

August 2021



# Newsletter



## August 21 is National Senior Citizens Day

*A day to honor and show appreciation to our seniors. Write a letter, become pen pals, call/video chat or schedule a visit with elderly family members or friends to show your gratitude. Reminisce with them about their favorite childhood memories. Listen to their stories and recognize their accomplishments throughout their lives. Thank them for all the wisdom and knowledge they've passed on to future generations, whether it's a favorite recipe, craft, hobby, or life lessons.*



## *Relaxation is the Key to Less Stress*

**Relaxation Day is August 15.** While studies show eating a healthy diet and exercise may reduce stress levels, relaxation is also needed to recharge us mentally and emotionally. When stress becomes overwhelming, here are three relaxation techniques to try that may make you feel calmer and less stressed:

**Deep breathing** exercises may help slow your heart rate, lower blood pressure, and clear your mind. Begin by lying on your back or get into a comfortable position. Inhale slowly through your nose filling the lungs completely over a period of five to ten seconds. Hold it, and then slowly release your breath through pursed lips, taking two to three times as long to exhale as to inhale.

**Guided imagery** can be done alone or combined with deep breathing techniques. Lie on your back or get comfortable

with your eyes closed. Imagine a peaceful setting at your favorite vacation destination. Put yourself there, feel the warmth of the sun on your cheeks, the breeze blowing through your hair.

**Indulging in relaxing spa treatments** which may include massage, mani-and/or pedicures, aromatherapy, listening to ambient sounds/music or a combination of treatments.

**Whatever method works best for you, try to do more of it. Your mind and body will thank you!**

# Purple Heart Day: August 7

Most American adults have heard of the Purple Heart Award, but what is the origin of this distinguished honor?

Inspired by Washington's Badge of Merit, on February 22, 1932 General Douglas MacArthur created the modern Purple Heart. But it wasn't until that May, the bicentennial of Washington's birth, that it was awarded. 137 WWI veterans were honored with the award at Temple Hill, New Windsor, New York, the site of the final encampment of the Continental Army in the winter of 1782-83.

Currently, the Purple Heart is awarded in the name of the US President presiding at the time of the award for soldiers who were wounded, killed or died of wounds who served after April 15, 1917. Other instances of the award being given include Purple Hearts for death by acts of terror outside the US, domestic terror, friendly fire, and POWs after December 7, 1941.

Source: [thepurpleheart.com](http://thepurpleheart.com)



## August is Sandwich Month

No matter how you slice it, everyone seems to have a favorite sandwich. In a month known for its “dog-days” and heat, a sandwich may provide just the meal you prefer. They’re low fuss, yet can be quick and nutritious, and most require no cooking.

A sandwich by definition includes one or more pieces of bread which can range from bagels to ciabatta, pumpernickel to Kaiser Rolls and have a filling of meat, cheese, fish, eggs, vegetables or a combination of them. Usually they also include condiments that range from mustard and mayonnaise to ranch dressing or horseradish sauce.

The first sandwich you ate was probably peanut butter and jelly on bread. Maybe the crust was cut off; maybe grandma made the jam or jelly from grapes, strawberries or raspberries. Any combination provided both the sweet and salty tastes we crave.

As adults we expand our tastes and have favorites like a BLT, Monte Cristo, or gourmet grilled cheese. With so many variations possible, an old favorite can become a new favorite. For example, a BLT could include avocado or a fried egg. The Monte Cristo might add avocado or be served on a glazed donut, and the grilled cheese could use a variety of one or more cheeses and include tomato, apple or ham slices.

Here are some delicious sandwich ideas that you may want to try:

- Cream cheese and cucumber on a dark bread
- Pimento cheese open-face on rye
- Egg salad with lettuce and tomato on sprouted grain bread
- Chocolate-hazelnut spread with sliced bananas on grilled whole wheat sprinkled with powdered sugar

Save your time and energy during the hot August days and enjoy a sandwich any way you like it!

## Bite-Sized Sandwich History

Americans eat more than 300 million sandwiches a day. That's almost one for every person in the United States.

The sandwich was invented in 1762 by an Englishman, John Montagu, 4th Earl of Sandwich.

It wasn't until 1815 when a recipe appeared in an American cookbook that the sandwich began its climb in popularity.



## Book Lover's Day

August 9, Book Lover's Day, an unofficial holiday recognized on a global scale. Its origins and creator remain unknown, but it's a nice idea to put away our smart phones for a day and pick up a book!

No matter what genre you prefer – romance, historical fiction, horror, fantasy, memoir or others – there are plenty of choices. Whether you like to search antiquarian book shops to discover first editions or want a new copy of the current bestseller, both contain stories that may take you to other countries where you learn about the culture, geography, customs and politics, or you learn more about what makes people tick in the USA.

Books were originally chiseled on stone tablets. Once the first paper was developed books were written on papyrus or vellum sheets and hand stitched together.



