

Arbor House News



Our Staff

Christi Dobbs
Executive Director

Marki Denton
Director of Nursing

DeAndra Downer
Admissions & Marketing Director

Sarah Dixon
Dietary Supervisor

Jenni Hinkle
Engagement Coordinator

Kimberly Appleby
Wellness Coordinator

Laura Tucker
Administrative Assistant

Shelley Jones
RN Consultant

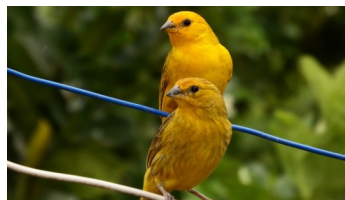
**HAPPY
ST PATRICK'S
DAY**

March 17th



When the green stems of the daffodils shoot up toward the sky, it's official—spring has finally sprung! Though most parts of the daffodil plant are considered poisonous if consumed, it does have medicinal uses. The Japanese have used the bulb to treat wounds, and in some parts of the world, a compound called galantamine—found in the flower—is being studied to combat Alzheimer's disease. The daffodil also is used to celebrate a 10th wedding anniversary. But always in a bunch; lore has it that a single flower can foretell misfortune.

Animal of the Month – Canary



The canary is a small songbird in the finch family. The little yellow bird gets its name from its place of origin, the Macaronesian Islands, which includes the Azores, Canary, and Madeira Islands. Canaries were first domesticated in the 17th century and soon became popular among the royal courts of England and Spain, which in turn drove popularity among the general public across Europe. These birds are prized for their lovely song as well as their sweet appearance. In addition to the tell-tale yellow and green hues, canaries come in other colors, including white, red, black, orange, and brown. In the past, canaries were used by miners to detect toxic gases in mining tunnels. These endearing birds are celebrated at canary shows held throughout the world. The cartoon character Tweety Bird is a canary. Police informants are said to “sing like a canary,” alluding to the bird's tendency to sing (beautiful) elaborate songs, just like informants do when ratting out fellow criminals.

Welcome to Arbor House!



Barry



Eva



Daylight Saving Time begins

March 14th

First Day of Spring

March 20th

Passover Begins

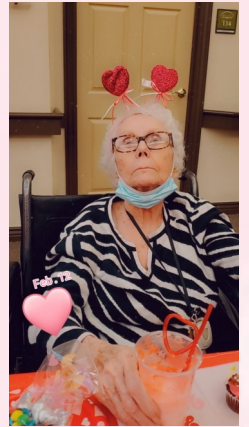
March 27th

Palm Sunday

March 28th



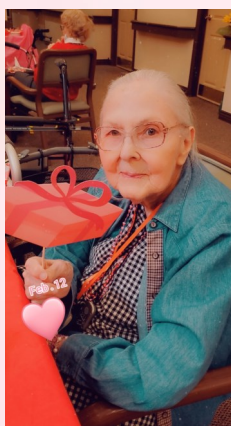
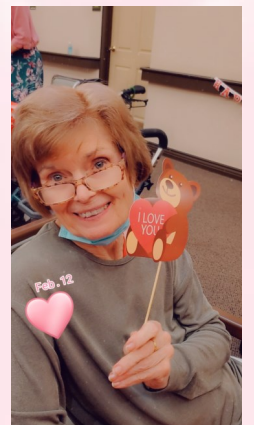
Valentine's Day 2021



♡xoxo♡



♡xoxo♡



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

Fax: 405-292-5672

www.arborhouseliving.com

Story or article suggestions?

Contact Christi or Email

Christi@arborhouseliving.com

Happy March Birthday

Residents

3-01 Mary J.
3-11 Mary D.
3-18 Melba C.
3-21 Eva W.



Staff

3-06 Sean B.
3-14 Joe D.
3-22 Janell O.
3-26 Shelly J.
3-31 Toyin O.

In astrology, those born between March 1–20 are Pisces' Fish. Pisces are friendly, wise, and selfless, making them compassionate and generous friends. Their intuitive and romantic natures also make them creative and expressive artists. Those born from March 21–31 are Rams of Aries. The first sign of the zodiac, Rams are unafraid to forge ahead with passion, zeal, and confidence. Full of optimism and hope, Aries are both eager to get the job done and unafraid to confront problems head-on.



Saint Patrick's Day Party

Wednesday,

March 17th



Thank you for
recommending us!



We'd love your feedback!