

Arbor House Norman



Our Staff

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Nursing

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Admissions & Marketing Director

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Dietary Supervisor

Jenni Hinkle
Engagement Coordinator

Kimberly Appleby
Wellness Coordinator

Laura Tucker
Administrative Assistant

Shelley Jones
RN Consultant



Resident's Christmas Party
December 22 at 3:00 p.m.

December Is a Circus

Charles Ringling, born on December 2, 1863, was one of seven Ringling brothers to operate the Ringling Bros. Circus, a traveling act that became the largest and most famous circus in the world by 1930.

Four of the seven Ringling brothers were born in Iowa. It was there that they saw a circus unloaded off the back of a steamboat, a scene that inspired them to develop their own traveling act. In 1872, the family moved to Wisconsin, a state renowned as an overwintering destination for the nation's circuses. Perhaps the move was destiny. The Ringlings showcased their variety show across the state, performing musical numbers, skits, and juggling routines. They used their earnings to purchase suits and top hats, and later added a donkey, Shetland pony, and a bear to their act. By 1887, Charles oversaw the production of a massive show starring all seven Ringling brothers and various exotic animals such as tigers, elephants, and camels. He called the act *Ringling Bros. United Monster Shows, Great Double Circus, Royal European Menagerie, Museum, Caravan, and Congress of Trained Animals*.

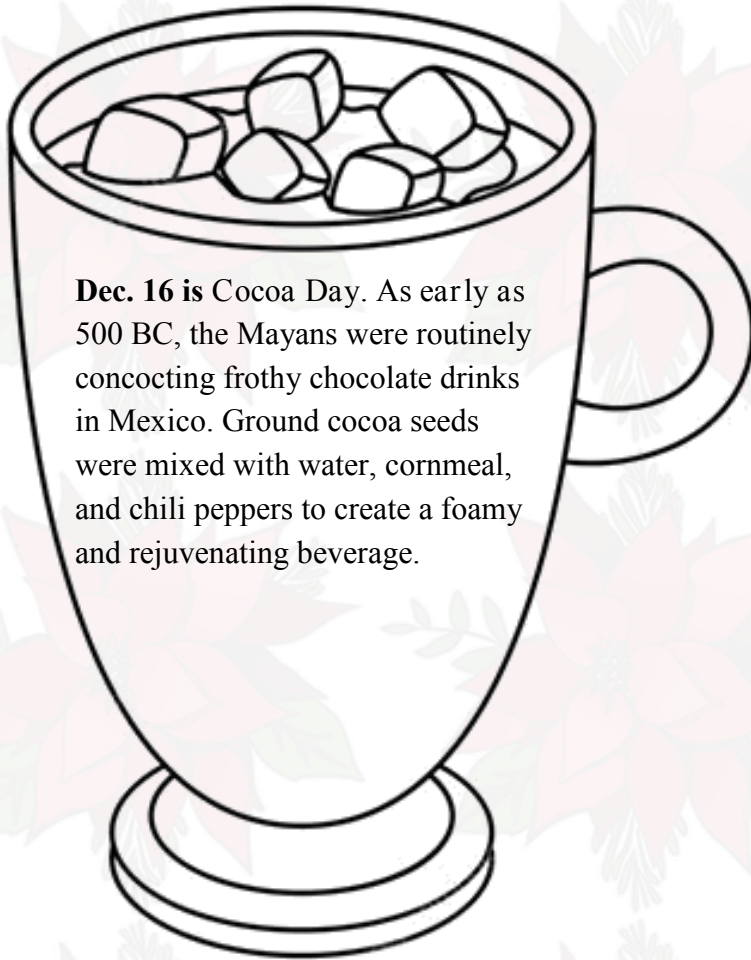
The Ringling Bros. eventually caught the attention of the famous Barnum & Bailey Circus. The two companies agreed to avoid direct competition by splitting the U.S. into territories, but after the death of James Bailey in 1906, Ringling Bros. purchased the Barnum & Bailey Circus to become the largest circus in the world and the self-proclaimed "Greatest Show on Earth."

