

# The Patriot

## American House Westland Hunter

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### American House Staff

Renee Hamblin	Executive Director
Jill Klein	Assistant Director
Shelby Bray	Life Enrichment Director
Nicholas Batey	Culinary Supervisor
Bill Abraham	Maintenance Director
Damin Harris	Assistant Culinary Cook
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Daryan Richmond	Night & Weekend Manager
Allison Jones	Night & Weekend Manager
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### Important Phone Numbers

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### August 2017



### Just Peachy

The peak of peach season is winding down, with just a few weeks left to enjoy the freshest of the fuzzy fruit. There are theories about why peaches have fuzz; some suggest that it protects the skin and thwarts insects. But it also can be a turnoff for some folks, so that's why peaches sold at most stores are defuzzed by brush machines or sprays of high-pressure water after harvesting.

### Wake Up and Drink Up

After a night of sleep, rehydrate your body by drinking a glass of water when you first wake up. The replenishment can provide a natural pick-me-up as you start the day.

### Celebrating Seniors

There are 46 million people in the U.S. who are age 65 and older, and that number is expected to more than double to 98 million by 2060. National Senior Citizens Day on Aug. 21 celebrates the older generation and their contributions to their families, communities and country.

## Trivia Whiz

### Top Dogs

Celebrate these “pup” culture icons on National Dog Day, Aug. 26.

**Petey.** The pooch in “The Little Rascals” comedies had a black circle around one eye, giving him his distinctive look.

**Pluto.** Since 1930, Mickey Mouse’s pet has entertained audiences with his silly facial expressions and playful personality.

**Toto.** Dorothy’s companion, who journeyed with her to a magical land in the film “The Wizard of Oz,” was played by a black cairn terrier named Terry.

**Snoopy.** Sleeping on top of his doghouse, pretending to be a World War I flying ace, and writing stories on his typewriter are just a few of the quirky pastimes of Charlie Brown’s pet beagle in the “Peanuts” comic strip.



### Tomato Talk

Nothing says summer quite like the taste of a fresh tomato. Easy to grow and full of vitamins and other nutrients, tomatoes are popular picks at farmers’ markets, in home gardens, and as an ingredient in a variety of dishes.

The hundreds of tomato varieties are categorized according to their use:

**Globe tomatoes.** These are typically what people picture when they hear the word “tomato.” Large, round and red, globe tomatoes are ideal for sandwiches, which is why they’re often called slicing tomatoes. They’re also known as beefsteak tomatoes because of their meaty texture.

**Salad tomatoes.** This is the name for any medium-sized tomato, about 2 to 3 inches in diameter, with a juicy, intense flavor. There are more cultivated varieties of salad tomatoes than any other type of tomato.

**Cherry and grape tomatoes.** These tiny tomatoes are shaped like the fruits they’re named after. They’re very sweet and juicy, so they make a perfect snack or salad topping.

**Roma tomatoes.** These are the tomatoes you want if you’re making a sauce or stew. Also called plum, paste or Italian tomatoes, Romas feature a thick skin and less moisture, so they have a long shelf life. Sweet and firm, they’re easily recognized by their egg shape.

### A Celestial Spectacle

Millions across the U.S. will have their eyes on the sky this month: The first coast-to-coast solar eclipse in nearly a century will take place on Aug. 21.

A total solar eclipse occurs when the moon moves between the sun and the Earth, covering the sun and casting a shadow on Earth.

This month’s eclipse is unique because its path will cross the U.S. diagonally from Oregon to South Carolina, passing through parts of 14 states.

All areas of the continental U.S. will experience at least a partial eclipse, but people in the 70-mile-wide “path of totality” will see a total eclipse, when only the sun’s outer atmosphere, the corona, will be visible. In the middle of the day, twilight will fall for up to 2 minutes, 40 seconds; stars and planets will be visible; and the temperature will drop, just like at nighttime.

The view is sure to be breathtaking, but experts caution that looking directly at the sun can cause permanent eye damage. Special eclipse glasses or solar viewers are essential.

