

# MUSTANG ARBOR HOUSE TIMES



## **August 2019**

1st International Friendship day

6th Hiroshima Day

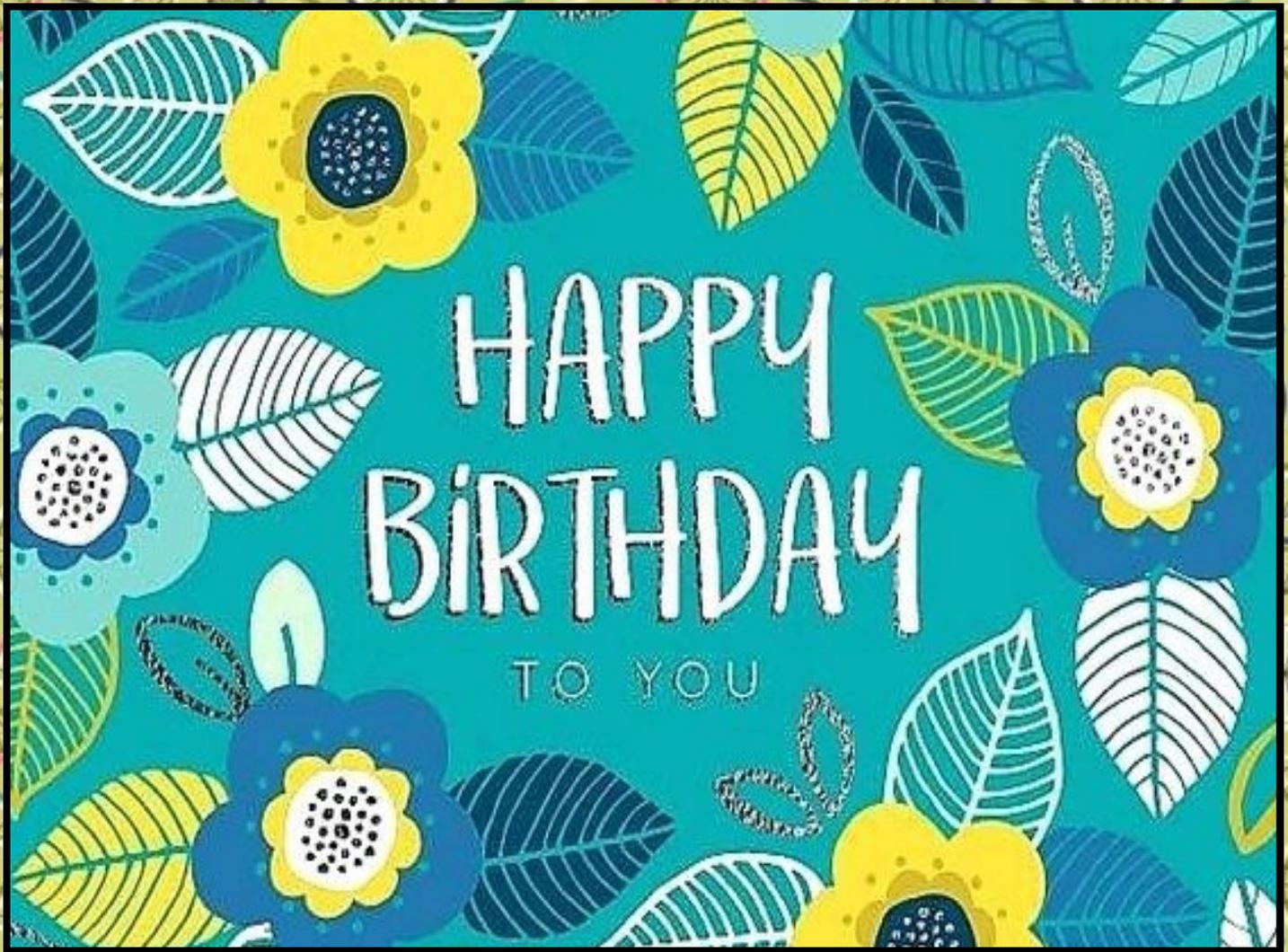
8th World Senior Citizens Day

12th International Youth Day

29th National Sports Day

# Interesting Facts about August

- ♦ August was named in honor of Augustus Caesar. It has 31 days because Augustus wanted as many days as Julius Caesar's month of July had\*.
- ♦ In earlier versions of the Roman calendar, August was called Sextilis, the sixth month. It later became the eighth month of the Gregorian Calendar.
- ♦ The month of August is often referred to as the "dog days of summer" but not because of pet pooches. It has to do with the star Sirius, also known as the dog star, which rose at the same time as sunrise during the month of August in ancient Roman times.
- ♦ In the southern hemisphere, August is the seasonal equivalent of February in the Northern Hemisphere
- ♦ A month long arts & cultural festivals takes place in Edinburg, Scotland during August
- ♦ The Lincoln penny was issued on August 2, 1909.
- ♦ On August 3, 1492, Christopher Columbus set sail on his first voyage across the Atlantic.
- ♦ The first atomic bomb was used in warfare on Hiroshima, Japan on the 6th of August 1945
- ♦ Richard M. Nixon resigned from office on August 9, 1974, making him the first United States president to ever resign from office.
- ♦ On August 12, 1877, the phonograph was invented by Thomas Edison.
- ♦ Hawaii was annexed August 12, 1898 by the United States.
- ♦ Elvis Presley died August 16, 1977
- ♦ The Mona Lisa (artwork) was stolen from the Louvre Gallery in Paris, France on August 21st of 1911 and was not recovered for two years.
- ♦ Back in 79 AD on August 24th the volcano Mount Vesuvius erupted, destroying the city of Pompei
- ♦ Martin Luther King Jr's famous "I have a dream speech" was given on August 28, 1963
- ♦ Diana, Princess of Wales, her companion, Dodi Fayed (with driver Henri Paul) died in a car crash in Paris on August 31, 1997.
