

THE ARBOR HOUSE TIMES

JANUARY 2012

VOLUME 1, ISSUE 9



SAVE THE DATE Winter Ball Jan 27, 2012

Our Staff

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Executive Director
- ♦ **Marki Denton**
Director of Nursing
- ♦ **Lil Kenney**
Marketing Director
- ♦ **Leslie Gill**
Wellness Coordinator
- ♦ **Lisa Watkins**
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- ♦ **Sarah Dixon**
Dietary Supervisor
- ♦ **Pamela Young**
Housekeeping Supervisor
- ♦ **Angela Powell**
Administrative
Assistant
- ♦ **Shelly Jones**
RN Consultant



You are cordially invited to the
Arbor House Winter Ball.
Join us for an evening with friends,
music, and entertainment.

January 27, 2012 6-8 p.m.

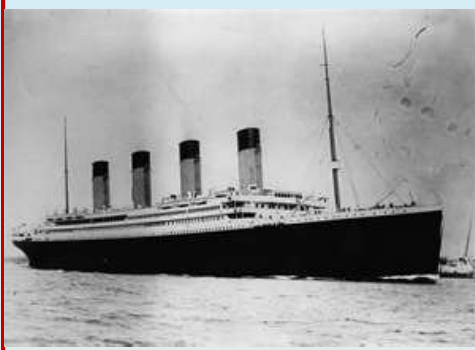


Beautiful Dreamer

On August 28, 1963, before some 250,000 fellow citizens in Washington, D.C., and uncounted millions watching on live TV, Martin Luther King Jr., 34, related his vision for a more equitable America. King had flaws. But his strengths, passion, and soaring language pushed the civil rights movement over the top.

Try your luck... Trivial Pursuit the last 100 Years

1. What year did the Titanic sink? (a) 1935 (b) 1920 (c) 1912
2. The attack on Pearl Harbor began in what year? (a) 1976 (b) 1941 (c) 1953
3. In 1960 John F. Kennedy defeated (a) Harry Truman (b) Richard Nixon (c) Ronald Reagan in a close Presidential race.
4. What year did Amelia Earhart become the first woman to fly solo across the Atlantic Ocean? (a) 1999 (b) 1940 (c) 1928
5. What bridge in San Francisco was completed by the year 1937? (a) Golden Gate Bridge (b) The Cisco Bridge (c) The Brooklyn Bridge



Join the Arbor House Book Club

Every Thursday we will be reading the second novel in the Mitford Series, *A Light in the Window*, by Jan Karon. The number one character, Father Tim, continues to enlighten us with his humor and wisdom for the people of Mitford.

Like *At Home in Mitford*, the first novel in the series, this is filled with the miracles and mysteries of everyday life, and the affirmation of what some of us already know: Life in a small town is rarely quiet. And absolutely never boring.



JANUARY

AUSTRALIA DAY	BLIZZARD	FOOTBALL	FREEZE
HIBERNATION	ICICLE	I HAVE A DREAM	MITTENS
NEW YEARS DAY	NORTH POLE	PENGUIN	RESOLUTION
SCARF	SKIING	SNOWFLAKE	SNOWMAN
SUPER BOWL			

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

100 YEARS



100 YEARS

PHOTO CAPTION: Members of the 100-year Club at Arbor House Assisted Living: Ethel W, Ruby O, Ruby T, and Olivia T (99-years, will be celebrating her 100th birthday January 9.)

Celebrating 100 Years!

Ruby Olson is the newest member of the 100-Year Club at Arbor House Assisted Living. Ruby celebrated her 100th birthday on Dec. 6, 2011. She is one of the Club's centenarians who continues to enjoy a happy lifestyle.



Ruby, originally from Waco, TX, grew up in Paoli, OK. Widowed at a young age, left with three young children, she moved to Oklahoma City in search of a new life and employment opportunities. "I worked long, hard hours to raise the children and make a decent living," Olson said. After her children were grown, she met and married Harry Olson. They were happily married for 47 years. When asked what she attributes to her long and healthy life, Ruby said, "Hard work, dedication and always staying busy."

Today, Ruby enjoys her family's visits and daily activities at Arbor House. Her family consists of one daughter, two sons, six grandchildren, five great grandchildren, and the caring staff of Arbor House.

Ruby became a resident at Arbor House in May 2006 – and most mornings you can spot her at the daily exercise class continuing to keep her mind and body healthy. She can talk about the time she attended a parade during WWII and saw President Roosevelt, and in the next breath she can discuss the current books she's been reading. On her table sits her latest book, *Decision Points* by George W. Bush.

What's her advice for the young generation of today, "Don't expect things to be handed to you, work hard for what you want to achieve in life!"

The 100-year Club ladies, Ruby O, Ruby T, Ethel and Olivia (who turns 100 in January), are four extraordinary women who have lived through 10 decades of political news, leading entertainment stories, and world firsts and breakthroughs in science and culture. The staff at Arbor House Assisted Living is honored to celebrate memorable moments with these amazing individuals.

January Birthdays

Nancy Miller - January 1
Sally T. - January 2
Olivia 100th - January 9
Willie - January 14
Juanita - January 17
Vance - January 18
Katie - January 18
Mary W. - January 24
Jean - Jan 30

January Entertainment

Golden Oakie's - January 3
Bob Welp - January 4
Elad Katz - January 9
Ann & Allen Brock - January 10
Cliff Shelder - January 19



ARBOR HOUSE PHILOSOPHY

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

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Visit us online at www.arborhouse4u.com