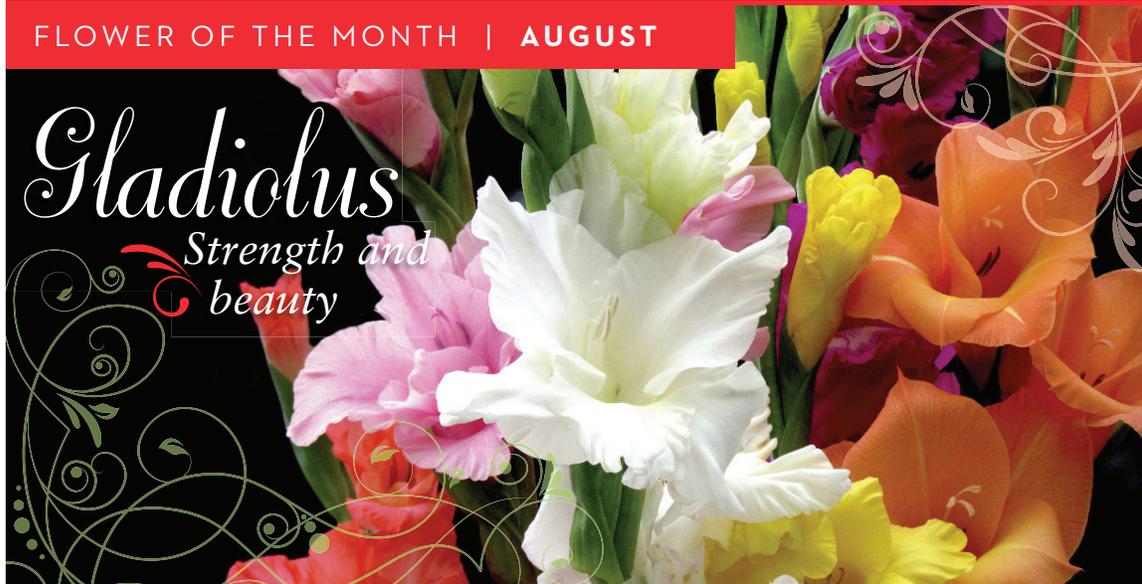
The next total solar eclipse in the U.S. will occur in 2024.



FLOWER OF THE MONTH | AUGUST

# Gladiolus

Strength and  
beauty



## Diamond Dreams

Each summer, youngsters across the U.S. and the world take the field as Little League ballplayers.

Variations of baseball have been around since the 18th century. When the game grew to be the national pastime, children played pickup games in streets and sandlots, often using castoff equipment that was made for adults.

In 1938, Carl Stotz of Williamsport, Pa., wanted to give his young nephews and other neighborhood boys the opportunity to play on a field and wear uniforms in an organized league. He spent months testing gear and field dimensions and recruiting players for three teams. Stotz also asked sponsors to help pay for the uniforms and equipment to keep costs low for families.

The first Little League game swung into action in Williamsport in 1939. The program was a hit, and

leagues popped up across the country, then around the globe. The first National Little League Tournament—now known as the annual Little League Baseball World Series—was played in 1947.

From the beginning, Stotz wanted Little League to be a place for children to learn the game in a fun environment, with an emphasis on sportsmanship and teamwork. Parents have always been encouraged to step up to the plate as volunteer coaches, managers, umpires and more.

Today, more than 200,000 teams in 80 countries participate in Little League.



## Wit & Wisdom

“When you can’t make them see the light, make them feel the heat.”  
—Ronald Reagan

“Maybe we adults idealize our own red-rover days, the hot afternoons spent playing games that required no coaches, eating foods that involved no nutrition, getting dirty in whole new ways and rarely glancing in the direction of a screen of any kind.”  
—Nancy Gibbs

“I’m surprised how hot it gets in the Moab Desert. I knew it got hot, but I didn’t think it got, like, Mercury-hot.”  
—Adam Ferrara

“What dreadful hot weather we have! It keeps one in a continual state of inelegance.”  
—Jane Austen

