

# Arbor House Norman



## Lights in the Darkness

The romantic allure of lighthouses has endured for centuries. Our love of lighthouses runs so deep that we have preserved and protected 700 in the United States, and even designated August 7 as Lighthouse Day. Our affinity for lighthouses amounts to more than nostalgia for a simpler, bygone era or our attraction to picturesque rocky coastlines. As beacons of light in the treacherous darkness, lighthouses are steadfast symbols of safety and reliability, characteristics that we crave and value above all else.

One cannot appreciate the lighthouse without appreciating the solitary lighthouse keeper. Indeed, the lighthouse and its keeper are so interconnected that we cannot help but imbue the tower itself with human characteristics. Virginia Woolf, the author of *To the Lighthouse*, may have put it best when she said, "Lighthouses are endlessly suggestive signifiers of both human isolations and our ultimate connectedness to each other." For Woolf, lighthouses are monuments to the human condition: the sea of collective humanity consists of drops, individual and unique. We, like lighthouses, exist to shine our light upon others.

Throughout history, no light has shone brighter than the lighthouse known as Pharos of Alexandria. Egypt's lighthouse was both the first and largest of its kind ever built. Rising 330 feet tall, a massive mirror reflected the blazing sun by day, while raging bonfires lit its apex by night. Sailors could spy its light from 30 miles away. Modern lighthouses act as warnings of rocky coastlines or hidden reefs, but Pharos acted as a grand entrance marker to Alexandria's port, a hub of commerce, technological innovation, and free thought. Built in 280 BC, Pharos stood for 1,600 years, earning renown as a Wonder of the World and surviving three earthquakes before toppling into the sea. In a sense, all the world's lighthouses are descendants of that world wonder, and those who study lighthouses and their signal lights are proudly called *pharologists*, in memory of great Pharos.

### 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*

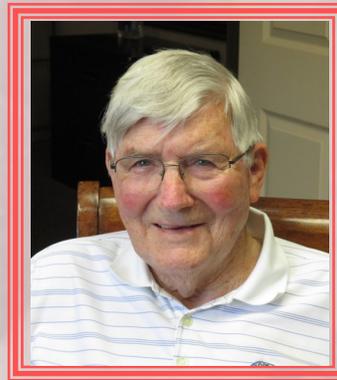
Shelley Jones  
*RN Consultant*



# Welcome to Arbor House!



*Joan R.*



*Curt T.*



*James S.*



*Frances H.*

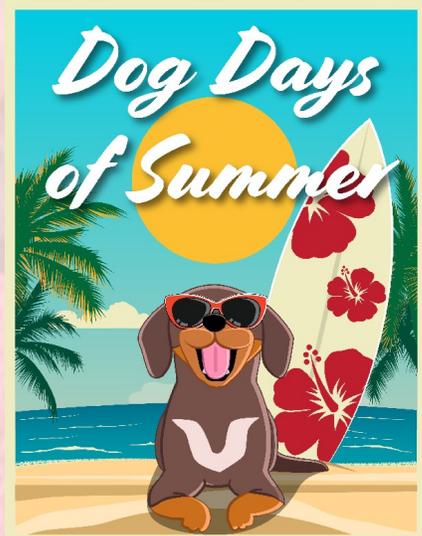


*Mary Anne S.*

## **Eight August Firsts**

Here are just a few of the countless achievements made for the first time in August:

1. Mt. Rainier's summit was first reached. (August 17, 1870)
2. Mt. Whitney was scaled for the first time. (August 18, 1873)
3. The first recorded tennis tournament was held in the U.S. (August 15, 1876)
4. The first woman, Gertrude Ederle, successfully swam across the English Channel. (August 6, 1926)
5. The Ring magazine's Boxing Hall of Fame was founded. (August 5, 1954)
6. The Transcontinental Roller Derby began in Chicago. (August 13, 1935)
7. The National Basketball Association was established. (August 3, 1949)
8. The Guinness Book of Records was first published. (August 27, 1955)

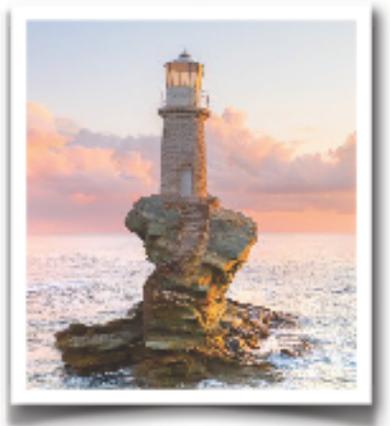


August is traditionally the hottest month of the year in the northern hemisphere, and the time period between July 3 and August 11 is sometimes referred to as the "dog days" of summer. The nickname refers to Sirius, or the Dog Star. August Zodiacs

# Secret Lighthouse Quote

Follow the instructions to cross off words in the table.  
What do the remaining words say?

1. Cross off all words that are boats.
2. Cross off all words that are sea creatures.
3. Cross off all words that are plants.
4. Cross off all words that are birds.
5. Cross off all words that rhyme with *night*.



pontoon	kelp	octopus	albatross
right	lighthouses	don't	pelican
get	white	seaweed	jellyfish
catamaran	wobbly	when	red algae
the	weather	manatee	dory
bright	gets	rough	sandpiper
they	height	seagull	sea anemone
dolphin	kayak	just	stand
flight	there	razorbill	starfish
canoe	sight	skimmer	shining

# 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.

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Story or article suggestions?

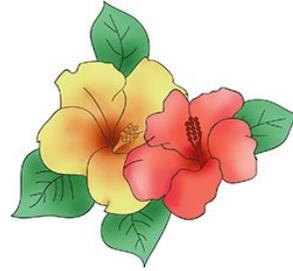
Contact Christi or Email

[Christi@arborhouseliving.com](mailto:Christi@arborhouseliving.com)



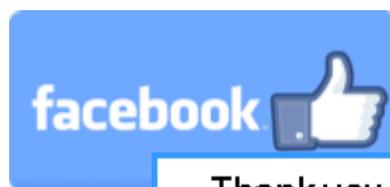
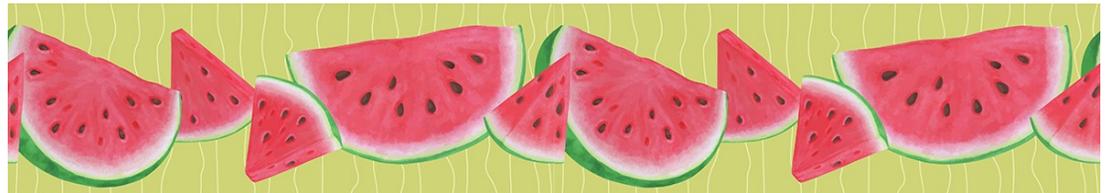
## Residents

- 8-13 Peggy D.
- 8-15 Ruth B.
- 8-16 Wanda G.
- 8-17 Arietta H.
- 8-23 Doris H.
- 8-26 Augustine K.



## Staff

- 8-2 Deandra D.
- 8-16 Amber P.
- 8-26 Rae D.



Thank you for  
recommending us!

We'd love your feedback!

