



Celebrating August

Catfish Month

Golf Month

Watermelon Day
August 3

Elvis Week
August 10-16

Relaxation Day
August 15

Weird Contest Week
August 15-20

Radio Day
August 20

Be An Angel Day
August 22

Second Hand Wardrobe Day
August 25

Women's Equality Day
August 26

Toasted Marshmallow Day
August 30

“Cooking Up Magic Moments!”



RECIPE CONTEST

Remember how great the kitchen smelled when mom or grandma would make their famous meatloaf, pot roast, or spaghetti sauce.

There was always that one “secret” ingredient that would make a world of difference.

Well, Oakwood Terrace’s ‘Chef Theresa’ and Dietary Staff would like YOU to share your favorite Main Course “special” recipe(s).

Once or twice a week, our Dietary Staff will cook up these “special family recipes” (depending on how many recipes we receive).

Oakwood Terrace’s residents will pick the grand prize winning recipe and that recipe will be featured in our Fall Newsletter!

The winner will receive a gift card, a Kodak photo moment (which will be sent to local papers), and best of all, **BRAGGING RIGHTS!**

SO, PLEASE SUBMIT YOUR FAVORITE RECIPE(S), ALONG WITH YOUR NAME, ASAP, NEATLY HANDWRITTEN OR TYPED TO THERESA, DIETARY SUPERVISOR, OUR DIETARY STAFF, OR SYLVIA, COMMUNITY RELATIONS COORDINATOR.



**OH! YUM-YUM!
MAY THE BEST COOK WIN! GOOD LUCK!**



COMMUNICATION TIPS

by Clayton Jacobs
Outreach and Education Coordinator
Alzheimer's Association-Greater PA Chapter

Tips to enhance your communication with persons with dementia or Alzheimer's disease:

- Always approach the person from the front.
- Identify yourself.
- Address him/her by name.
- Show that you are listening and trying to understand what is being said.
- Maintain eye contact.
- Encourage person to continue to express thoughts even if he/she is having difficulty or you don't understand.
- Avoid criticizing, correcting, and arguing.
- Be calm and supportive.
- Avoid using negative statements and quizzing (e.g., "You know who that is, don't you?").
- Use short, simple, and familiar words.
- Avoid talking about the person as if he/she weren't there.
- Take your time.
- Ask the person to repeat a statement or speak slowly.
- Find a quiet place to avoid distracting noise.

Problems with communication can occur for several reasons:

- Short-term memory loss.
- Decreased ability to concentrate.
- Slowed response to stimuli.
- Hearing difficulties.
- Vision difficulties.
- Inability to read, write or understand.

In some cases, communication difficulties may be caused by other physical ailments, such as loss of hearing or sight, loss of sensation, or arthritic pain.



August Birthdays



| | |
|------------|-------------------------|
| Frances B. | August 2 nd |
| Martha K. | August 14 th |
| Stanley P. | August 15 th |
| Jean M. | August 20 th |
| Jane DiB. | August 21 st |
| Dave S. | August 25 th |

HAPPY, HAPPY BIRTHDAY!



If you were born from July 23-August 22, you are a Leo, the lion. If you were born from August 23-September 22, you are a Virgo, the virgin. Leos are creative, enthusiastic, generous, and extroverted. Virgos are modest, intelligent, reliable, practical, and able to clearly analyze the most complex of problems.

| | |
|-------------------------------|---------------|
| Yves Saint Laurent (designer) | Aug. 1, 1936 |
| Barack Obama (president) | Aug. 4, 1961 |
| Lucille Ball (comedian) | Aug. 6, 1911 |
| Cecil B. DeMille (director) | Aug. 12, 1881 |
| Annie Oakley (sharpshooter) | Aug. 13, 1860 |
| Buddy Hackett (actor) | Aug. 31, 1924 |

