

DOOR TO DOOR



THE Arbors™
Assisted Living Residential Communities

The Arbors at Amherst

August 2018



20th ANNIVERSARY / JULY 4th PICNIC

We had perfect weather, excellent food, great friends, a good family turn-out, wonderful music, ice cream served fresh from the local dairy (Flayvors), guests from the community, and a helping hand from our local Police Department. A big "Thank You" to our entire amazing kitchen staff who made our picnic a smashing success!

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WORLD FRIENDSHIP DAY - SUNDAY AUGUST 5th

Human beings are social creatures and have always valued the importance of friends in their lives. To celebrate this noble feeling it was deemed fit to have a day dedicated to friends and friendship. Accordingly, the first Sunday of August was declared as a holiday in the U.S. in honor of friends by a Proclamation made by Congress in 1935. Since then, World Friendship Day is being celebrated every year on the first Sunday in the month of August. This beautiful idea of celebrating Friendship Day was joyfully accepted by several other countries across the world.

Friendship Day is an opportunity to remember the important contributions friends make in our lives and another opportunity to extend your friendship toward others, be it a helping hand, a kind word, an invitation to join-in, a greeting, or simply a smile. Be a friend!

THE RECIPE FOR FRIENDSHIP

2 cups of patience, 1 heart full of love, 2 handfuls of generosity, 2 cups of loyalty, 1 cup of understanding, a dash of laughter. Mix all ingredients well. Sprinkle generously over a lifetime and serve everyone you meet.

FRESH PEACHES ARE IN SEASON!

Look for fresh peaches to be incorporated into the menu.

DISCUSSION ON AGING. Blessings and Challenges.

Join us to talk about the blessings and challenges of aging, the ability and skills needed to adapt and adjust to our ever changing world, and to find a safe place to voice your thoughts.

The first official group meeting was well attended and it was agreed to try to meet twice a month.

The next meeting will be held on Monday August 13th at 2:00 PM in the first floor activity room.

Bring your thoughts and ideas and we look forward to seeing you there!

A LOOK BACK..... In August 1947, the average annual income was 3,456. Minimum wage was 40c per hour. The average cost of a new house was \$13,000. A loaf of bread was 12c, a dozen oranges was 49c, a postage stamp was 3c each. A ticket to a movie was 35c. A car cost \$1,500. But best of all...gasoline was 23c a gallon— even cheaper than a gallon of milk, which was 80c.

THANK YOU! A big thank you to Priscilla S. (Apt #220) and her family member for doing such a lovely job on our flower planters out front. What a beautiful view of nature as you pull up under the portico. If you haven't been out to see them, I recommend you do.



TONGUE TWISTERS:

- A proper cup of coffee from a proper copper coffee pot.
- No need to light a night-light on a light night like tonight.
- The great Greek grape growers grow great Greek grapes.
- They think their teeth get thinner at times they want to taste thick meat.

UNSCRAMBLERS: Food For Thought.

ETROMWANLE	RSABRESWRIET
ELPNSPEPIA	LPUSM
OSGAREN	HARBBRU

Above: Our Lunch Bunchers enjoyed a “taste of China” at the Ginger Garden. An afternoon of good food, great conversation and laughter, and great company. It was a treat having chef Tammy along with us!



CONGRATULATIONS SHANEL on the arrival of her new baby girl **Aubrey**. Born **July 24th, 6lb 11oz, 19 inches in length.**

We would like to welcome Aubrey to our Arbors family and look forward to seeing her soon.

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Above: When you add a root beer float to your afternoon...the day gets even brighter!

Birthstone– Sardonyx
(Married Happiness)
Flower - Gladiolus

Foot Clinic
8/2

Hairdresser
Tuesdays

Welcome Home New Residents

Lourdes M. (213)
Betty T. (214)
Judy J. (242)

Happy Birthday !

8/2 Steve B.
8/3 Chet P.
8/6 Lou H.
8/9 Bruce M.
8/12 Betty T.
8/21 Jane P.
8/21 Candace F.
8/25 Henry D.
8/28 Bernard K.

UNSCRAMBLER ANSWERS:

WATERMELON	STRAWBERRIES
PINEAPPLES	PLUMS
ORANGES	RHUBARB

To Your Health...

“NATURE’S PHARMACY”

Have you ever looked closely at your food?

Carrots look like human eyes, and they greatly enhance the blood flow and function of the eyes.

A **tomato** has four chambers and is red, just like your heart. They are loaded with lycopene and are indeed pure heart and blood food.

Grapes hang in a cluster in the shape of a heart. Each grape looks like a blood cell and research shows they are also profound heart and blood vitalizing food.

Walnuts look like a little brain. They help develop neurotransmitters for brain function.

Celery looks like a bone. Bones are 23% sodium and so is celery. If you don’t have enough sodium in your diet, the body pulls it from bones, making them weak. Celery replenishes the skeletal needs of the body.

Onions look like your body’s cells. Research shows they help clean waste materials from the body’s cells. They also produce tears to wash the eyes. A working companion, **garlic**, also helps eliminate waste materials and dangerous radicals from the body. **Bon Appetite!!**