

Resident & Family Council

Pines III provides space and coordinates the participation of interested participants for Resident and Family council. This is an opportunity to come together and discuss any changes they would like to see implemented, share concerns, or simply collaborate with our council members. Please stop by the front desk if you would like to schedule a date and time for a Resident & Family Council Meeting.

-Melissa Whiteside
Executive Director

Left or Right?

Celebrate the lefties in your life on August 13, International Left-handers Day. Around 10–12% of the population favor using their left hands, with males more likely to have this trait. About 1% of people are ambidextrous, meaning they use both hands equally well. Being a lefty comes with challenges in a world designed for righties. Famous lefties include da Vinci, Einstein, Oprah, and Paul McCartney.

August is the eighth month of the year in the Julian and Gregorian calendars. It was named for Roman Emperor Augustus Caesar, the grandnephew and adopted son of Emperor Julius Caesar, who is honored with the previous month, July. Originally, August was the sixth month in the 10-month Roman calendar. Around 700 BC, Numa Pompilius added two new months: January and February. In 45 BC, Julius Caesar added two days to August, changing its length from 29 days to 31.

August Birthdays

Resident Birthdays

Carlleen C - August 18th

Herman Melville (novelist) - August 1, 1819
Barack Obama (president) - August 4, 1961
Lucille Ball (comedienne) - August 6, 1911
Dustin Hoffman (actor) - August 8, 1937
Danielle Steel (novelist) - August 14, 1947
Gene Kelly (actor) - August 23, 1912
Mother Teresa (saint) - August 26, 1910
Ingrid Bergman (actress) - August 29, 1915



Birth Flower: Gladiolus **Birthstone:** Peridot

Astrology

In astrology, those born between August 1 and 22 are Leo's Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is Leo's mascot. Whether it's in Hollywood or in the home, Leos accomplish their goals. Those born between August 23 and 31 are Virgos. Virginal Virgos are considered shy, pure of spirit, and self-sufficient. They take incredible pride in their work, show diligent habits, and are well respected in their circles.

The Pines Times

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Celebrating August

Read a Romance Month

Golf Month

Family Fun Month

Root Beer Float Day

August 6

Purple Heart Day

August 7

Bargain Hunting Week

August 10–16

Vinyl Record Day

August 12

Social Security Day

August 14

Senior Citizens Day

August 21

Kiss and Make Up Day

August 25

Rainbow Bridge Remembrance Day

August 28

Eat Outside Day

August 31

Summer Treats

August is the perfect time to enjoy ice cream. And there are so many delicious flavors— from mint chocolate chip to Oreo to rocky road to lemon pie—that you could easily sample a new one each day of the month. However, up until the turn of the 20th century, ice cream was a luxury item. Today, the cool, creamy treat is available in nearly every grocery, corner store, restaurant, and home freezer. And while there are literally thousands of flavor options, the most popular of all is simple: vanilla. It's unclear when ice cream was invented, but it was eaten in ancient China, where rulers enjoyed a frozen concoction made by packing milk and rice into snow. In ancient Rome, Emperor Nero also had a panache for desserts made with snow and flavored with honey, fruit, and nuts. European kings and queens also served "cream ice" at court. The first hand-crank freezer was invented in 1846; before that, ice cream was stirred by hand in a bowl nestled over a bucket of salt and ice. In 1851, mass ice cream production began, making it possible for us all to scream for ice cream.



Here at Pines III our Assistant Nursing Director, Natalie, and our Operations Manager, Shadae, hosted a lemonade stand for residents as a fun summer treat!

Activities Connection

Can you believe that it is August already?
Where did the month of July go?

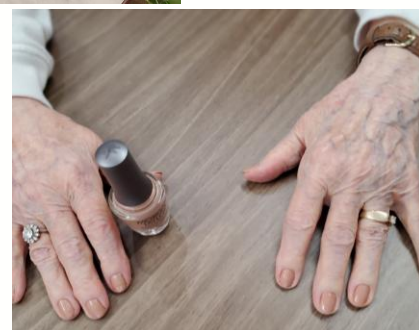
Well at Pines III we spent our days keeping busy and having lots of fun with many different types of activities! We started off July designing and painting 4th of July tee-shirts. Everyone who participated had so much fun creating their one-of-a-kind tee!

Music was a big part of July for us! Every Monday & Friday there was music added to our exercise classes! Special thanks to Judy Gordon (Move with Music) and Carolyn Haney (Brain & Body Beats). Our live music performers this past month were Bob & Carol Flatt (singers/guitars), Glenn Laspi (singer/guitar) and Steve Johnson (Piano).

I added some new activities to our July calendar. I hope everyone enjoyed them! They included re-potting house plants, UNO, Q & A about our newest activity gal Callie, Color by Number, watercolor class with Callie, sketching and a hearing-impaired presentation for a free phone. I have added an Activity Club on the August calendar so, please join me. This is a great time to share what I am doing right and things that you would like to see me add to the activities calendar.

I do appreciate everyone that takes part in my activities, it is always an enjoyable time to spent with each other!

Thanks so much for your kindness,
Cindy Koecher
Health & Wellness Director



Bubble Breakthrough

What do penicillin, the microwave, potato chips, and bubble gum all have in common? They were invented by accident. Walter Diemer was an accountant for the Fleer Chewing Gum Company in Philadelphia. When he wasn't working on the books, he spent his free time mixing new recipes for bubble gum. The problem was that current gums were too sticky and would break apart too easily. He wanted to invent a gum that was less sticky and could be blown into a perfect bubble. In 1928, Diemer mixed a successful batch but failed to write down the recipe. He spent four months trying to duplicate it. Then, in August of that year, he succeeded. The only food coloring available at the factory was pink, so that became the color of Diemer's 300-pound batch of bubble gum. Pink has been the standard color ever since. When he brought the first 100 pieces to a candy store, he priced his gum at one penny apiece and sold out in one day. To help sell his gum, Diemer taught store owners how to blow bubbles so they could teach their customers. The Fleer Chewing Gum Company called Diemer's gum "Dubble Bubble," and in the first year of production, it earned \$1.5 million.

What's Lucky in August?

Lucky Color: Green
Lucky Animal: Lion
Lucky Letters: J and L
Lucky Day: Sunday
Lucky Plant:
Watermelon



This Month in History. . .

August 1, 1944 – Anne Frank penned her last entry in her diary "I keep on trying to find a way of becoming what I would like to be, and what I could be, if...there weren't any other people living in the world." Three days later she and her family were arrested and sent to concentration camps

August 1, 1838 – Slavery was abolished in Jamaica

August 6, 1945 – The first atomic bomb was dropped over the center of Hiroshima at 8:15am by the American B-29 Bomber *Enola Gay*

August 6, 1965 – The Voting Rights Act of 1965 was signed into law by President Lyndon B Johnson

August 9, 1945 – The second atomic bombing of Japan occurred as an American B-29 headed for the city Kokura, but because of poor visibility chose the secondary target of Nagasaki.

August 9, 1974 – Effective noon, Richard Nixon resigned the presidency because of the Watergate Scandal. He is the only president to resign

August 14, 1945 – President Roosevelt signed the Social Security Act establishing the system that guarantees pensions to those who retire at 65. The system also aides states in providing financial aid to dependent children, the blind and others, as well as administering a system of unemployment insurance

August 14, 1945 – V-J Day Commemorating President Truman's announcement that Japan had surrendered to the allies

August 18, 1920 – The 19th amendment to the US constitution was ratified, granting women the right to vote