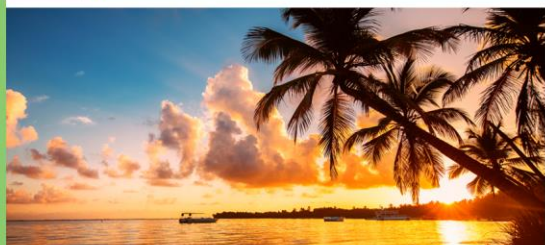


The Reminisce

Arbor House Reminisce 151
48th Ave. SW Norman, OK 73072



Our Staff

Katherine Chadrick
Executive Director

Cristine Willoughby
Director of Nursing

DeeAndra Downer
Admissions & Marketing Director

Kellie Prather
Activity Coordinator

Joe McIntosh
Dietary Supervisor

Kim Vincent
Administrative Assistant

Shelly Jones
RN Consultant

Entertainment this month:

Thomas Wackely	08-05
Gatham Graham	08-01/08-015
Gary Parks	08-14
Lo' Down Leon	08-19
Bethel Baptist	08- 06/08-20
Russ' Bible Study	08-04/08-18

.Mindlessness vs. Mindfulness

Have you ever taken a walk only to realize you don't remember anything about your stroll? Or started to eat a cookie only to suddenly realize the cookie is gone and all that's left in your hands is your napkin?

This happens to most of us! It's common to do things on autopilot. But when we're busy wandering around in our thoughts, we aren't present in what we're doing right now. When we're in that dreamlike state, we're not fully "here." And when we get used to living like this, we miss out on the beauty of our lives. Worse, we get stuck in conditioned ways of acting and thinking that may actually be harmful to ourselves or others. We become vulnerable to depression and anxiety. We feel stressed.

Did you know that research has shown that the more our minds wander, the less happy we are? Luckily, there is an antidote to this mindless mental wandering. It's called "mindfulness." Mindfulness means we stop living on autopilot and start paying attention to ourselves and the world around us. Mindfulness is to pay moment-by-moment attention to our thoughts, our feelings, and our bodily sensations. We don't judge; we merely notice. We pay attention.

Birthday Colors



August 1–4: **Pink**

“Pink” people are always trying their best, and they like to help and care for other people. However, they are not easily satisfied in matters of the heart.

August 5–13: **Blue**

Those who were born “blue” are picky, particular, and artistic. They fall in love with their head more than their heart, which might explain why their relationships last. They look for the sort of romantic love found only in fairy tales.

August 14–23: **Green**

“Green” people are shy, but they get along well with new people and make very loyal friends. The bad news is that they often have big appetites, which makes dieting difficult.

August 24–31: **Brown**

Those who were born under this color are active and sporty. They are loyal friends, understanding but firm. They have strong views, strive to be good money managers (we won't say “cheap”), and drive a good bargain.

Light the Way

August 7 is Lighthouse Day, a day that commemorates the signing in 1789 of the Act for the Establishment and support of Lighthouse, Beacons, Buoys, and Public Piers. The newly formed U.S. Congress thought this Act so important that they signed it into law before establishing their own pay. The Act did not just dictate that the U.S. Treasury pay to maintain lighthouses, beacons, buoys, and piers, but it called for the construction of a new lighthouse at the entrance of Chesapeake Bay. That lighthouse was the Cape Henry lighthouse, the very first constructed under the Lighthouse Act and the first federally funded public works project in America. Nowadays, sailors may use GPS systems, radar beacons, buoys, and nautical charts to find their way, but lighthouses still serve the same purpose as they did in 1789. They are both navigational aids and warnings of dangerous areas such as shoals or rocky coasts. Visiting a lighthouse may whisk you back in time, but these towers of light remain integral to modern navigation.

The First “Marinette”



When the first recruiting station for female Marines opened up in Washington, D.C., on August 2, 1918, Opha May Johnson was the first in line. The very next day, after passing her physical examination, she was officially sworn into the Marine Corps. Why Johnson joined and how she felt as the first female Marine are lost to history, for Johnson did not keep any personal records of the experience. However, records of her 14 years of service in the Interstate Commerce Department where she worked as Clerk to the Quartermaster General show her to be whip-smart. As such, she was likely invited to enlist. She was the first of 300 women who took over office jobs at Marine Corps headquarters so that men could serve overseas during World War I. They were first nicknamed the “Marinettes,” but soon were considered so vital that all pretenses were dropped and they were simply Marines.

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 rights 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 individuals' independence while providing the necessary support to function at his/her highest level.

Resident Birthdays this month!

