

January

The Orchard Oracle

JANUARY 2018

VOLUME 2 ISSUE 1

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&

All the staff
and residents
at Orchard
Senior Living



ORCHARD
a community of care



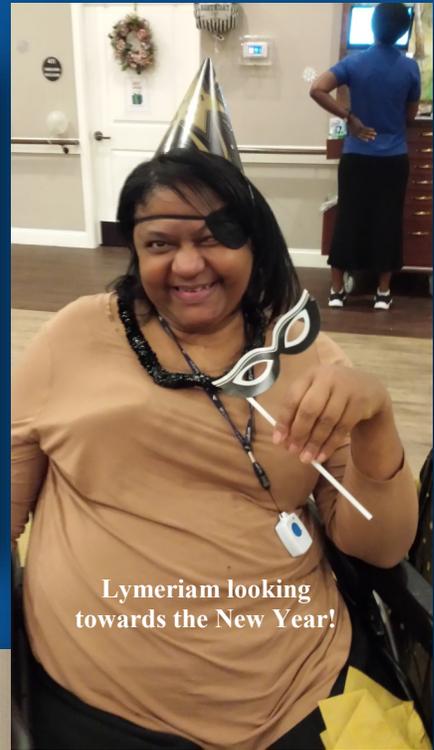
2060 Idlewood Rd
Tucker, GA 30084
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New Year's Eve @ Orchard at Tucker



Bringing in New Year



Lymeriam looking towards the New Year!



Cheers from D.J. & friend!



Happy New Year from Lydia!

New Year's Eve @ Orchard at Tucker

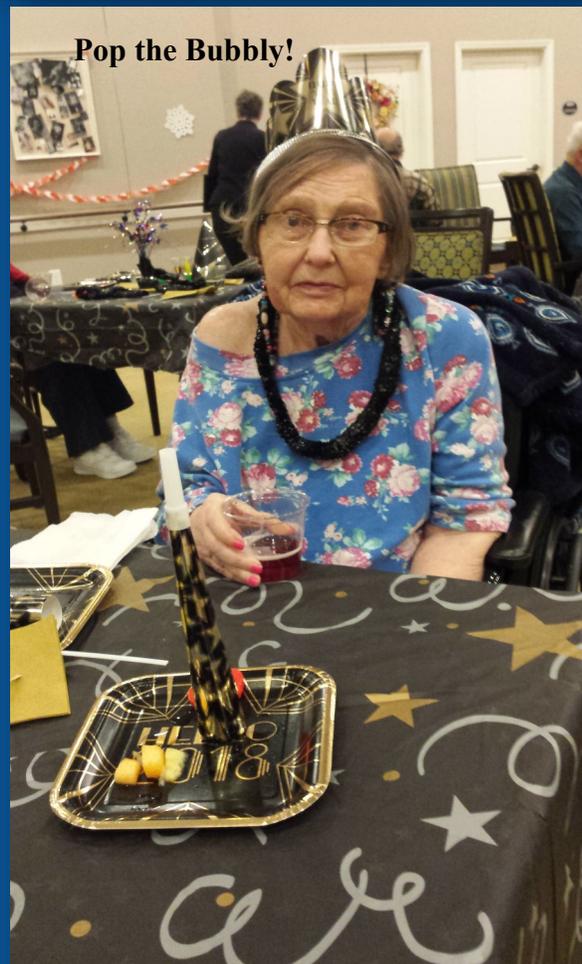


Hanging out at Orchard's Rock'n New Year's Eve Party!



Dancing in the New Year!

New Year's Eve @ Orchard at Tucker



New Years @ Orchard at Tucker



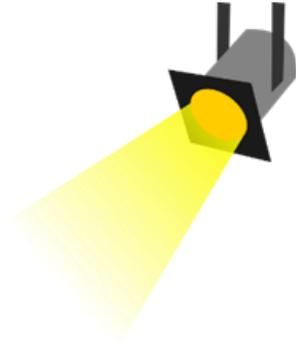
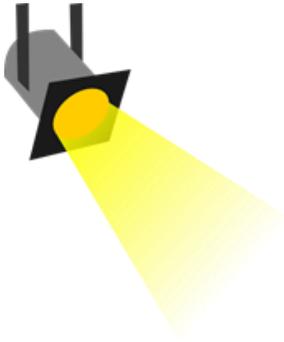
Happy to bring in the New Year Together!



Engagement Team embracing the New Year!

RESIDENT SPOTLIGHT

“Pat McAlister”



By Dick Suever

Pat was born to Stafford and Vera Davis in 1935. She was the fourth child in the Davis family which eventually grew to six children, five boys and Pat.

