled for you and for the Arbor House Team.

Thank you for your love and support. I wish you good health and happiness. And, remember to SMILE! For the simple act of a smile can lead you to feel joy and happiness. Scientists believe that smiling changes your brain chemistry. So, smile often.

With much love,  
Lil

## The Magnificent Abyss — *Cont. from pg. 1*

chief food source. The blue whale eats krill, those tiny two-inch-long, shrimp-like crustaceans that swarm by the tens of thousands. That the world's largest animal should rely on one of the smallest should not come as a surprise, for this is just another example of Earth's great symbiosis. Whether on land or in the sea, all organisms are interdependent on each other for their survival.

The vast diversity of life in our oceans is astounding. Large and charismatic animals such as whales, sharks, dolphins, rays, walruses, and seals get the lion's share of attention. Tourist hotspots such as reefs, beaches, and lagoons along the coasts draw visitors. But the mystery of the ocean

lies in its vast depths. Humans are most familiar with the upper ocean, perhaps the top 500 feet. What is astounding is that the average depth of the ocean is over 13,000 feet deep. That's as high as the peaks of the Rocky Mountains! So what mysteries lie at those unplumbed depths? Scientists have discovered sea anemones and upside-down swimming fish under ice sheets, coral reefs off Greenland, and new species of shrimp and sponges near underwater sea vents. Who is to say that mermaids do not exist, given the fact that so many parts of the ocean have been unexplored?

 **HAPPY**  
*Fathers Day*  
June 16

### *What is a Dad?*

A dad is someone who wants to catch you before you fall but instead picks you up, brushes you off, and lets you try again. A dad is someone who wants to keep you from making mistakes but instead lets you find your own way, even though his heart breaks in silence when you get hurt. A dad is someone who holds you when you cry, scolds you when you break the rules, shines with pride when you succeed, and has faith in you even when you fail.

A poster for 'Great Gatsby Family Night' with a black background and a gold Art Deco border. The text is in gold and white.

**GREAT  
GATSBY**  
**FAMILY NIGHT**  
**FRIDAY, JUNE 14**  
**5:30 PM**  
**DINNER INCLUDED**  
**R.S.V.P. 405-292-9200**



# 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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# Happy Birthday



## RESIDENTS

Wanita S.— 6/1

Maria S.— 6/30

## STAFF

Lil — 6/9

## Happy Birthday to Whom?



On June 27, 1859, a schoolteacher named Mildred J. Hill composed a tune she called "Good Morning to All." Her younger sister, Patty Hill, wrote some cheerful lyrics that the two could sing to their students upon their arrival at school. In 1924, however, the song underwent a dramatic change. A verse was added with the line "Happy birthday to you." Soon, it became the most popular song in the world, sung on everyone's birthday. Yet the song was never credited or copyrighted. In 1935, the Summy Company decided to register a copyright to the song, and then in 1988, Warner/Chappell Music purchased the company owning the copyright, claiming ownership of the song. While Warner/Chappell claims that a royalty of \$700 is owed each time the song is sung, no one is going to let an exorbitant fee like that spoil the pleasure of singing "Happy Birthday to You" at a loved one's birthday party.