The "Greatest Show" would not be great forever. The public would lose their taste for the traveling circus and its exotic animals. In 2017, the Ringling Bros. and Barnum & Bailey Circus performed its final show. Yet the end of the Ringling Bros. did not mean the end of circuses altogether. Other acts such as Cirque du Soleil and Circus Vargas continue to entertain audiences across the globe, showcasing performers who demonstrate feats of human strength, balance, and flexibility. Audiences, it seems, still crave the art and spectacle of the circus.



December 6 is St. Nicholas Day. In the fourth century, Nicholas was Bishop of Myra. He became known for his generosity. In some places, children leave their shoes out overnight on December 5 and wake to find them filled with treats.

Dec. 10 is Nobel Prize Day. Alfred Nobel made his fortune manufacturing dynamite and other armaments. Nobel decided that after his death he would bequeath his fortune to people who are helping and healing the world.



Dec. 16 is Cocoa Day. As early as 500 BC, the Mayans were routinely concocting frothy chocolate drinks in Mexico. Ground cocoa seeds were mixed with water, cornmeal, and chili peppers to create a foamy and rejuvenating beverage.

December's flower is the hearty holly plant. Its bright red berries and glossy, deep green leaves have come to symbolize the winter holiday season, particularly Christmas. Holly also symbolizes truth and protection. It grows in temperate and subtropical climates. Holly berries, which can be red, brown, black, green, or yellow, are slightly toxic to humans but can be eaten by birds. Some types of holly leaves are used to make tea.

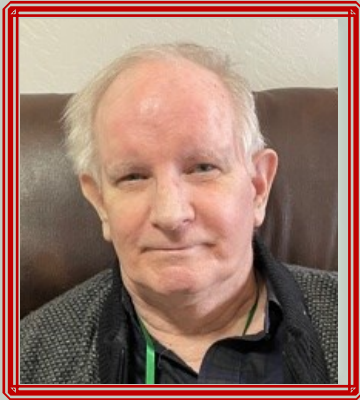
Dec. 19 is Holly Day. The use of holly as a winter decoration comes from the Druids, who believed that holly was a sacred plant. While other plants withered and died, holly remained strong and vibrant with berries throughout the winter.

Dec. 21 is the winter solstice, the longest night of the year. Many cultures celebrate holidays and traditions on this day.

Persians, for example, celebrate *Yalda* by gathering to read poetry and eat red food, the color of the coming dawn.

Dec. 26 is Boxing Day. Celebrated widely in the United Kingdom, the holiday began in the Middle Ages when churches would open their collection boxes for the poor.

Welcome to Arbor House!



Tim C.



Maria N.

Christmas Carol fun facts

- “White Christmas” is the best-selling Christmas song of all time. It was written by Russian-Jewish immigrant Irving Berlin, who also wrote “God Bless America,” “There’s No Business Like Show Business,” and “Blue Skies.”
- “Up on the Housetop,” written in 1864, was the first Christmas song to mention Santa Claus.
- The original title for “Silver Bells” was “Tinkle Bells.” The composer changed the words when his wife made a joke about the double meaning for the word tinkle.
- “Rudolph the Red-nosed Reindeer” was written by Johnny Marks in 1949 after the character of Rudolph, the ninth reindeer, was created by his brother-in-law as part of a holiday campaign for Montgomery Ward’s department store.
- “Do You Hear What I Hear?” was written as a plea for peace during the Cuban Missile Crisis.
- Gene Autry wrote “Here Comes Santa Claus” after he heard parents whispering, “Here comes Santa Claus” to their children as he rode his horse in a 1946 Santa Claus parade.
- “God Rest Ye Merry Gentlemen” is one of the oldest known Christmas carols, written in England in the 16th

Merry Christmas

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?

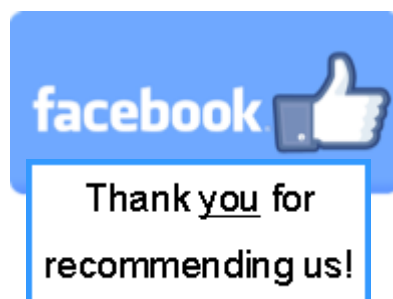
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- 12-16 Andrew D.
- 12-24 Parker H.
- 12-28 Victoria J.



We'd love your feedback!

