

# Arbor House Norman



## Our Staff

**Judy Kirkland**  
*Executive Director*

**Marki Denton**  
*Director of Nursing*

**Kimberly Vincent**  
*Admission & Marketing*

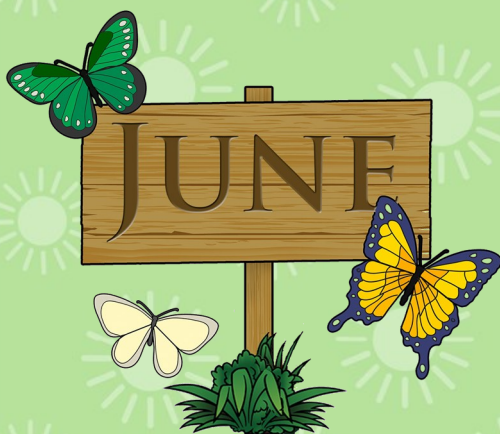
**Sarah Dixon**  
*Dietary Supervisor*

**Jenni Hinkle**  
*Engagement Coordinator*

**Kimberly Appleby**  
*Wellness Coordinator*

**Laura Tucker**  
*Administrative Assistant*

**Shelley Jones**  
*RN Consultant*



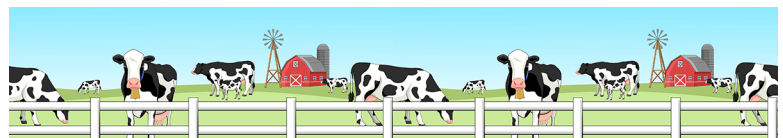
## Milk's Shaky History

June was declared Milk Month in 1937 as part of a campaign to help dairy producers sell excess milk produced during warm summer months when grazing was plentiful for dairy cows and milk production was at its peak. Dairies were keen to increase sales because the industry was grappling with significant change.

Where milk was once delivered daily door-to-door by milkmen, by the 1930s and '40s, home milk delivery was nearly obsolete. Thanks to the invention of home refrigeration, families were now able to store milk and perishable goods in their homes for long periods. Grocery stores, which had previously sold mostly dry goods, now had vast refrigerated sections that kept everything from milk to ice cream cold. The whistling milkman became a thing of the past, a piece of precious nostalgia.

Yet some modern families have embraced the return of daily milk delivery. Milkmen are once again making their rounds, delivering fresh milk in glass bottles. Not only is the milk fresh, often bottled and delivered within 24 hours, but the glass bottles are environmentally friendly, reducing the need for plastic jugs and paper cartons. Better yet, milkmen are also delivering fresh eggs, butter, cheese, and yogurt. If you're lucky, you can even receive chocolate or strawberry milk! Signing up for modern milk delivery is helping local farms flourish.

Despite these innovations, the future of dairy is a bit foggy. Anyone who has ventured into the milk aisle at the grocery store now sees several plant-based milk options: nut milk, coconut milk, and soy milk. Dairy executives might object to using the term *milk* to describe the white, milky, liquid that comes from crushing nuts into a paste and blending them with water, but such beverages have been drunk as "milk" for centuries by cultures around the globe. Many people who cannot enjoy dairy for health reasons are lucky to have these plant-based alternatives. Non-dairy milks can even be transformed into other dairy staples, such as butter, ice cream, and cheese. There's suddenly more to Dairy Month than ever before.



# Welcome to Arbor House!

Paula R.

Roberta B.

Martha M.

## Mother's Day Tea







**June 14th** is Flag Day, commemorating the adoption of the American flag on this day in 1777. Although no one can prove that Betsy Ross designed the American flag in 1776, she was a known seamstress and flag maker of the day



**June 21st** is the summer solstice, celebrated by many countries as Midsummer. Several countries and cultures maintain Midsummer holiday traditions that are centuries old, falling either on or around the date of the summer solstice.



**June 19th** is Juneteenth, commemorating the day in 1875 when federal troops arrived in Galveston, Texas, to ensure that all enslaved people were made free. Juneteenth was made an official federal U.S. holiday last year.



# 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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SUMMER



## Residents

6 - 12 Mary Anne S.

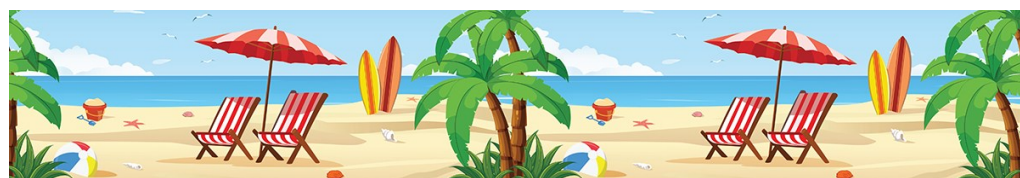
6 - 13 Jane S.

6 - 30 Maria S.



## Staff

6 - 17 Kim V.



## Flower of the month – Rose



The rose has been called “the queen of flowers” and is known as a symbol of love. Since primitive times, the rose has been used in perfumes, medicines, and even in foods. While the sharp objects along the stem are commonly called thorns, the technical term is prickles. The prickles protect the rose from herbivores and help it hang onto other vegetation when growing and climbing. In the language of flowers, a white rose means purity, a red rose means courage, and a pink

## Birthstone – Pearl

Natural pearls are formed when a grain of sand irritates the soft inside of an oyster. The oyster covers the irritant with a shell material called nacre, which becomes the pearl. Natural pearls are very rare. Most pearls on the market are cultured, or grown on a pearl farm. Traditionally, pearls are white or ivory, but they can also be found in blacks, pinks, purples, and golds. Pearls are the traditional gift for a 30th wedding anniversary. A common folk belief says that a new bride will be blessed with fertility if she sleeps with a pearl under her pillow.

