

MUSTANG ARBOR HOUSE TIMES



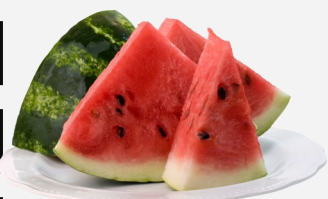
July 2021

July is the National month for water parks, bikini's parks & recreation, grilling, picnics, watermelon, hot dogs, baked beans and ice cream. Making it a month that could fully equip anyone for lots of summer fun and activities.

7/1 Canada Day & Doctor's Appreciation Day

7/4 Independence Day

7/30 Father in Law day





Interesting Facts about July



July is the warmest month in the Northern Hemisphere, being the second month of summer. Alternately, it is the coldest month in the Southern Hemisphere & the second month of winter. Did you know that on July 5, 1946, the world's first bikini debuted in the famous Piscine Molitor swimming pool in Paris. Just in time for the heat of summer, the bikini was modeled by showgirl Micheline Bernardini. Two-piece forms of swimwear previously existed, but none used as little fabric as the bikini.

The month of July is dedicated to independence, freedom, and celebrations of country and culture. The modern displays of fireworks that we know today are believed to originally have come from Liuyang, China. The first natural "firecrackers" were bamboo stalks that when thrown in a fire, would explode with a bang because of the overheating of the hollow air pockets in the bamboo. The Chinese believed these natural "firecrackers" would ward off evil spirits during weddings and New year's eve festivals. Sometime during the period 600-900 AD, a Chinese alchemist mixed potassium nitrate, sulfur and charcoal to produce a black, flaky powder, the first "gunpowder". This powder was poured into hallowed out bamboo sticks (& later stiff paper tubes) forming the first man made fireworks. The first "rockets" were originally used as military weapons, starting with an improvement to the fire arrow that included affixing small packets of gunpowder to the arrow. These were produced by the Chinese in the 12th century, but they were very unpredictable and dangerous to use. It's from the developments of gunpowder, explosives and primitive rockets that the colorful explosives we know today originated from. Over the years, alchemists started adding new ingredients to the mix, like iron shavings and steel dust, to give fireworks their sparkle. As the ingredients for gunpowder spread to the West -after the Silk Road opened up trade allowing the Mongols a way to Europe in the 13th century, so did fireworks. They became a part of official celebrations, from the annual "Girandola" fireworks display at the Castello Sant'Angelo in Rome to the 1533 coronation of Anne Boleyn as Queen of England.

There have been 28 different versions of the U.S flag to date, & that the most recent one, was designed after Alaska and Hawaii joined the union It was actually due to the result of a school project. Robert Heft was 17 when he came up with the flag design in 1958. He originally got a B- on the project, but when his pattern won the national competition to become the next flag, his teacher raised his grade to an A.

If you're doing everything right, then crops of corn are meant to be "knee-high by the fourth of July." It's also in July that crop circles start to appear in fields of corn. Crop circles only started appearing since the 1970s, although there have been several cases sporadically reported throughout history. Coincidentally, enough July 2nd, is world UFO day.

Happy Birthday!!!

7/8 Myesha Russell

7/12 Ashley Lestarge

7/13 Norma Miller

7/15 Joann Nitzel

7/25 Angie McGuire

7/27 Linda Titterington

7/28 Billie Lundgren



America,
you're
beautiful

July horoscopes: Cancer (Jun. 21st – Jul. 22nd) Leo (Jul. 22nd – Aug. 22nd) There are two star signs which fall in the month of July. If you're born before July 22nd, then your star sign is Cancer. If you're born after this day, from July 23rd onward, then you're a Leo. Those born under the sign of Cancer are said to be loyal friends with great emotional depth, and those born under the sign of Leo are said to be very proud people who display great leadership.



Ruby



July's birthstone

Is the Ruby which is the red variety of the mineral corundum, colored by the element chromium. The

more chromium, the stronger the color of red. It is considered by many to be the king of gems. At one point in time, it was considered to protect warriors on the field of battle if it was embedded in their armor. Now days, it's said to protect against evil.

July's birth flower The Larkspur signifies love & joy. This flower is associated with the personalities of people born in July: optimistic, fiery, energetic, & successful.



Larkspur





4th of July Word Search

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

AMERICA
BLUE
FIREWORKS
FOURTH

FREEDOM
INDEPENDENCE
JULY
PARADE

RED
STARS
SUMMER
WHITE



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.



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Our Staff

- Executive Director.....Cristy Davis
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- Rn Consultant.....Shelly Jones
- Wellness Coordinator.....Tonda Morris
- Executive Assistant.....Allison Shepherd
- Engagement Coordinator.....Douglas McCollough
- Dietary Manager.....Gwen Van Horn
- Maintenance.....Jamey Foote
- Housekeeping.....Esther Gomez
- Laundry Attendant.....Angie McGuire