



A WONDERFUL TIME AT OUR SUMMER OLYMPICS!

Join Our Exciting Activity Programs!

We are dedicated to creating a lively and engaging environment for our residents. Our diverse activity programs are designed to cater to all interests and abilities, ensuring everyone can enjoy their time with us.

More details on page 2!

We are thrilled to share that our version of the Summer Olympics was a fantastic success! Our residents embraced the Olympic spirit with enthusiasm, camaraderie, and plenty of friendly competition.

- **Opening Ceremony:** Our festivities kicked off with carrying the symbolic Olympic torch and a vibrant parade of nations, featuring residents in a variety of hats and scarves of the participating countries.
- **Sports and games:** Residents and staff participated in a variety of activities, including bean bag toss, javelin throw, water balloon toss and many more games. The laughter and cheers were a true testament to the fun and enjoyment had by all.

- **Cultural Celebrations:** The event was enriched by learning about the history of the Olympics and the diverse cultures of participating countries.
- **Medal Ceremonies:** We celebrated our champions with medal presentations, recognizing their efforts and great sportsmanship.

Stay tuned for pics and more exciting activities and events!

The joy and excitement shared during our Summer Olympics brought everyone closer together, creating wonderful memories and new friendships. Thank you to everyone who participated and helped make this event so special.

Happy Birthday!

STAFF

Jayson S.	08/08
Lashelle R.	08/11
David B.	08/11
Candace S.	08/14
Johanny J.	08/20
LaWanda N.	08/30

RESIDENTS

John T.	08/09
James H.	08/12
Tyrone C.	08/15
Merrill F.	08/17
Norman E.	08/23
David L.	08/31

Welcome New Residents

Hello and welcome! We are so pleased to have you join our family here at Canal Pointe Nursing and Rehabilitation. Our community is filled with wonderful people, and we look forward to sharing many happy moments with you. If you need anything or have any questions, please don't hesitate to ask. We're here to make your transition as smooth and pleasant as possible.

David B.	06/06
Alfred S.	06/13
Douglas H.	06/18
Brian A.	06/25
Christopher P.	06/30
Gregory I.	07/01
Charles M.	07/02
Darrell W.	07/03
David T.	07/08

Upcoming Activities:

- **Creative Arts:** Discover your inner artist with Tanner while painting, drawing, and other fun craft activities.
 - **Health and Wellness:** Stay fit and active with Erica while partaking in a range of fitness classes, including chair yoga, stretching exercises, and walking in place.
 - **Music and dance:** Enjoy karaoke, dancing and interactive music therapy that bring joy and energy to our community.
 - **Games and Social Events:** Join us for bingo, card games, and themed social gatherings that are sure to get the party started.
 - **Educational Programs:** Engage your mind with books, trivia and puzzle challenges
- We believe that staying active and engaged is key to a fulfilling life.
- Our activity schedule is designed to cater to diverse interests and abilities, ensuring every resident can find joy and companionship in our programs.***

HONORING & APPRECIATING OUR SENIOR LOVED ONES



Senior Citizen Day, celebrated annually on August 21, is a special occasion dedicated to honoring and appreciating the contributions of older adults. It serves as a reminder to show respect, support, and care for seniors while raising awareness about the unique challenges they may face. On this day, various activities and events are organized nationwide to engage and uplift seniors, including:

- **Community gatherings:** Community centers, retirement homes, and organizations host special events where seniors can socialize, participate in games, enjoy music, and reminisce together.
- **Intergenerational activities:** Activities that bring different age groups together – such as art projects, cooking classes, or mentoring programs – promote interaction and foster mutual understanding and respect.
- **Volunteer initiatives:** Seniors can get involved in volunteer projects that allow them to use their skills and experience to contribute to their communities. Common examples include tutoring, mentoring, or assisting in local charities.
- **Wellness programs:** Health and wellness activities such as exercise classes, yoga sessions, and educational workshops promote physical and mental well-being for seniors.
- **Family visits or meals:** Whether you simply visit, participate in an engaging activity or share a meal, they are each a great opportunity to enjoy quality time together.