“It ain’t the heat, it’s the humility.”  
—Yogi Berra

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Coffee & Morning Greetings <b>10:00 ■ Morning Exercise ♥</b> 11:45 Lobby Games 12:30 / 2:00 One on One Time 2:00 Our Saviour Lutheran Church Service 2:30 Coloring Therapy with Julie 6:30 Popcorn & Movie Night	2 <b>9:00/1:00pm Shelbys Shuttle Service</b> 9:00 Coffee & Morning Greetings 11:45 Technology Tutoring <b>2:15 ■ Entertainment with John Latini</b> 6:30 Ladies Domino Club	3 9:00 Coffee & Morning Greetings <b>10:00 ■ Morning Exercise ♥</b> 10:00 Beauty Salon <b>10:00 ■ Yoga Class with Neeta ♥</b> <b>2:00 / 4:00 Community Store</b> 2:30 Drinks on the Patio 7:00 TV Time	4 8:00/10:00 Hot Breakfast <b>10:00 ■ Kroger Shopping Trip</b> 11:30 Current Events 11:45 Sunshine Committee/Clipping Coupons for Troops 2:30 Bingo 6:30 Popcorn & Movie Night	5 8:00 / 10:00 Coffee Chat @ Breakfast 12:00 Weekend Puzzle Sheets (Found in the Cafe) 2:30 Bingo 5:00 Kind Words
6 8:00 / 10:00 Coffee Chat @ Breakfast <b>9:30 Catholic Service</b> 2:00 Matinee Movie 6:30 Ladies Domino Club	7 9:00 Coffee & Morning Greetings 10:00 Monday Manicures with Shelby 11:45 Reminiscing Therapy <b>2:00 / 4:00 Community Store</b> 2:30 Bingo 7:00 TV Time	8 9:00 Coffee & Morning Greetings <b>10:00 ■ Morning Exercise ♥</b> 11:45 Trivia Hour 12:30 / 2:00 One on One Time 2:00 Our Saviour Lutheran Church Service 2:30 Coloring Therapy with Julie 6:30 Bible Study & Discussion with Amy 6:30 Popcorn & Movie Night	9 9:00 Coffee & Morning Greetings <b>9:00/1:00pm Shelbys Shuttle Service</b> 11:00 Cooking Club <b>2:15 ■ Entertainment with John Latini</b> 6:30 Ladies Domino Club	10 9:00 Coffee & Morning Greetings 10:00 Beauty Salon <b>10:00 ■ Morning Exercise ♥</b> <b>2:00 / 4:00 Community Store</b> 2:30 Drinks on the Patio 6:30 Ladies' Night with Suzanne 7:00 TV Time	11 8:00/10:00 Hot Breakfast <b>10:00 ■ Kroger Shopping Trip</b> 11:30 Current Events 11:45 Sunshine Committee/Clipping Coupons for Troops 2:30 Bingo 6:30 Popcorn & Movie Night	12 8:00 / 10:00 Coffee Chat @ Breakfast 12:00 Weekend Puzzle Sheets (Found in the Cafe) 2:30 Bingo 5:00 Kind Words
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27 8:00 / 10:00 Coffee Chat @ Breakfast <b>9:30 Catholic Service</b> 2:00 Matinee Movie 2:30 Game Club 6:30 Ladies Domino Club	28 9:00 Coffee & Morning Greetings 10:00 Monday Manicures with Shelby 11:45 Dear Abby Discussions <b>2:00 / 4:00 Community Store</b> 2:30 Bingo 7:00 TV Time	29 9:00 Coffee & Morning Greetings <b>10:00 ■ Morning Exercise ♥</b> 11:45 Lobby Games 12:30 / 2:00 One on One Time 2:00 Our Saviour Lutheran Church Service 2:30 Coloring Therapy with Julie 6:30 Popcorn & Movie Night	30 9:00 Coffee & Morning Greetings <b>9:00/1:00pm Shelbys Shuttle Service</b> 11:45 Technology Tutoring <b>2:15 ■ Entertainment with John Latini</b> 6:30 Ladies Domino Club	31 9:00 Coffee & Morning Greetings <b>10:00 ■ Morning Exercise ♥</b> 10:00 Beauty Salon <b>2:00 / 4:00 Community Store</b> 2:30 Drinks on the Patio 7:00 TV Time		

## Talk About It

### I Scream, You Scream ...

We all scream for ice cream! Chocolate or vanilla, cone or cup, soft serve or hand-dipped ... there are endless ways to enjoy this sweet treat. Dip into a discussion about ice cream and get the scoop on what others like, too.

Did you eat ice cream when you were a child? What was your favorite flavor then? Is it still your favorite now?

Have you ever eaten homemade ice cream? Did you ever make it yourself? Talk about the process and the tasty results.

Do you prefer your ice cream served in a cup or a cone? How many scoops do you get?

Do you like sundaes? What toppings do you like to add? What about milkshakes or malts?

Which restaurant or parlor do you think serves the most delicious ice cream?



### Stories Behind the Buzzwords

Bees have fascinated humans for centuries, contributing not only to our environment, but our language, too. Comb through these familiar bee phrases:

*Busy as a bee.* Worker bees labor constantly, so industrious people are often compared to them. The simile may have originated in a story from Geoffrey Chaucer's "The Canterbury Tales," written in the late 1300s. A character says women are "busy as bees"—a fitting comparison, considering worker bees are female.