Alzheimer's Association Breakthrough Ride



July 17 – September 21, 2010

The passion among the Alzheimer's research community, exhibited so strongly at the International Conference this week, is further exemplified through the launch of the Alzheimer's Breakthrough Ride. From July 17th through September 21st, more than 45 Alzheimer's researchers will ride in segments from San Francisco, CA to Washington, DC. Along the way, they will stop in cities to host "signing events" with a goal of collecting 50,000 signatures to present to Congress on World Alzheimer's Day (Sept. 21st), urging lawmakers to pass the Alzheimer's Breakthrough Act and other key legislation, including the National Alzheimer's Project Act, to make Alzheimer's Disease a national priority. You can visit the website: www.alz.org/breakthroughride to see photos and video from the road, as well as to sign an online version of the petition.

"We're On The MOVE To End Alzheimer's!"



Scouting Sweeps the Globe

At the turn of the twentieth century, a British Army officer named Robert Baden-Powell was stationed in India when he noticed that many of his soldiers did not know basic first aid or survival skills. His solution was to write a handbook called *Aids to Scouting*, which detailed qualities of leadership and self-reliance. When Baden-Powell returned to England he discovered that boys all across the country were using his handbook to play scouting games. Baden-Powell had a flash of inspiration. In August of 1907, he took twenty-two boys to a camp on Brownsea Island off of England's southern coast. For twelve glorious days they hiked, went on patrols, learned to cook outdoors, and practiced skills necessary to survive in the backcountry. On that island, scouting began and Baden-Powell's concept soon swept across the globe.

In order for scouting to reach America, an American businessman had to get lost in the fog in England. William D. Boyce was stumbling through a thick fog when a young boy miraculously appeared and offered to guide him. After they had made their way through the fog, Boyce attempted to tip the boy, but the boy refused and explained that he was a scout and scouts never accepted payment in return for a "good turn." Boyce listened in awe as the boy explained the principles of scouting. Boyce even met with Baden-Powell himself. By the time he boarded his ocean liner back to America, he had an entire suitcase filled with handbooks and ideas about scouting. The "unknown scout" who helped Boyce through the fog was never identified, but thanks to his "good turn," Boyce created the Boy Scouts of America in 1910.

Baden-Powell was named Chief Scout of the World and after his death a letter was found in his desk that read: "Try and leave the world a little better than you found it." Fitting words from a man who has inspired millions of children worldwide to act with honor and good character.

Boop-Oop-a-Doop

Betty Boop made her cartoon debut on August 9, 1930. The creation of animator Grim Natwick, Betty Boop was originally a French poodle. She didn't become fully human until 1932, when her poodle ears became hoop earrings and her voice adopted her trademark Brooklyn accent.



Although she was a star of the Depression Era, she embodied the carefree flapper girls of the Jazz Age. She earned an adult audience due to her cute and flirtatious personality. Often times, the teenage Betty Boop was depicted defying her parents. She was a modern young woman who got herself in and out of trouble.

Betty Boop's popularity still continues today. She has made cameo appearances in modern newspaper cartoon strips as well as animated films. A Betty Boop musical is even in development on Broadway.


Living Long and Prospering



On August 5, join Trekkies from around the world as they boldly go to Las Vegas for the Star Trek Convention. *Star Trek's* creator, Gene Roddenberry, originally pitched his television series in 1966 as "Horatio Hornblower in space." Today, the characters of Captain Kirk and Spock are icons of a multi-billion dollar franchise. As the number one cult TV show of all time, *Star Trek* has amassed millions of devoted followers worldwide, and the convention is a major event. Test your *Star Trek* knowledge with this quiz:

1. What was the name of the space ship made famous on *Star Trek*?
2. What alien race was the crew's science officer, Mr. Spock?
3. What is the name of the school where space pilots such as Capt. Kirk received their training?
4. Finish the *Star Trek* tagline: "To boldly go..."

Answers: 1. USS Enterprise; 2. Vulcan; 3. Starfleet Academy; 4. "...where no man has gone before."

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|---|----------|--------|----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |  | | | |