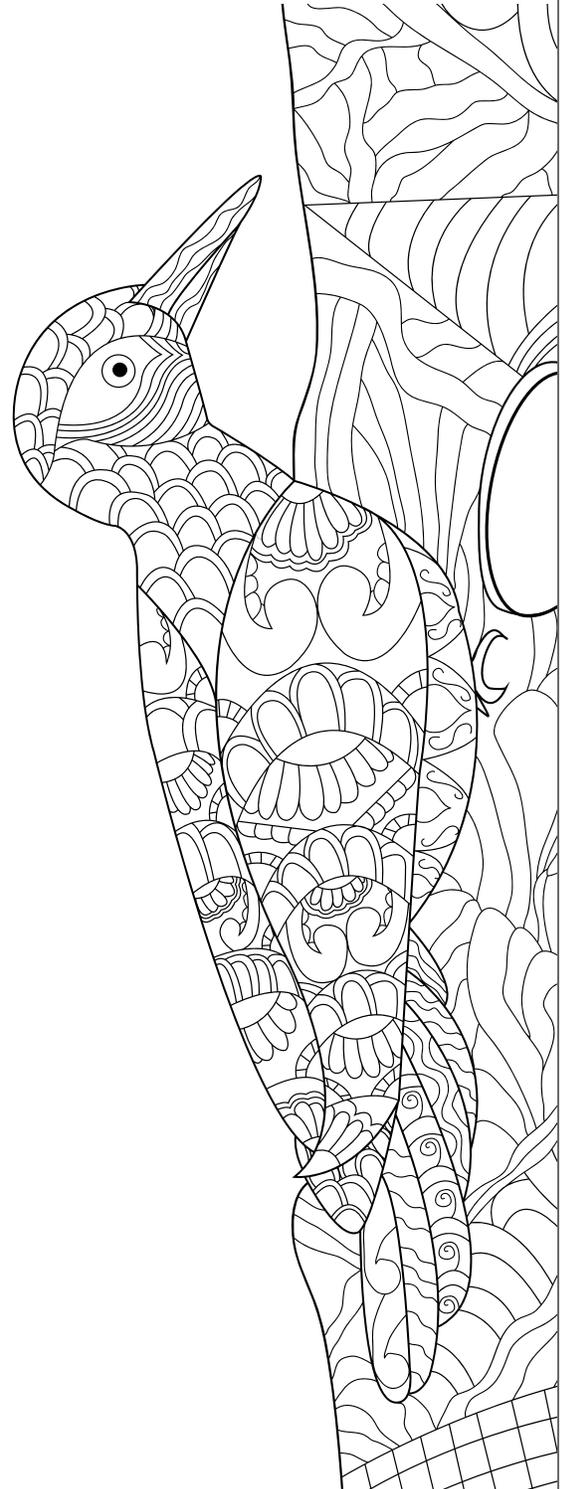
Hand written books were very valuable because of the time involved and scarcity. Libraries have existed since the Middle Ages, but due to their value, books were protected in these buildings, chained to shelves to prevent theft of the huge, hand-written tomes. Librarians alone had the authority to unchain the desired book and laid it on a nearby table while a patron perused it.

Modern day librarians or media specialists are just as helpful. They will assist in finding books on the topic of your choice, suggest titles in particular genres, and guide patrons to a variety of resources.

Check with your local public library for days and hours of operation and safety directives. Whether you visit your library or bookstore or order a new title online, enjoy a new story this August 9! A whole new world awaits within its cover!

## Think Coloring Books are Just for Kids?

Coloring books are not only a fun, trendy way for adults to relive fond childhood memories – they also have great therapeutic benefits like relieving anxiety, improving creativity and reducing stress. August 2 is National Coloring Book Day, which is a great excuse to dust off that old box of crayons and enjoy an art-filled afternoon!





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10515 East River Rd  
Columbia Station, OH 44028  
440.236.5091

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## Make Your Own Bookmark

Celebrate Book Lovers Day on August 9 by making your own bookmark! All you need are a few craft supplies.

### Supplies

- Glue
- Scissors
- Hole Punch
- Embroidery Floss
- Scrapbook Paper and Cardstock
- Stickers (or other embellishments)

Cut your cardstock paper to the shape you want your bookmark to be. This can be a standard rectangle or something more imaginative. Cut your scrapbook paper to the same size and shape.

Add any embellishments to your scrapbook paper next. Stickers are the easiest, but you can also add ribbon or fun tape. Use glue to attach the scrapbook paper to your cardstock. Let dry.

Hole punch the top of your bookmark. Cut your embroidery floss at about 12 inches, fold in half, and place your looped end through the hole.

Bring the thread from the back through your loop, tighten and knot.



## August – Word Search

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!



 Embassy Healthcare  
*think embassy*

[embassyhealthcare.net](http://embassyhealthcare.net)

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