*A bee in one's bonnet.* Someone

who is troubled or preoccupied by a problem is said to have a bee in his or her bonnet. The idiom dates back to a 16th-century translation of Virgil's ancient poem the "Aeneid," which described a person with a "head full of bees."

*The bee's knees.* An example of Roaring '20s slang, this phrase meaning something stylish or excellent has nothing to do with bees or knees. However, there are bee species that carry pollen back to their hives using pollen baskets on their legs where their knees would be—if they had them.

*Put the bee on someone.* Whether focusing on quilting or spelling, certain social gatherings have been called bees since Colonial days, possibly due to the social nature of a beehive. Frontier folk would hold fundraising bees to collect money to pay their church leaders, leading to the modern-day definition of "put the bee on," which is to ask for money or donations.



## The Lure of Fishing

From casting a line to reeling in “the big one,” fishing can be a relaxing and rewarding form of recreation. Fish through these popular types of the sport:

**Freshwater.** Whether fishing from the banks, a bridge or in a boat, many like the easy access of freshwater lakes, ponds and rivers. The gear and bait used depends on the type of fish you’re trying to hook. Bass, bluegill, catfish, crappie and walleye are abundant species.

**Saltwater.** Oceans and seas are made of salt water, and fishing can be enjoyed from a beach or from a boat in deep waters. Bluefish, cod, flounder, grouper, marlin, tarpon and tuna are some of the prized saltwater game fish. Many tourist spots offer chartered fishing trips for adventurous anglers.

**Fly.** Fly-fishers cast artificial “flies” onto the surface of the water in a rhythmic motion to imitate insects and other bait in order to attract fish. Fly-fishing is often associated with mountain streams, but it can also be done in ponds, lakes and salt water. Trout and salmon are common catches.

**Ice.** Winter’s cold doesn’t stop ice fishermen, who cut a hole in a frozen lake or pond, then drop a line. Shelters such as ice shanties provide relief from the elements.



## Spectacular Succulents

Tall and spiky, plump and fuzzy, tiny and delicate—with something for everyone and easy to tend, succulents may be the perfect houseplants.

From the Latin word *sucus*, meaning “juice” or “sap,” a succulent is loosely defined as any plant that stores water in its leaves or stems. Cactuses likely come to mind, but they are just one type of succulent; not all succulents are considered cactuses.

Succulents are popular choices for gardeners of all types. They’re extremely low maintenance, and some experts say they “thrive on neglect.” The plants require very little water and are generally pest-resistant. They come in a wide variety of interesting shapes, sizes and textures, and in practically every color of the rainbow. Some succulents will bloom under the proper conditions.

Growing succulents can quickly become a fun and addictive-yet-harmless hobby. It’s easy to propagate new succulents by taking a leaf from a bigger plant, letting it dry in the sun, then repotting it.

Many succulents can be grown indoors or outdoors and typically require at least six hours of full sun daily. Popular varieties include hen-and-chicks, aloe vera, jade plants, snake plants and sedum, also known as stonecrop.

## Laugh Lines

### Garden Giggles

“Yup, gardening and laughing are two of the best things in life you can do to promote good health and a sense of well-being.”  
—David Hobson

Q: What kind of socks does a gardener wear?

A: Garden hose.

Q: What’s the gardener’s favorite novel?

A: “War and Peas.”

Q: Why didn’t anyone laugh at the gardener’s jokes?

A: Because they were too corny.

If you’re a gardener, you might call yourself a plant manager.

My wife worked over-thyme in her herb garden, then decided it was time to cumin.

Botanists have developed a vegetable that eliminates the need to brush your teeth: bristle sprouts.

August 2017

## We All Scream for Ice Cream!

Many people beat the summer heat by dipping into their favorite ice cream. Take a "lick" at these popular parlors and see when and where they began serving up their cool treats.

<u>Year</u>	<u>Ice Cream Shop</u>	<u>Location</u>
1934	Carvel	Hartsdale, N.Y.
1935	Friendly's	Springfield, Mass.
1940	Dairy Queen	Joliet, Ill.
1948	Swenson's	San Francisco
1953	Baskin-Robbins	Glendale, Calif.
1968	Braum's	Oklahoma City
1976	Häagen-Dazs	Brooklyn Heights, N.Y.
1978	Ben & Jerry's	Burlington, Vt.
1988	Cold Stone Creamery	Tempe, Ariz.
1989	Bruster's	Bridgewater, Pa.

"Then & Now"

**American  
House**   
SENIOR LIVING COMMUNITIES

**AMERICAN HOUSE WESTLAND HUNTER**

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