applestalk

Car Show at Edenton

Residents enjoyed the Golden Gears Car Club cruise-in, complete with an antique fire truck! Residents voted for their favorites and winners received trophies. Thanks to club members for hosting this special event on our campus!

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National Senior Citizens Day

Lisa Ambrose, Life Enrichment Director

National Senior Citizens Day is celebrated on August 21. It's a day to honor and appreciate the contributions of older adults in our society. The day was officially proclaimed by President Reagan on August 19, 1988.

This year we are honored to have FESCO Energy in Frederick sponsor an ice cream social at Edenton in recognition of this special day. They will be on site serving cool treats Thursday, August 21 at 1:30 p.m.

Independent living residents are invited to gather in the Manor House Community Room at 1:30 p.m. for our Ice Cream Social, sponsored by FESCO Energy.

It's a time to recognize the wisdom, experience and vital role seniors play in our families and communities. *HAPPY SENIOR CITIZENS DAY!*

Dog Days of Summer

Lisa Ambrose, Life Enrichment Director

The "dog days of summer" refer to the hot, sultry days of summer. These days historically follow the rise of the star system Sirus. Astrology connects this with heat, drought, sudden thunderstorms, fever, mad dogs, lethargy and bad luck.

We connect the "dog days of summer" with a time of extreme heat that can pose health risks. To stay safe during the summer heat, focus on staying hydrated, keeping cool, staying out of the sun, and being aware of the symptoms of heat-related illnesses.

Drink plenty of fluids, wear light-colored, loose-fitting clothes and seek shady or air-conditioned spaces. Be especially mindful of being outside during the hottest part of the day, and limit outdoor activities and walks.

You can also focus on the many things you can do inside that are featured on the activity calendars. There are drawing and painting classes, an ice cream social, movie days, bingo, educational programs, book club, choir practice, and more.

So, stay hydrated, stay cool and join us inside for some fun!

Page Turner's Book Club

This month's selection is *The Edge* by David Baldacci.

The 6:20 Man is back, dropped by his handlers into a small coastal town in Maine to solve the murder of a CIA agent who knew America's dirtiest secrets. Can Travis Devine uncover the truth before his time runs out?

Join us in the library at 3 p.m. on Thursday, August 28 for this month's book discussion.

Welcome, neighbor, to Edenton!

Lisa Ambrose, Life Enrichment Director

We welcome **Larry and Sandra Ballantine** who recently moved into Cottage 510.

Larry was born in Patterson, NJ and grew up on Long Island. He was an attorney for many years at State Farm Insurance. He enjoys reading and watching sports. Sandy was born in Carbondale, PA and grew up in Dickson City, PA. She was a high school teacher and guidance counselor for many years. Sandy loves to read.

Larry and Sandy married in 1978. This November they will celebrate 47 years together. They have two sons and six grandchildren. Last summer they spent three weeks traveling with family in Ireland and Great Britain. They said it was the vacation of a lifetime.

Welcome, Larry and Sandy, to our Edenton family.

Welcome, neighbor, to Garden House!

Susan Shanahan, Life Enrichment Coordinator

A warm welcome to our new friend, **Suzanne (Sue) Krawetzki**. Originally from Ohio, Sue moved to Edenton from Mt. Airy, MD.

After high school Sue married her sweetheart, whom she had met at church. Sue worked as a secretary; her husband served his country in the Navy. Some of Sue's favorite things are her basset hound, Pepper, her favorite foods...steak and vanilla ice cream, spending time at the beach and playing the piano. Sue has been playing the piano and organ since she was thirteen!

Welcome, Sue. We look forward to fun times ahead!

Welcome, neighbor, to Orchard Terrace!

Andy Wright, Life Enrichment Coordinator

We welcome **Barbara Sangster** who has moved into Room 729! She grew up in D.C. and Montgomery County, MD. Barbara studied Russian at Brown University, then earned a masters and Ph.D. in linguistics at the University of Chicago. She became an associate professor at Syracuse University, then went on to work as a software development manager at Wang Labs.

One of Barbara's passions is digital photography. She always enjoyed capturing blossoms and other beautiful scenes around Washington, D.C. and enhancing her images using the computer. She's had several of her photos published in "Washington at Cherry Blossom Time."