- ♦ August's birth flower is the Gladiolus which is a vertical growing flower named from after the Latin word "gladius" meaning a sword.
- ♦ The birthstones for August are the Peridot and Sardonyx. Peridot is among the oldest known gemstones and is green in color. Sardonyx, which is lesser-known, is a white- and brown-banded gemstone once believed to have mystical powers.
- ♦ The zodiac signs of August are Leo (July 23– Aug 22) and Virgo (Aug 23–Sept 22) Leos are known to be dramatic, creative and outgoing. Virgos have acute



8/5 Robert Moser

8/10 Janis Barber

8/26 Jean Pitts

8/29 Laura Henthorn

8/30 Mable Biffle

# WHAT HERBS Grow Well Together?

				
Basil		Parsley	Oregano	Thyme
				
Dill		Lavender	Fennel	Coriander
				
Mint		Cilantro	Kale	Radish
				
Oregano		Basil	Thyme	Sage
				
Parsley		Tarragon	Cilantro	Basil
				
Sage		Thyme	Oregano	Rosemary
				
Thyme		Rosemary	Sage	Oregano



Birthstone: Peridot



Birth Flower: Gladiolus

# AUTUMN WORD SEARCH

Find All The Words!

X C Z B B V S M W P K M J W I C L U D S  
A Y T X Q L B K H T A I N I A P Y M R F  
X Q S O W F S G L U D A P P L E E O G D  
B E E L O T D C T G A L F A G G K D H U  
A Q V V P I S U D O J W O R C E R A C S  
H B R I S K M R J G L A O A M W U B F F  
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APPLE  
CIDER  
CORN  
HALLOWEEN  
LEAF  
PUMPKIN  
SEPTEMBER



AUTUMN  
COLORFUL  
FALL  
HARVEST  
NOVEMBER  
RAKE  
THANKSGIVING



BRISK  
COOL  
FOOTBALL  
HAY  
OCTOBER  
SCARECROW  
TURKEY



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 each individuals: 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.



850 N. Clear Springs Rd.  
Mustang, OK 73064  
405-376-2872

Our Staff

- Executive Director.....Cristy Davis
- Director of Nursing.....Lynne Zepeda
- Rn Consultant.....Shelly Jones
- Wellness Coordinator.....Tonda Morris
- Executive Assistant.....Allison Shepherd
- Engagement Coordinator .....Doug McCollough
- Dietary Manager.....Alethea Lopez
- Maintenance.....Jamey Foote
- Housekeeping:.....Cassandra Gastineau/Andrayi Hill
- Laundry Attendant.....Crystal Renfro