



Celebrate Friendship Day: Sunday, August 4

In 1935 the first Sunday of August was proclaimed the first annual Friendship Day. This year Friendship Day falls on Sunday, August 4th. The celebration of Friendship Day has become an annual event in the United States. Over the years this tradition spread to other countries and they also started celebrating this day with much excitement.

This is a day for us to spend time with our friends and let them know how much they are loved and appreciated in our lives. Friendship Day is a celebration of those in our lives who give life meaning and joy. It allows us to pay tribute to our friends, new and old who have played an important role in helping to shape who we are today.

Having a support system of friends in today's crazy world is so vitally

important. Friends can be a pillar of strength to us during the rough moments throughout our life. The bonds between true friends is so important. Having close friends there for you through the good times and bad makes our lives so much more meaningful.

As with all relationships in our lives, we must nurture our friendships. Let Friendship Day remind you of that special person. Give them a call, send them an email, or write a heartfelt letter and let them know how much they mean to you.

Friendship Day is the perfect day to expand your circle of friends. Reach out the hand of friendship to your neighbors and co-workers. Websites devoted to social networking have also become very popular destinations for those wishing to

expand their circle of friends.

Making friends gives us the chance to share our lives with others and the chance to be accepted and understood by another person. It has been compared to falling in love and is just as thrilling as having new experiences. Having a friend is having a relationship that contains a mutual feeling of understanding, acceptance, support, trust and affection.

As the saying goes - **"A friend is someone who knows the song in your heart, and can sing it back to you when you have forgotten the words."** ~ Unknown

Happy Birthday

RESIDENTS

Jan	8/01
Greta	8/15



National I Love My Feet Day! is August 17th

A national holiday to celebrate feet might seem like a stinker at first, but on August 17th let's all remove our socks and shoes anyway, and contemplate all our feet do for us. From faithfully helping us move about our day-to-day life, to dancing, running, and swimming, our feet are there with us every step of the way.

With 26 bones connected delicately by 33 joints and over a 100 ligaments, tendons and muscles, the human foot is designed to support our entire body.

Some ways to maintain healthy feet include: wearing proper footwear, keeping your feet clean and dry, stretching before exercising, keeping your toenails manicured, and treating your feet to a massage once in a while.

National Relaxation Day is August 15: Try These Two Mindfulness Exercises!



Mindfulness exercises let you “tune in” to yourself. Distractions are let go, and your brain power is increased. The exercises help you think more clearly and concentrate better. The best news is that they are easier than you might think to learn!

Self Reflection Exercise

Anytime you are stressed, stop, and carefully watch yourself to identify what's bothering you. You may be expecting something bad to happen, perhaps there is an argument going on just below the surface of your consciousness, or you're worried about something, or in pain in some way. Notice everything you can.

This self-observation is crucial. It will get easier as you do it more. You'll start to realize just how many things are going on in your own head, distracting you.

Now deal with these mind-irritants. Make the phone call that's on your mind, take an aspirin, apologize to whomever you were fighting with. You can write things on tomorrow's to-do list to get them off your mind. If there's nothing you can do right now to resolve a problem, tell yourself that. When you do this exercise, you'll feel less stressed, and more able to focus on your tasks.

Senses Exercise

Sit down, relax and breath deeply through your nose. Let your eyes close and be aware of your breath going in

and out. Move your attention to your body, one part at a time, noting sensations of cold, hot, tight, sore and anything else you identify. After a few minutes, start listening to sounds in the room, without thinking about them. Just listen, while still maintaining an awareness of your body and your breath.

In ten minutes or so, or when it feels right, open your eyes and look around as if you are seeing for the first time. Let your eyes rest on an object for half a minute, examining it without talking about it in your mind. Then move to another object, and another, while still maintaining an awareness of your body, your breathing, and any sounds. Just stay in this state of mindfulness for a few minutes, until you are ready to get up.

When you are aware of your body, breath and immediate environment, you are more fully “in the moment.” Your mind is in a receptive state, with fewer mental distractions that can prevent clear thinking. An exercise like this before important mental tasks will give you greater brain power, specifically more focus and concentration.

August 7th is Lighthouse Day – A Part of Our Past, Present, and Future

Why are so many people drawn to lighthouses? Maybe it is because lighthouses are found in some of the most beautiful places on earth. To some, lighthouses appeal to their nostalgic or artistic senses since lighthouses are some of the most historical structures to be found in the United States today. It may also be that some are drawn to the lighthouses due to the multitude of heroic rescues associated with them.

Lighthouses today, like in the past, stand as beacons of safety and security. The lighthouse is a part of our past, present, and future.

Many years ago, people lived in a primitive way, hunting and growing their own food. Eventually, they decided to explore the water in a boat in search of what the sea had to offer for food. During the day it was easy for them to find their way home, maybe by a pile of rocks they had left on the shore or some other type of sign. Night was a different story since much of the shore looked the same. As bigger ships were built and mariners sailed further from home, many were wrecked as the waves pushed them into rocky shores or dangerous reefs. The need for some type of warning signal arose, and the lighthouse came into being.

The first lighthouse was built in Egypt around 280 BC.

Records tell us that the Pharos of Alexandria, Egypt was the tallest lighthouse ever built - 450' (about the size of a 45-story skyscraper today). The source of light was an

open fire at the top. The Pharos lasted for 1500 years before it was destroyed by an earthquake in the 14th Century.

The two main purposes of a lighthouse are to serve as a navigational aid that helps sailors know where they are and to warn mariners of dangerous areas. A lighthouse is to a sailor what a seeing eye dog is to a blind person.

While we often think of lighthouses as a tall cone shaped tower, lighthouses come in many colors, shapes, and sizes. Depending on where the lighthouse is built, it may be tall, short, or squat. Lighthouses can be square, octagonal, conical, cylindrical or even skeletal. While many lighthouses stand alone, some have a building attached where the keeper of the lighthouse stayed.

Lighthouses are built out of many different materials such as: stones, wood, concrete, steel, cast-iron, or even a mixture of shells, lime, water, and sand. Lighthouses tend to be unique!

Lighthouses are found in a variety of locations; rocky cliffs, sandy shoals on land, on a water swept reef at sea, and at entrances to bays and harbors. They are there to warn sailors of dangerous reefs under the sea, rocky coasts on land, and to guide ships to the entrances of bays and harbors. The lighthouses message has always been; **STAY AWAY, DANGER, BEWARE, or COME THIS WAY.** Every lighthouse, no matter where it is, tells every mariner, **THIS IS EXACTLY WHERE YOU ARE.**



August 25th is Banana Split Day!

When you think classical American dessert, banana split would likely make the top five of anyone's list! On August 25th, we celebrate the creation of this delicious hot and cold treat with National Banana Split Day.

In 1904 a 23-year-old David Evans Strickler made his mark on history by inventing the banana split! This dessert traditionally includes a banana cut in half lengthwise (hence the name) and scoops of vanilla, strawberry, and chocolate ice cream. Some favorite toppings include heated chocolate fudge sauce, strawberry and pineapple sauces, whipped cream, nuts, and maraschino cherries.

In Latrobe, PA, locals celebrate National Banana Split Day with the annual Great American Banana Split Festival. In 2004 Latrobe hosted the 100th anniversary of the invention, and that same year it was certified as the birthplace of the banana split by the National Ice Cream Retailers Association.

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AUGUST – WORD SEARCH

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BANANA
BOOK
BREATHE
EXERCISE
FEET

FLOWERS
FRIENDSHIP
JOY
LIGHTHOUSE
MEMORY

MUSIC
POTATO
READ
REFLECTION
RELAX