Mary M.	August 05
Jim M.	August 08
"Bonnie" S.	August 23

Volunteer:

We always welcome volunteers to help us to keep our residents engaged. If you want to share your musical skills or a craft, feel free to share that with us. Contact Kellie Prather engagement coordinator to offer your services. Just **text(only)** your name and what you would like to do and she will get back with you as soon as she is available, (preferably on her break)
405-519-5944.

The Lammas Harvest

Lammas Day is a traditional agricultural holiday celebrated every August at the start of the season of the wheat harvest. The term *lammas* comes from "loaf," for loaves of bread, and "mass," meaning a religious feast. On Lammas Day, the first loaves of bread baked from the newly harvested wheat were taken to churches to be consecrated. The blessed loaves would then be broken into four pieces, and each piece would be placed in a different corner of the barn to protect the newly harvested grain stored there. Wheat is not the only grain harvested at Lammas time. Barley, oats, rye, corn, sunflowers, and Calendula were also part of the Lammas harvest season. This was also the day, in olden times, when tenants were supposed to present the first freshly harvested wheat to their landlords. These days, thousands of people still celebrate Lammas by baking bread that is shaped to look like a sheaf of wheat, an owl, or even a pagan figure of the "corn god." These symbols show how closely related Lammas is to other old harvest celebrations such as the Irish Lughnasadh.

Lincoln's Penny



On August 2, 1909, the very first Lincoln cents were put into circulation by the U.S. Mint. Before 1909, a president's visage had never appeared on a coin. In January of 1909, the Mint approached artist Victor David Brenner to design a coin depicting President Abraham Lincoln to commemorate the centennial anniversary of Lincoln's birth. Two years earlier, Brenner had completed a plaque of Lincoln in profile for the Gorham Manufacturing Company; it was this plaque that became the design for the Lincoln cent, with Brenner imprinting his initials VDB on the reverse. When the cent was released, Treasury facilities were mobbed by those seeking the new pennies. Just one week after the minting, production of the pennies was halted to remove the VDB initials on the reverse, making the original VDB pennies invaluable collector items.

Quotes with Humor:

*People say nothing is impossible, but I do nothing every day. ~ **Unknown**

*Better to remain silent and be thought a fool than to speak out and remove all doubt. ~ **Maurice Switzer**

*If I were two-faced, would I be wearing this one? ~ **Abraham Lincoln**

*Light travels faster than sound. This is why some people appear bright until you hear them speak. ~ **Alan Dundes**

*The difference between stupidity and genius is that genius has its limits. ~ **Alexandre Dumas**

*All the things I really like to do are either immoral, illegal, or fattening. ~ **Frank Rand**

*War is God's way of teaching Americans geography. ~ **Ambrose Bierce**

*If you want your children to listen, try talking softly—to someone else. ~ **Ann Landers**

*The surest sign that intelligent life exists elsewhere in the universe is that none of it has tried to contact us. ~ **Bill Watterson**

*A bank is a place that will lend you money if you can prove that you don't need it. ~ **Bob Hope**

*Inside me there's a thin person struggling to get out, but I can usually sedate him with four or five cupcakes. ~ **Bob Thaves**

*We never really grow up, we only learn how to act in public. ~ **Bryan White**

*As a child my family's menu consisted of two choices: take it or leave it. ~ **Buddy Hackett**

*My favorite machine at the gym is the vending machine. ~ **Caroline Rhea**

What's New?

Bocce Ball; the players try to get their ball as close to the small cue ball to earn points. Anyone can play- using a walker, wheelchair or merely standing. It's lots of fun and a favorite game!

Whack a Ball; the players use long pool noodles to whack the different size balls around the circle of players. Its fun and full of energy. Most can play, as long as they can hold onto the pool noodles.

Neighboring; residents walk with the activity director to each neighborhood inside and meets & greets their peers. If the peer wants to join them they their group becomes bigger!

August was named for Emperor Augustus Caesar, the grandnephew and adopted son of Roman Emperor Julius Caesar. Originally, August had only 30 days. But legend has it that the Roman senate wanted the month to be named after Augustus and wanted it to have as many days as July, which was named after Julius. Therefore, one day was taken from the month of February and added to August

"Dog Days" of Summer

August is traditionally the hottest month of the year in the northern hemisphere, and the time period between July 3 and August 11 is sometimes referred to as the "dog days" of summer. The nickname refers to Sirius, or the Dog Star. Mediterranean stargazers first observed that these sultry days occurred about 20 days before or after the rising and setting of Sirius with the sun.