Fun Facts about August

- **Named after a Roman Emperor:** August is named after Augustus Caesar, the first Roman emperor, who ruled from 27 BC until his death AD 14.
- **Perseid Meteor Shower:** One of the most famous meteor showers, the Perseids, peaks in mid-August. It's known for producing bright streaks across the night sky, originating from the Swift-Tuttle comet.
- **National Watermelon Day:** August 3rd is celebrated as National Watermelon Day in the United States, honoring this refreshing summer fruit.
- **Birthstone and Flower:** The birthstone for August is peridot, symbolizing strength and healing. Its birth flower is the gladiolus, representing sincerity and strength of character.
- **Historical Events:** Many significant historical events occurred in August, such as the start of World War I (August 1, 1914) and the end of World War II (August 15, 1945).
- **Leo and Virgo:** August spans two zodiac signs: Leo (July 23-August 22) and Virgo (August 23- September 22), representing traits such as leadership, generosity, and practicality.
- **Women's Equality Day:** August 26th is observed as Women's Equality Day in the United States, commemorating the adoption of the 19th Amendment to the Constitution, granting women the right to vote.
- **Emperor Penguins Hatching:** In Antarctica, August marks the time when emperor penguins start hatching their eggs after the males have incubated them through the harsh winter.
- **Dog Days of Summer:** The term "Dog Days of Summer" traditionally refers to the period from late July to early August, when the hot and humid weather is believed to coincide with the rising of Sirius, the Dog Star.
- **Famous Birthdays:** Notable individuals born in August include former President Barack Obama, Madonna, Steve Martin, Robert De Niro, and Alfred Hitchcock.

These fun facts showcase the diversity of events, celebrations, and natural phenomena associated with the month of August.

**EMPLOYEE OF
THE MONTH:** 
SAMARA CADE, LPN

National Lemonade Day: August 20

National Lemonade Day was originally held on the first Sunday in May, but it was recently moved to August 20 as a national event.



With its increase in popularity, Lemonade Day has evolved far beyond one weekend, with multiple countries celebrating.

Decades ago, neighborhood lemonade stands used to be fun summertime activities where lemonade sold for approximately 5 or 10 cents per cup. Now lemonade stands can be entrepreneurial endeavors with attractive themed-booths for charity benefits and fundraisers with prices ranging from \$0.50 a cup to over \$2.00! Although prices and purpose of lemonade may have changed over time, memories continue to be made each summer at community stands.

Get creative this summer and try a unique flavor of lemonade by adding seasonal berries, herbs (mint, basil, lavender), or soda water. Or enjoy the original classic flavor with friends and family as you reminisce about your favorite summer memories. Did you ever have a lemonade stand? If so, how much did you sell it for? What did you use your profits for? What kind of lemonade recipe did you use, and was it fresh squeezed?

Celebrate The King!

Elvis Week is August 9-17

Elvis Presley, known throughout the world by his first name, is widely regarded as one of the most influential figures of 20th century music and popular culture, and his status as a cultural icon appears strong as ever. 2024 will mark the 47th anniversary of his passing.

Elvis Facts:

- The international superstar was an accomplished and influential artist in several genres of music: rock, pop, country, R&B and gospel.
- Elvis has been inducted into the Rock and Roll Hall of Fame, the Country Music Hall of Fame and the GMA Gospel Music Hall of Fame – the only artist with the distinction of being honored by all three.
- He enjoyed eating peanut butter and banana sandwiches and would often add bacon and grape jelly.



Sources: graceland.com

HAPPINESS HAPPENS MONTH: FOUR SIMPLE STEPS TO HAPPINESS

Every person deserves to be happy, and happiness can be positively influential! The more happy people there are, the more likely they are to inspire others. We owe it to ourselves and society to work on our happiness. Try these four simple steps:

Ready Yourself for Happiness:

Commit to being happy and understand that true happiness comes from within, not from luck, possessions, or lifestyle.

Envision Yourself as Happy:

Each day, imagine yourself laughing, smiling, and relaxing. The more you

visualize happiness, the easier it becomes to feel genuinely happy.

Assume You Will Be Happy:

Choose to be happy by recognizing that there is always something in your life to be grateful for, whether big or small. Show your appreciation and gratitude for increased happiness.

Pursue Your Happiness:

Identify what makes you happy, whether it's a hobby, activity, or spending time with loved ones. Make time for these joy-inducing pursuits, and happiness will naturally follow.



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!



Word List

ACTIVITY

BOOKS

COLOR

ELVIS

HAPPINESS

KING

LEMONADE

MARSHMALLOW

MUSIC

PRESLEY

READ

RELAX

SENIOR

SMORE

WELLNESS