The Davis family rented 160 acres of land adjacent to their home in Kiowa County, Oklahoma. They paid contractors to do the majority of the work on the annual wheat and cotton crops.

When Pat was only eight year old she was already working in the fields hoeing cotton, carrying ice water to the workers and learning to drive the farm tractor.

Pat purchased do-it-yourself manuals with her own money at the five and dime store to teach herself how to knit, sew, crochet, and quilt. She was a gifted athlete already playing on the girl's varsity basketball team when she was a freshman, and outstanding at softball and track.

The six Davis children traveled 12 miles each way to school in Lone Wolf, Oklahoma for twelve years. Pat went to college for only two years since money was scarce and athletic scholarships for girls were not yet available. She regrets not finishing college to this day.

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RESIDENT SPOTLIGHT: “Pat McAlister”

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While working on a part time job she was dating Cadets from a nearby base. Also working a part time job at the same location was Everett McAlister who Pat called “Mack.” After noticing that Pat was dating only Air Force guys Mack asked her to give him a chance for a date. That was her last date with anybody other than Mack. After a few months Pat and Mack married and in a couple of years had two daughters, Linda and Cindy. Seven years later Pat became pregnant with a boy. He was born prematurely with significant health problems. The family was told by the doctor that Kevin’s condition was serious and that he might not live more than a year. The distraught McAlister’s decided to take Kevin home to be with them for whatever time he lived. Remarkably, he lived for twelve years, the last three at Sunland Hospital in Orlando, Florida where members of the family visited him twice a week. During his first ten years while he was at home Pat cared for him while getting only three to four hours sleep each night with help from their daughters.

In spite of his constant serious condition, including not being able to talk, or walk Kevin was a sweet and friendly boy with yellow blond hair and a big smile. The family took him with them everywhere, to church, to visit the in-laws and friends. He always knew what time the school bus was due to bring his sister’s home because they would stop to greet him each time they got off the bus.

Following are the words of a parent of a child with disabilities:

This experience we did not choose, which we would have given anything to avoid, has made us different, has made us better. Through it we have learned the lesson of Sophocles and Shakespeare- one grows through suffering. I write now what fifteen years past I would still not have thought possible to write; that if today I was given the choice, to accept the experience, with everything that it entails, or to refuse the bitter largesse, I would have to stretch out my hands-because out of it has come, for all of us, an unimagined life. And I will not change the last word of the story. It is still love.

Words of Pat McAlister: Those twelve years with Kevin were the high point in my life.

January Symbols

- **January Flower of the month:**
Carnation, Snowdrop.
 - **Zodiac Signs: Capricorn / The Goat / Dec. 22 - Jan. 19**
Pisces / The Fish / Feb.19 - Mar. 20
 - **The name for the Moon in January is called Old Moon, Moon after Yule, Storm Moon.**
 - **January Birthstone: Garnet -**
 - **Meaning: Constancy**

Birthstone Color: Deep Red

One glance at the deep red seeds nestled inside of a pomegranate fruit explains why the word "garnet" comes from the Latin word "granatus," meaning "grain" or "seed." This name was given to the garnet because of its close resemblance to the succulent pomegranate seed. But don't bite into a garnet, because at Moh's hardness 6.5 to 7.5, it will definitely damage the teeth!

There are many myths and legends surrounding the garnet. One Biblical legend is that Noah hung this gem on the ark to light his way through the dark and stormy nights of God's wrath.

A Greek myth linked to the garnet is the story of the young goddess of sunshine, Persephone, who was abducted by Hades, god of the underworld. Hades eventually released Persephone, but not before he offered her some pomegranate seeds, which guaranteed her return to him. First mined in Sri Lanka over 2,500 years ago, the garnet is also found in Africa, Australia, India, Russia, South America; and in the United States, in Arizona and Idaho. Although most commonly known as a red gemstone, the garnet comes in a variety of other hues, including muted yellows, vibrant oranges, rosy pinks, lime greens, and violets—a virtual bouquet of colors. This diversity is due to unique combinations of elements within each particular gem, such as iron, calcium, and manganese.

Archaeologist findings of primitive style garnet jewelry among the graves of lake dwellers dates the early use of this gemstone to the Bronze age. But not all garnet is of gem quality. It is also a very effective abrasive and is used commercially for grinding and polishing. Garnet coated sandpaper is one such industrial use.

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The garnet continues to be the protective gem of journeyers. A gift of garnet is thought to be symbolic of love and the desire for a loved one's safe travel and speedy homecoming. It is January's birthstone, but far from being only a winter gem, the garnet, with its brilliance and multitude of colors, is truly one for any season.

