

MUSTANG ARBOR HOUSE TIMES



August 2022

8/6 Hiroshima Day

8/7 National Purple Heart Day

8/9 National Book Lovers Day

8/11 National Son & Daughter Day

8/19 World Photography Day

8/21 Senior Citizens Day

Purple Heart Day is commemorated every year on August 7. The Purple Heart Medal is a decoration awarded by the President of the United States to the soldiers of the U.S.



military who were wounded or killed while serving their country, on or after April 5, 1917. The Purple Heart Medal originates from the Badge for Military Merit, created by George Washington on August 7, 1782. Washington was the commander in chief of the Continental Army and wanted a decoration to award to soldiers who performed "any singularly meritorious action" while serving in the army. Only 3 soldiers were awarded this decoration in the Revolutionary War. The award was largely forgotten after the Revolutionary War, until 1931 when General Douglas MacArthur lobbied for the reinstatement of the medal in order to celebrate George Washington's 200th birthday. General MacArthur was successful and on February 22, 1932, the Order of the Purple Heart was founded. The medal is now awarded to any soldier who is killed or wounded while in battle against an enemy of the United States. The Purple Heart medal is different from other decorations because it is not awarded based on recommendation. Instead, soldiers are entitled to it if they meet the necessary requirements. It's been estimated that 1.8 million soldiers have been recipients of the Purple Heart Medal since 1932. Some have been retroactively awarded the medal, in order to decorate those who fought in World War I.

Hiroshima Day is observed on the 6th of August annually. It marks the anniversary of the nuclear bombing of Hiroshima and Nagasaki. The primary purpose of observing this day is to promote peace politics. The United States of America dropped an atomic bomb on Hiroshima's city on the 6th of August 1945; three days later, on the 9th of August, another nuclear bomb was dropped on Nagasaki.

The bombing on these two cities made Japan surrender unconditionally, bringing an end to World War II. This was the first time any country had used a nuclear weapon to wipe out an entire city, and its repercussions were massive. The bombing on these two cities showed the devastating power of atomic weapons to the world. Hiroshima was a manufacturing center of 350,000 people located 500 miles from Tokyo and was selected as the first target. After arriving at the U.S. base on the Pacific Island of Tinian, the more than 9,000-pound uranium-235 bomb was loaded aboard a modified B-29 bomber. The plane christened the "Enola Gay" dropped the bomb by parachute at 8:15 am. It exploded 2,000 feet above Hiroshima in a blast equaling 12-15,000 tons of TNT. It destroyed five square miles of the city, but the devastation still failed to elicit immediate surrender. So, on August 9 another B-29 plane flew to a secondary target, Nagasaki. A more powerful bomb made of Plutonium weighing nearly 10,000 lbs. and having a blast radius of 22 kiloton was dropped at 11:02 am. Roughly 60,000 to 80,000 people were killed instantly from the blast. Months afterwards many people continued to die from the effects of burns, radiation sickness, and injuries sustained. The two bombings combined killed between 129,000 and 226,000 Japanese people.

Senior Citizens Day is held annually on August 21st. It is a day to recognize the contributions seniors have made and continue to make to our society. This observance started when President Ronald Reagan took the initiative to honor seniors in 1988 by signing Proclamation 5847 and marked August 21 as the day seniors will be celebrated. "Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land," Reagan proclaimed. "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older. Places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity." Reagan himself set an — he was 69 years old when he became the president of the U.S. Reagan lived till the ripe old age of 93, and not only was he the oldest person to be elected president, he was also the oldest when his term ended at 77 years old.

Other examples are: 92-year-old Harriette Thompson finishing the Suja Rock 'n' Roll San Diego Marathon, becoming the oldest woman to ever complete a 26-mile race. Keiko Fukuda, at 98 was still teaching judo and self-defense classes despite having Parkinson's disease. In 2011, she became the first woman to ever attain a 10th-degree black belt, judo's highest honor. A legally blind man, Dale Davis bowled a Perfect score of 300 in a bowling game at age 78. Cancer survivor Barbara Hillary at age 75 became the oldest person, & the 1st black woman, to reach the North Pole. 81-year-old Lew Hollander, became the oldest person to ever complete the annual Ford Ironman World Championship in Kona, Hawaii, which includes a 2.4-mile swim, a 112-mile bike ride and a 26.2-mile marathon run. Lifelong yoga enthusiast Tao Porchon-Lynch fell and broke her hip at age 87, requiring a hip replacement surgery. A month after her surgery, she began taking ballroom dancing lessons and at age 93 was winning dancing competitions and still teaching 12 yoga classes a week.



Happy Birthday!!!

8/6 Joy Wilson

8/10 Abigail Tucker

8/15 Sharon Ruf

8/18 Verona Burke

8/26 Jean Pitts

The scent of *August*
Bright *sunlit skies*
Nature's **warm colors**
The smell of seasons about
to change
The hint of *new beginnings*
Knowing something
wonderful is
around the bend

Women Working.com



National Book Lover's Day is an unofficial holiday around the world, celebrated every year on August 9. It's a day to celebrate books and reading, reminding us of the long history that got us where we are today. Every civilization has had its own way of documenting events. Transcribing language onto physical materials extends back as far as 4000BC. An ancient group of people called the Sumerians, living in southern Mesopotamia, would develop the earliest form of an alphabet and carve it onto clay tablets. They made markings on the tablets by using a pointed device, made from the stem of the reed plant, called the calamus. The writings were known as 'cuneiform.' Approximately 20,000 of these tablets were discovered in modern-day Iraq.

Around 2500BC, early examples of books were found that were made by the ancient Egyptians. They transcribed material on to papyrus which is a material like thick paper that was used as a writing surface. It was made from the pith of the papyrus plant, *Cyperus papyrus*, a wetland sedge. Many of the "pages" would be glued together into scrolls so that they could easily be transported. This technique would be used across cultures for centuries, before writing on parchment made from calf or

deerskin would become more common across Europe. New ways of putting language to readable surfaces would rise, from wax tablets to early forms of paper. Paper was invented in China in the 1st century A.D. By experimenting with various materials such as hemp, fishnets, and the mulberry plant, Ts'ai Lun invented the first paper. With time, printing on woodblocks also became the go-to way of reproducing books in China. The ancient scrolls dating back to the 4th century B.C. are considered the first 'books,' but by today's definition, the oldest surviving compiled book is "The Diamond Sutra" which was published in China during the Tang Dynasty on May 11, 868 AD. Although, It wouldn't be until the 1450s when a man named Johannes Gutenberg would perfect the Gutenberg Press, allowing for bookmaking to finally take off. Gutenberg's invention was the world's very first printing press, which would revolutionize book printing, allowing for easier and faster production.



Camping



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

air mattress
animals
batteries
cabin
campfire
campsite
canoeing
chipmunk

compass
flashlight
hammock
hiking
insect repellent
island
kayak
lantern

marshmallow
memories
mosquitoes
mountains
nature
outdoor cooking
raccoon
reservation

roasting sticks
s'mores
sleeping bag
summer
swimming
tent
trailer
vacation



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