

Arbor House Norman



Our Staff

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Executive Director

**Marki Denton /
Victoria Johnson**
Nursing

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Admission & Marketing

Sarah Dixon
Dietary Supervisor

Jenni Hinkle
Engagement Coordinator

Kimberly Appleby
Wellness Coordinator

Laura Tucker
Administrative Assistant

Shelley Jones
RN Consultant



Going Wild

The old nursery rhyme reminds us, "April showers bring May flowers." What it doesn't mention is that those flowers will bloom only if you plant them! Wildflowers delight our senses with their colorful blooms and delicate fragrances, but they also play valuable roles in nature. The first full week in May is Wildflower Week, a good reminder to plant wildflowers for all to enjoy.

The term *wildflower* is not scientific but refers to flowers that have evolved to thrive in their native habitats. They require less water and fertilizer than non-native species and are naturally resistant to local pests and diseases. Most importantly, wildflowers make critical contributions to their local ecosystems. They improve soil health, prevent erosion, and improve water quality. The flowers themselves also provide habitat to native insects and wildlife that act as pollinators. Pollinators facilitate the reproduction of 87.5% of the world's flowering plants, including 35% of the crops that we eat. Non-native species, on the other hand, often disrupt communities of pollinators. Some non-native flower species even outcompete local wildflowers, decreasing their habitat and adversely affecting the insect and animal species that rely on native flowers for survival.

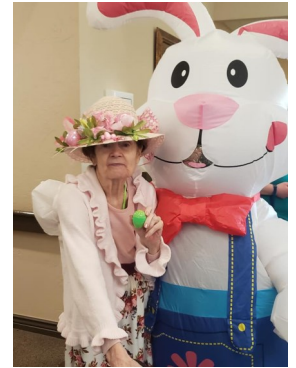
World Bee Day on May 20 honors one of the world's most prolific pollinators. Birds, bats, butterflies, moths, flies, beetles, wasps, and rabbits all make vital contributions to an ecosystem as pollinators. But no animal on Earth is as vital a pollinator as the bee. A 2018 study on pollinating habits conducted by the Royal Society of London concluded that not only do honeybees do the most pollinating, but they are also the most effective and efficient pollinators. Since 2006, colony collapse disorder has decimated honeybee populations around the world. One of the best ways to support honeybees is to plant native wildflowers. These flowers reliably produce the nectar and pollen that honeybees depend on and support the honeybee colonies that we rely on to pollinate so many of our favorite crops.



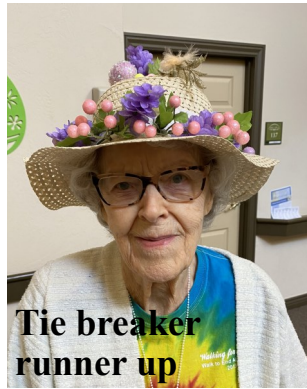
Tea Party

Mother's Day Afternoon Tea
Friday May 6 at 2:00 p.m.

Let's dress for the occasion!
Sport your favorite hat!


 A decorative invitation for a Mother's Day Afternoon Tea. It features a purple border with floral patterns. At the top, the words "Tea Party" are written in a cursive font. Below that, the event details "Mother's Day Afternoon Tea" and "Friday May 6 at 2:00 p.m." are written in a similar cursive font. A yellow teapot with floral designs is on the right. At the bottom, another yellow teapot is shown with the text "Let's dress for the occasion! Sport your favorite hat!"


Easter 2022



HAT CONTEST!!





May 5th is Cinco de Mayo. This holiday commemorates the victory of Mexican forces over the more powerful French army at the Battle of Puebla in 1862. The holiday has gone global as a day to celebrate Mexican culture.

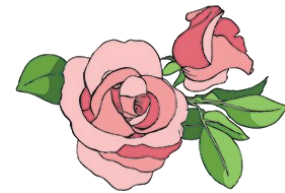
"A mother is the truest friend we have, when trials heavy and sudden, fall upon us; when adversity takes the place of prosperity; when friends who rejoice with us in our sunshine desert us; when trouble thickens around us, still will she cling to us, and endeavor by her kind precepts and counsels to dissipate the clouds of darkness, and cause peace to return to our hearts."

~ WASHINGTON IRVING ~



Wishing you and yours a very
HAPPY MOTHER'S DAY!

Sunday , May 8th



May 21st

ARMED FORCES DAY

We pause to pay tribute to the men and women who have honorably served their nation in the military.



MEMORIAL DAY

IN MEMORY OF MANY,
IN HONOR OF ALL

**THANK
YOU**

May 30th

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.

Arbor House
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www.arborhouseliving.com



Residents

5 - 16 Shelby H.

5 - 30 Mary Bess G.



Staff

5 - 3 Kim A.

5 - 9 Autumn L.

5 - 27 Claire C.

5 - 27 Marki D.



Bingo is an ongoing entertainment at Arbor House ---- and residents LOVE to play! Every month we host a store so that our residents can spend their hard-earned "Arbor Bucks" on a variety of items. If you are a family member and wish to help, below are some items on our wish list:

- Shaving lotion, Toilet paper,
- Liquid hand soaps, deodorants,
- Paper towels, Facial tissue,
- Air fresheners (fresh scents),
- Regular or diet sodas
(small bottles or cans),
- Cookies, chips, candy, mini candy bars,
- Individual packets of nuts (honey roasted are most popular)

A BIG thank you to the families who have donated items for the store! We appreciate your support! Your donations make our store hugely successful!

