

Arbor House Norman



Our Staff

Judy Kirkland
Executive Director

Marki Denton
Director of Nursing

Kimberly Vincent
Admission & Marketing

Sarah Dixon
Dietary Supervisor

Barbara Moakley
Engagement Coordinator

Kimberly Appleby
Wellness Coordinator

Laura Tucker
Administrative Assistant

Shelley Jones
RN Consultant



The Autumn Harvest

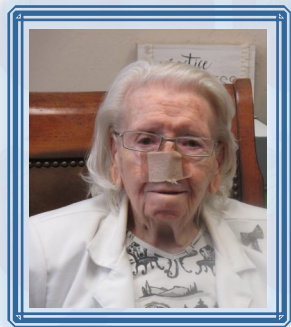
For centuries, cultures in the northern hemisphere have timed their harvests to coincide with the autumnal equinox on September 22. The word *equinox* comes from the Latin *aequus*, meaning “equal,” and *nox*, meaning “night,” for this was the day of the year when the lengths of night and day were roughly equal. The druids celebrated the harvest festival of Mabon and visitors still flock to Stonehenge to watch the sun rise above the 5,000-year-old monoliths. The ancient Greeks believed that this equinox marked the return of Persephone to the Underworld. Persephone was the daughter of Demeter, goddess of the harvest. The Greeks feared that Demeter would soon become so despondent with the departure of her daughter that the earth would become barren during the cold winter months.

In North America, Native American tribes have ascribed various names to September’s full moon to denote the importance of the harvest. September’s full moon was called the Full Corn Moon or the Barley Moon because it corresponded with the harvest of these grains. The Lakota Sioux even called it the “Moon When the Plums Are Scarlet,” denoting the full ripening of this fruit. The full moon closest to the equinox is still commonly known as the Harvest Moon, which this year happens to fall in early October. In modern society, farmers do not often rely on myths or moons to tell them when crops are ready, but they are just as eager to harvest their crops before the cold weather sets in.

Many crops are ready for harvesting in September, as denoted by the month’s various harvest-themed holidays. September is Organic Harvest Month, Apple Month, Potato Month, and Whole Grain Month, while September 3–7 is both Golden Onion Week and Sweet Corn Week. Many fruits and vegetables are not only ready for harvest at this time of year but many more cool-season vegetables are ready to plant, such as varieties of beets, broccoli, carrots, swiss chard, radishes, and turnips. For industrious types who want to get the most out of their gardens, September is a busy time!



Welcome to Arbor House!

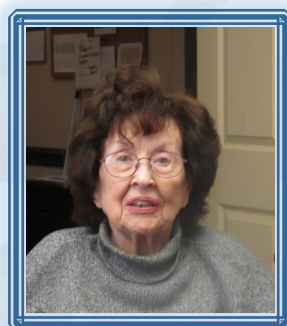


Donna W.

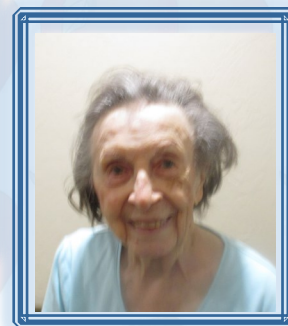


Ken L.

Marilyn G.



Kathryn S.



Elaine M.



Sept. 3	UTEP
Sept. 10	Kent State
Sept. 17	@ Nebraska
Sept. 24	Kansas State
Oct. 1	@ TCU
Oct. 8	Texas
Oct. 15	Kansas
Oct. 29	@ Iowa State
Nov. 5	Baylor
Nov. 12	@ West Virginia
Nov. 19	Oklahoma State
Nov. 26	@ Texas Tech

Go Sooners!

2022

Football Schedule



Sept. 1	Central Michigan
Sept. 10	Arizona State
Sept. 17	Arkansas-Pine Bluff
Oct. 1	@ Baylor
Oct. 8	Texas Tech
Oct. 15	@ TCU
Oct. 22	Texas
Oct. 29	@ Kansas State
Nov. 5	@ Kansas
Nov. 12	Iowa State
Nov. 19	@ Oklahoma
Nov. 26	West Virginia

Go Cowboys!

Margarita Monday



**Please join us for a
County Fair Party**

Games *Music*
Prizes *Food*
Magician *Fun*

**1st
Place**

Friday, September 23rd, 2022
From 2:00 p.m. to 4:00 p.m.
Arbor House
4501 W. Main St.
RSVP to 405-292-9200
Everyone welcome!!



Sept. 5th



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.

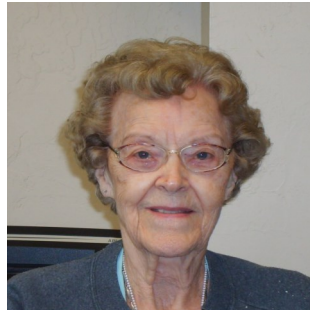
A partnership exists between residents and staff to promote individual's independence while providing the necessary support to function at his/her highest level.

Arbor House
Assisted Living
4501 W. Main

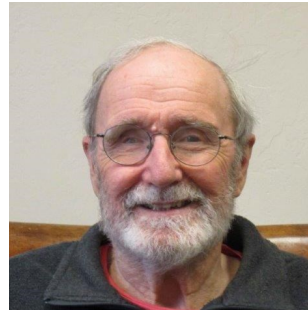
(405) 292-9200

Fax: 405-292-5672

www.arborhouseliving.com



9 - 9 Wilma S.



9 - 15 Glenn D.



9 - 28 Martha M.



Staff

9 - 9 Stacy N.

Flower of the month – Aster

The aster is a flower with brightly colored petals that unfold in the shape of a star. It is no surprise, then, that these blooms take their name from the Greek word for star. There are about 180 species of aster throughout North America and Eurasia, with colors ranging from purples and blues to reds and pinks. They are an ideal plant for showcasing in gardens, particularly as they symbolize love and patience. Along with chrysanthemums, asters are considered a classic autumn flower.



Birthstone – Sapphire



September's birthstone is the sapphire. The sapphire has been revered by royalty since ancient times. King Solomon was said to have worn a sapphire ring to protect himself. Russia's Ivan the Terrible adorned himself with sapphires for strength and courage. And Prince Charles chose a sapphire for Princess Diana's engagement ring because it symbolizes loyalty, respect, and lasting affection. The famous blue sapphire surrounded by diamonds now adorns the hand of Catherine, Duchess of Cambridge.