

MUSTANG ARBOR HOUSE TIMES



MAY 2022

5/1 May Day

5/5 Cinco de Mayo

5/6 Nurse's Appreciation Day

5/7 Kentucky Derby

5/8 Mother's Day

5/21 Armed forces Day

5/30 Memorial Day

May 1 is called Lei Day in Hawaii. Leis are garlands or wreaths that are often made with native Hawaiian flowers and leaves. They are given as a symbol of greeting, farewell, affection, celebration, or honor, in the spirit of aloha. Lei Day originated in 1927, when poet Don Blanding proposed a holiday to recognize the lei's role in Hawaiian culture. Writer Grace Tower Warren suggested May 1st for the date because it coincided with May Day, a celebration also linked to flowers. She coined the phrase, "May Day is Lei Day." The first Lei Day observance occurred on May 1, 1928. The following year, it was made an official holiday in the territory.

The first week of May (1-7) is celebrated as National Pet Week. It's a week for humans to shower their animal companions with love and attention. A celebration of the human-animal bond might sound strange to those who do not have or want a pet, but some scientists argue that keeping a pet is an intrinsic part of human nature. Numerous headlines discuss the health benefits of pet ownership, but scientists suggest that our real attraction to animals might be a deep genetic predisposition for social grooming. Social grooming, like the physical combing of hair, was one of the first and most powerful forms of social bonding. Petting animals stimulates the release of powerful "love hormones" such as oxytocin. In fact, studies show that some animal lovers possess a genetic variation that produces more oxytocin, making them even more likely to feel bonded to others, including their own pets.



National Certified Nurse's Day is observed on May 6th and Nurse's Appreciation week is celebrated from May 6th to the 12th. From assisting with life-threatening ER crises to delivering babies and caring for the elderly in their last moments, nurses perform some of the most difficult and heartbreaking tasks in the medical world. As workers who perform the most essential healthcare tasks, nurses serve as the first point of contact for most patients. National Nurses Week honors their contributions and sacrifices and reminds us to thank the medical professionals who keep us healthy. The advent of modern nursing is credited to Florence Nightingale, who laid the foundation for professional nursing through her tireless work during and after the Crimean War. As a nursing manager on the frontlines, Nightingale introduced hygiene protocols and other measures that drastically reduced infections and deaths in battlefield hospitals. Today, Nurses work in a wide range of specialties and settings, from school nurses who administer vaccines to highly specialized oncology nurses who assist in life-saving treatment decisions. To acknowledge the contributions of nurses and call attention to their working conditions, the International Council of Nurses established May 12 as International Nurses Day in 1974. The celebration was extended to a week a few years later, and National Nurses Week was officially born in 1994. Sponsored and promoted by the American Nurses Association, the week-long event highlights the crucial contributions that nurses make to the community.

Memorial Day has often been hailed as the unofficial beginning of the summer season. The holiday weekend has spawned merchandise sales, cook outs, parades, vacation getaways, and is marked by swimming pool openings. The solemnity of the day, in the eyes of some, has been lost. The actual purpose of the day is about showing gratitude by remembering and honoring those who sacrificed their lives while serving in the military. Memorial Day was originally known as Decoration Day and began with an idea from General John Logan as a way to honor the fallen soldiers of the Civil War. During which more than 620,000 Americans from the North and the South had died within just four years of fighting. Some believe that General Logan planned the first Decoration Day for the 30th of May because Northern and Southern states both had flowers in bloom. Many others believe the date was considered ideal because it didn't coincide with the anniversary of any battles. However, the first celebration was held at Arlington National Cemetery on May 30, 1868 with a crowd of 5,000 participants decorating the graves of over 20,000 Union and Confederate soldiers with flowers while General James Garfield made a historic speech. It wasn't until after World War I that Memorial Day was expanded to honor all veterans who died in any American war. In 1971, Decoration Day became officially known as Memorial Day and Congress passed an act declaring it a national holiday. That same year, Memorial Day was moved from May 30 to the last Monday in May, creating a three-day weekend by President Lyndon B. Johnson. "This will...enable families who live some distance apart to spend more time together," President Johnson noted in his official statement regarding what is now known as the Uniform Monday Holiday Act. New York was the first state to declare Memorial Day an official holiday. It was followed soon after by other northern states, but the southern states had their own designated day to honor fallen Confederate soldiers. The observances remained separate until the completion of World War I, when Memorial Day was changed to honoring the fallen Americans who fought in any war.

Happy Birthday!!!

5/3 Caroline Jones

5/4 Theyva Drewry

5/5 Jinette Pacheco

5/9 Betty Elder

5/11 Rollie Johnson

5/15 Voris Grindstaff

5/18 Donita Andrews

5/18 Russell Deverick

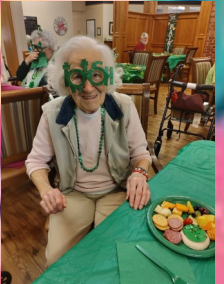
5/22 Sherry Trammell

5/25 Eleanor Deverick

5/29 Lucy Trevino



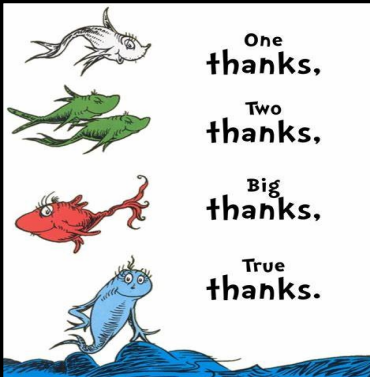
Arbor House ST. PATTY'S DAY PARTY





“If you must look back,
do so forgivingly. If you
must look forward, do so
prayerfully. However, the
wisest thing you can do
is be present in the
present...Gratefully.”

-Maya Angelou



Teaching is one of the oldest professions -in 561BC, the 1st private teacher in history was one of the most learned men of all time, Confucius. In Ancient Greece, there was huge value placed on educating children, and in the 1600s the Pilgrims also placed a similar emphasis on the practice. By the 19th century, politicians began to believe that education was needed for political order, elementary through college education was widespread and public, and the need for teachers has been growing ever since. Though the origins of Teacher Appreciation Week are somewhat murky, it's clear that it was in 1944 that an Arkansas school teacher, Mattye White Woodridge, wrote to politicians and educational professionals about the demand for a day to appreciate teachers. However, it wasn't for nearly a decade until the idea was introduced to Congress by none other than Eleanor Roosevelt. It would take another 27 years for it to become an official national day. It was 1980 when the National Education Association (NEA), joined together with the Kansas State and Indiana State Boards of Education and began to lobby Congress to have the day nationally recognized. National Teacher Day was celebrated on March 7th until 1984, when it was moved to May. Behind the move was the National Parent Teacher Association and, instead of just one day, they named the entire first week of May to be Teacher Appreciation Week. This year it's celebrated from May 1st thru the 8th.

WEATHER

Word Search Puzzle



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



BUZZARD
 CLOUDS
 DRIZZLE
 DROUGHT
 FLOOD
 FORECAST
 FROST
 HAIL

HEATWAVE
 HUMID
 HURROCANE
 LIGHTNING
 MIST
 OVERCAST
 RAIN
 SHOWER

SLEET
 SNOW
 SQUALL
 STORM
 SUNSHINE
 THUNDER
 TORNADO
 WIND

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.....	Kevin Laughlin
Maintenance.....	Jamey Foote
Housekeeping.....	Esther Gomez/Shawwna Hilling
Laundry Attendant.....	Angie McGuire