This Month in History - January

1 Paul Revere was born (1735)

1 [Emma M. Nutt](#) become sthe first woman telephone operator. (1878)

1 The ball was first dropped at Times Square in New York City. (1908)

3 Construction began on the Brooklyn Bridge (1870)

6 Samuel Morse demonstrates the telegraph (1838)

7 Astronomer Galileo Galilei discovers four of Jupiters moons. (1610)

9 The United Nations opens it's headquarters in New York City.

10 The world's first underground passenger railway system opens in London, England (1863)

11 American League baseball adopts the "Designated Hitter" rule (1973)

12 Batman debuts on television (1966)

14 The United States of America ratifies a treaty with England ending the Revolutionary war. (1784)

14 The Miami Dolphins defeat the Washington Redskins in Superbowl VII , and become the first undefeated team in NFL history. (1973)

14 The Simpsons debut on television. Will Tv ever be the same again!?! (1990)

15 The Pentagon opens (1943)

15 Happy Days premieres on television (1974)

16 Operation Desert Storm begins to oust Saddam Hussein's Iraqi forces from Kuwait. (1991)

17 The U.S. Supreme court rules that taping on home VCRs does not violate copyright laws.

(1984)

20 The Beatles release "Meet the the Beatles", their first album to the U.S., sparking a new "English invasion". (1964)

20 At 69 years, 349 days old, Ronald Reagan becomes the oldest person to become U.S. president. (1981)

21 Edward Jenner introduces the smallpox vaccine, which eventually leads to wiping out this deadly disease.(1799)

21 The first Kiwanis club is formed in Detroit. (1915)

21 Science fiction writer George Orwell dies. (1950)

22 A historic Supreme Court decision in Roe vs. Wade legalizes abortion. (1973)

23 The deadliest earthquake in history strikes Shansi, China, killing 830,000 people. (1556)

24 Beer was first sold in cans . See [Beer Can Appreciation Day](#) (1935)

24 WWII Yalta agreement signed by the U.S., England, and Russia. The agreement defined how Germany would be divided and administered after the war's end.(1945)

25 The first Winter Olympic games begin in Chamonix, France. (1924)

25 The first Emmy awards were given out. (1949)

26 The Dental Drill was patented. (1875)

27 The Russians liberate Auschwitz in WWII (1945)

27 Tragedy strikes the Apollo space program as a fire in the command module kills astronauts Lt. Col. Virgil "Gus" Grissom, Lt. Col. Edward H. White, and Lt. Cdr. Roger Chafee . (1967)

28 U.S. space shuttle Challenger explodes 72 seconds after liftoff, killing the seven crew members. Among the crew was school teacher Christa McAuliffe. (1986)

29 Baseball's American League is founded (1900)

30 Tet New Year offensive launched by Viet Cong guerillas in Vietnam. (1968)

31 Confederates appoint Robert E. Lee their Commander in Chief.

Announcing...
LIVE & LEARN

A monthly educational forum new to Orchard Tucker 2018! Join us in person or online to learn more about the complex syndrome of Dementia. Discuss your personal experiences and ask questions about things you observe or what you can do to help improve communication. Participants will watch a 10-minute video topic presentation followed by group discussion and a Q & A to address personal fears or frustrations.

February's Family Topic:
States and Stages of Dementia.



REMINDER:
GENTLEMEN'S CLUB
With James
EVERY FRIDAY
@ 2:30 PM



**STAFF KUDOS WINNERS
(DECEMBER)
VOTED BY RESIDENTS
& FAMILY MEMBERS**

**PATRICIA, CARE
CHANDRA, CARE
MARIE, MED & CARE**

Poem, Desiderata

By: Max Ehrmann, 1952

Go placidly amid the noise and haste, and remember what peace there may be in silence. As far as possible without surrender be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons, they are vexations to the spirit. If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans.

Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism.

Be yourself. Especially, do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is as perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be, and whatever your labors and aspirations, in the noisy confusion of life keep peace with your soul. With all its sham, drudgery, and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

**PLEASE RECYCLE THIS
NEWSLETTER BY RETURNING TO
ENGAGEMENT DEPARTMENT!**



**HELP KEEP PAPER & INK USAGE
LOW BY RECYCLING THIS
NEWSLETTER!**

**PLEASE—
DO NOT THROW THIS AWAY!**

**ONCE YOU HAVE FINISHED
READING, PLEASE RETURN IF YOU
DO NOT WANT TO KEEP!**