

Sierra Ridge Memory Care
3265 Blue Oaks Drive
Auburn, CA 95602

Postage
Information



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Sierra Ridge Newsletter

August 2019

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Community News

Mission Statement

Sierra Ridge is committed to being the leader in providing quality personal service for our residents while honoring the experience of aging through our In the Moment Program Philosophy

Employee of The Month



Congratulations Lewis!

Thank you for all the tasty dishes and snacks you prepare for our residents Lewis! You are a great addition to our culinary department.

Congratulations!



FUN PHOTOS



Diana & Gunda singing during karaoke



Margaret preparing Bananas for bread.

August Birthdays

In astrology, those born between August 1–22 are Lions of Leo. Leos are natural leaders: intelligent, courageous, and bold. Leos' social natures also make them excellent friends. Those born between August 23–31 are Virgo's Virgins. Virgos love paying attention to details—not to be picky, but to help others. Such efficiency makes them clever problem-solvers and fact-finders.

Happy Birthday to:

Bob – 11th of August

Nettie – 14th of August

Gunda – 22nd of August

Hope you have a lovely birthday filled with happiness and fun!

Dates to Remember in August!

Read a Romance Novel Month
American Artists Appreciation Month
International Clown Week
August 1–7

Bowling Day
August 10

International Left Handers Day
August 13

International Geocaching Day
August 17

Bow Tie Day
August 28



The Great Moon Hoax of 1835

On August 25, 1835, the *New York Sun* newspaper published the first of six articles describing the discovery of strange new life on the moon, including unicorns, two-legged beavers that walked upright and lived in huts, and winged, bat-like humanoids that worshipped at the Temple of the Moon. While the discovery may sound far-fetched today, it was very believable then, especially since it was purported to be a reprint of a paper published in the *Edinburgh Journal of Science*. The articles were written by Dr. Andrew Grant, who was describing the findings of his colleague, the esteemed astronomer Sir John Herschel. What the public did not know was that the *Edinburgh Journal of Science* had folded the year

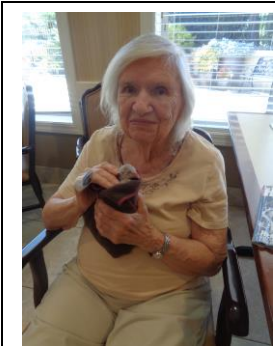
previous and Dr. Grant was completely fictional. Readers did not recognize the pieces to be satire, and the *New York Sun* suddenly enjoyed skyrocketing sales. The articles were reprinted in newspapers across Europe. When Herschel learned that the bogus discoveries had been attributed to him, he could only laugh. Horror writer Edgar Allan Poe was also amused. He had recently published the short story "The Unparalleled Adventure of One Hans Pfaall," where a man voyages to the moon in a hot-air balloon. Poe was working on a sequel when the articles broke, but he abandoned his work because he felt that he could not compete with the fantastic fictional reporting.

Activities!

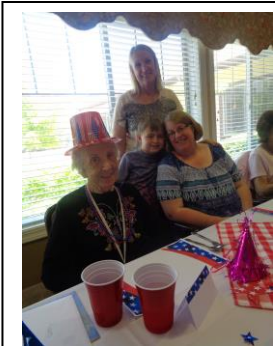
According to the Alzheimer's Association, research has shown that people who are regularly engaged in social interactions and activities are also better able to maintain healthy cognitive functions. People who are socially engaged are also more physically active and are more likely to maintain a nutritious diet. Social activities can also help people reduce stress and anxiety, which is what ultimately, leads to lower blood pressure levels.

The Alzheimer's Society noted that remaining socially active may improve sleep quality as well. This is important, as getting a good night's rest is key to avoiding conditions like depression and anxiety, which people with dementia tend to be more vulnerable to.

At Sierra Ridge we make every effort to engage our residents in activities, thereby keeping them healthier and happier.



Helen petting a Chicken.



Betty having fun with Family at our July BBQ



Betty, Georgie, Alfred, Naydene and others enjoying balloon toss.



Notable Quotable

"It is not in doing what we like, but in liking what we do that is the secret of happiness.

-James Barrie-



The Fairest of Them All

By the month of August, summer is in full swing, and nothing says summer like the state fair. With live music, animals, wacky inventions, crazy competitions, carnival rides, and a fascinating assortment of deep-fried foods, state fairs offer the ultimate Americana experience for Americans and foreign visitors alike.

The oldest state fair in America is the Great New York State Fair. Although the first fair did not take place until 1841, its story began in 1832 when a group of farmers formed the New York State Agricultural Society. The group tasked itself with innovating and sharing agricultural practices for New York's farmers. In 1841, the Society held its first ever state fair in Syracuse to showcase the bounty of

New York's farms. It is estimated that 15,000 people gathered for the fair, where they heard speeches, viewed livestock, sampled fresh produce, and cheered on the contestants of a plowing contest. This first state fair was not much different from the Great New York State Fair of today, which is still held in Syracuse.

New York's state fair may have been the first, but these grand events are found in almost every state of the union, and each fair boasts the unique flavor of its home state. The Kentucky State Fair is known for its World Championship Horse Show, a prestigious competition that has been held since 1902. Every year, the Iowa State Fair boasts a cow sculpted entirely of butter; the first was carved by J. K. Daniels in 1911,

and the tradition continues today. Additional butter sculptures have also included Elvis Presley, John Wayne, and the Last Supper. Washington's state fair, known locally as the Puyallup, ranks as one of the biggest in the world. Speaking of unique flavors, one of the best parts of every fair is the food. Traditional fair fare includes everything from Fisher scones dipped in honey butter and jam, to deep-fried butter, to corn dogs. All across America, there is a state fair to suit every taste



Lincoln's Penny

On August 2, 1909, the very first Lincoln cents were put into circulation by the U.S. Mint. Before 1909, a president's visage had never appeared on a coin. In January of 1909, the Mint approached artist Victor David Brenner to design a

coin depicting President Abraham Lincoln to commemorate the centennial anniversary of Lincoln's birth. Two years earlier, Brenner had completed a plaque of Lincoln in profile, and it was this plaque that became the design for the Lincoln cent, with

Brenner imprinting his initials VDB on the reverse. Just one week after the minting, production of the pennies was halted to remove the prominent and confusing VDB initials. These original VDB pennies are rare collector items today.



Notable Quotable

The Fair brings out the child in everyone.

-Author unknown-