

October 2021

# The Reminisce News

Arbor House Reminisce | 151 48<sup>th</sup> Ave SW, Norman, OK 73072 | (405) 310-2499



**Shaye Donica**  
*COO/Administrator*

**Cristen Willoughby**  
*Director of Nursing*

**Shelly Jones**  
*Regional Nurse*

**Kimberly Vincent**  
*Administrative Assistant*

**DeAndra Downer**  
*Admissions/Marketing*

**Stephanie Cottrell**  
*Engagement Coordinator*



## Mission ImPASTable

In 1995, pasta producers from all over the world convened in Rome for the first World Pasta Congress. It was decided that October 25 would be designated World Pasta Day, a day to celebrate the versatility and sheer deliciousness of this global food.

In 2005, archaeologists unearthed 4,000-year-old noodles from a site in China, confirming the belief that the Chinese likely invented the first pastas made of grain and water. These noodles were not like the dried, flour-based pastas we find at grocery stores today, but were made of millet, a grain more like rice than wheat. Does this discovery prove that the Italian merchant Marco Polo brought pasta from China to Italy in 1295? Not quite. While it is very likely that Marco Polo brought Chinese noodles and all kinds of Chinese artifacts back to Italy, pasta was already a common staple in and around the Mediterranean long before Marco Polo's travels east.

Historians think it is far more likely that Italy's famous pastas originated in the Middle East. Written records show that by the fifth century, Arabs were eating *itriyah*, a dough made of flour and water that could be rolled thin, cut into strips, dried, and reconstituted with water. Arab traders traveling the famed Silk Road could easily pack and store this nutritious staple. As the Arabs expanded westward into the Mediterranean, going so far as to conquer Sicily and southern Italy around the year 900, they likely introduced their version of pasta to the region.

In Italy, pasta became both a mass-produced food staple and an art form. Southern Italy's dry, sunny climate was conducive to the growing of hard durum wheat and allowed for the proper drying of long strands of pasta. Tomatoes, another southern Italian staple, would provide the base for many delectable pasta sauces. Innovative pasta makers would devise over 350 unique pasta shapes, each designed to hold and enhance its own sauce. Over centuries of culinary perfectionism, pasta would become a beloved food consumed on every continent of the globe, worthy of its own holiday.

# Fall Party

October 29<sup>th</sup> at 2pm

\*Cotton Candy

\*Flavored Popcorn

\*Pumpkin Painting Contest

\*Fun Outdoor Games

\*Raffle Drawing



We are selling tickets for our  
Alzheimers fundraiser.  
With each ticket purchased your  
name will be entered into the  
drawing.

We will have a variety of gift  
cards, gift baskets, etc.

The Drawing will be held on  
October 29<sup>th</sup> during the Fall  
Party, you don't have to be  
present to win.

## Happy Birthday

Residents

Norma R. 10/17

Maxine B. 10/28

Staff

Mercedes M. 10/12

Carmelitha C. 10/17



October 15<sup>th</sup> at 2:00 pm

Elvis \* Impersonator\* will be in  
the building

## Engagement wish list ...

Seasonal \*Artificial\* Flowers

Acrylic Paint, Paintbrushes and  
Canvases

Cd's or Records of your loved  
one's favorite music

Pumpkins...all shapes, sizes,  
and colors

Magazines

Pieces of Material





The Alzheimer's walk will be in Oklahoma City on  
October 23<sup>rd</sup>, 2021

Time: Registration begins at 7:30 am  
Ceremony at 9:00 am

Place: Scissortail Park 300 Southwest 7<sup>th</sup> Street  
Oklahoma City, Ok 73109