

MUSTANG ARBOR HOUSE TIMES



*may your walls
know joy; may
every room
hold laughter
and every window
open to great
possibility*

-MARY ANNE TRADMACHEK-HERSHEY

May 2021

1st- May Day

2nd- Kentucky derby Day

2nd-8th Teachers Appreciation Week

5th- Cinco De Mayo

6th- National Nurses Day

9th- Mothers Day

15th- Armed Forces Day

31st- Memorial Day

May flowers for Appreciation



Grab your hats and race to Kentucky for the first Saturday of May. The Kentucky Derby which was first run in 1875, is the longest running sporting event in the United States. It was started by Meriwether Lewis Clark Jr., the grandson of explorer William Clark, of the Lewis and Clark Expedition. In 1872, Clark visited Europe and became inspired by England's Epsom Downs race course. Home of the Derby Stakes since 1780, which was a 1.5-mile race for three-year-old horses organized by the 12th earl of Derby and his friends. When Clark returned to Kentucky, he founded the Louisville Jockey Club and raised money to construct a race track on land that was donated by his uncles, Henry and John Churchill. On May 17, 1875, some 10,000 people attended the first Kentucky Derby, which featured a field of 15 three-year-old thoroughbreds racing 1.5 miles. The winning horse, Aristides, finished with a time of 2:37.75 and was ridden by Oliver Lewis, an African-American jockey.



Today, some 150,000 spectators gather annually on the first Saturday in May at Churchill Downs for the Kentucky Derby, sometimes referred to as "the greatest two minutes in sports." Besides placing bets on horses, Derby fans are famous for drinking mint juleps, singing "Old Kentucky Home" and wearing flamboyant hats.

We recognize and appreciate our Teachers and our nurses during the month of May. National Nurses Day is held annually on May 6 which marks the beginning of National Nurses Week. The day is to recognize the contribution nurses make to our world and to provide thanks. National Nurses week ends on May 12th which is the birthday of the original founder of modern nursing Florence Nightingale.



Teacher Appreciation Week originated in 1953, and teachers have Eleanor Roosevelt to thank for its inception. Roosevelt convinced Congress that there needed to be a specific day on which teachers were recognized. Teachers spend a lot of time enriching the minds and lives of their students.



This is why, every year, people come together to celebrate teachers and the wonderful jobs that they do. National Teacher Day is day to not only honor teachers but to show them that they help make lasting impressions on their students' lives.

One might be tempted to say "Viva la Mexico" on the 5th of May as we celebrate Cinco de mayo. Although, its not actually considered an independence day in Mexico. Cinco de Mayo is a Holiday celebrating the Battle of Puebla, which took place on May 5, 1862 during the Franco-Mexican War. It was one of the few Mexican victories during France's attempt to penetrate Mexico. In Puebla and in many U.S. cities with large Mexican-American populations, parades, dancing, and festivals are held. The holiday has evolved into a commemoration of Mexican culture and heritage. Most often traditional Mexican food is served and Mariachi bands fill town squares to celebrate.

Don't forget to HUG your Mother on May 9th as we celebrate Mother's Day. Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the mother goddesses Rhea and Cybele .

Happy Birthday!!!

5/5 Jinette Pacheco

5/18 Donita Andrews

5/9 Betty Elder

5/22 Sherry Trammell

5/15 Voris Grindstaff

5/27 Barbara McConnell

5/16 Evelyn Westfahl

5/29 Lucy Trevino



I'm ready for
flip-flops,
green grass,
sunshine,
blooming flowers,
and
birds singing



Spring
is in
The Air

APRIL

The May birth flowers are **lily-of-the-valley** and **hawthorn**. The fragrant lily-of-the-valley signifies sweetness, humility, and a return to happiness. The other May flower is the hawthorn plant, which represents hope and supreme happiness.

The birthstone for May is the emerald. Emeralds are a type of stone called beryl and typically range from a deep-sea green to a lighter color. Emeralds are symbols of fertility and rebirth.





Guacamole



- onion
- tomato
- avocados
- garlic
- jalapeno
- lime juice
- lemon juice
- salt
- cilantro
- tortilla chips
- bowl
- knife
- cutting board
- fork
- spoon

H K H W M C E U T S Y N T E T
 T A S A I X I G L E U O O C Z
 K H G U Q X Y L N F R O M I X
 J A L A P E N O A T Q P A U J
 B O W L T E F R I N M S T U Q
 D S Y L E G F L V F T S O E Y
 I V A G A C L I B P O R L M I
 E S N R G A I K N D Q Y O I M
 U J L L C I A U A K Z A N L U
 R I H H C G X C U T N O I N O
 C H I D R A O B G N I T T U C
 F P T K F V Y T D P O W W L Z
 S U Z Q A O A F C C L M W W G
 C X Z C A B R D D U U R E M C
 N Z H P M Y I K Z B M A E L C

Guacamole Recipe

Chop 1 tomato and 2 green onions. Slice 3 avocados in half and scoop out the insides. Mix with 1/2 tsp garlic, a dash of salt and a tiny bit of lemon or lime juice. Mix in tomatoes and onions. Serve chilled with tortilla chips. (Can add cilantro and jalapenos for extra flavor...)

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.....Douglas McCollough
- Dietary Manager.....Alethea Lopez
- Maintenance.....Jamey Foote
- Housekeeping.....Esther Gomez
- Laundry Attendant.....Angie McGuire