Barbara enjoys art, classical music, old movies, and getting outside.

Join all of us in helping Barbara feel welcome!

"Welcome, neighbor" continues on page 4

National Bow Day

Liz Lyles, Life Enrichment Coordinator

August 19 is National Bow Day. This day was established in 2017 by Claire's, a retailer known for its bow accessories. It was created to celebrate the enduring appeal and versatility of bows in fashion.

Join us at Blossom Place at 3 p.m. on Tuesday, August 19. We'll create bows to accentuate outfits and make our own fashion statements!

Millions of Peaches

Andy Wright, Life Enrichment Coordinator

How long have peaches been around? Newer research suggests that the first cultivation of peaches dates to 6000 BCE. Originating from the east coast of China, the peach first came to Europe along the ancient trade route—the Silk Road. Peaches were known as Persian apples, based on a translation of their botanical name, Prunus Pérsica. Eventually, peaches spread across more of the world through the Indigenous networks.

Join us at Orchard Terrace all day on Friday, August 29 to learn more about peaches. We'll host a discussion, watch a documentary and enjoy fresh picked peach snacks on our patio.

Tell A Joke Day

Lisa Ambrose, Life Enrichment Director

Saturday, August 16 is National Tell a Joke Day. Jokes consist of humorous stories that often end with a punch line. The best jokes are usually short. The more jokes you tell, the more fun you will have, and so will those around you.

Join us at Fiddler's Green on Saturday, August 16 at 11 a.m. and bring your best jokes. Let's see who can draw the biggest laughs.

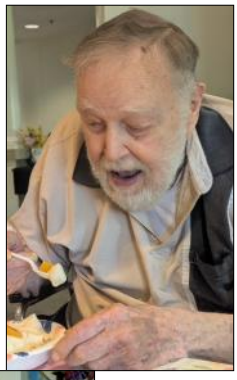
How many jokes did the chicken tell?
Just one...then he crossed the road!

All joking aside....Get out there and laugh a little. It will make you feel so much better. As they say, "Laughter is the best medicine!"

End-of-Summer Celebration

Susan Shanahan, Life Enrichment Coordinator

On Saturday, August 30, Garden House is hosting an all-day, end of summer celebration. The day will be spent playing games, crafting a summer masterpiece, listening to summer-themed music and enjoying a tropical pineapple-coconut cake. We'll reminisce about summers gone by and even try a hula dance!



Just peachy!

It's fresh peach season and Fiddler's Green residents recently enjoyed fresh peaches with ice cream and peach juice bars as a summer treat!

World Elephant Day

Liz Lyles, Life Enrichment Coordinator

Elephants are fascinating creatures with unique characteristics. Some fun facts: they are the largest land animal; and, their trunks are incredibly versatile and can be used for drinking, smelling and even as a snorkel. They live in family groups, or herds, and communicate with rumbles and vibrations which are too low for humans to hear. And, despite popular myths, they are not afraid of mice.

August 12 is World Elephant Day. At 2 p.m. that Tuesday, Blossom Place residents will learn about elephants with more fun facts, create an elephant-inspired craft, and enjoy some peanut-inspired treats.

Please join in the fun learning about elephants and their habitats.

A suite Saturday night!

Residents enjoyed a night at Harry Grove Stadium in July watching the Frederick Keys win, then stayed for that night's post-game fireworks show!

Welcome, neighbor, to Fiddler's Green!

Lisa Ambrose, Life Enrichment Director

We welcome **Sherrard "SK" and Pat Sherman** who recently moved into Room 323.

Pat was born and raised in Plainfield, NJ with her two sisters and one brother. She graduated from the Parsons School of Design in New York City. After graduation she worked as an artist/illustrator for the National Cancer Institute until retirement. Then, she says, she did "fun" art. She has four children and is the proud grandmother of five.

SK was born in Cumberland and grew up on his grandfather's farm in West Virginia with one brother and two sisters. He attended a prep school in DC, then the University of Maryland, before enlisting in the United States Air Force. He served for over 25 years and did two tours in Vietnam. He has three children, five grandchildren and two great-grandchildren. He has traveled all over the world and has visited almost every country.

Fun fact about the couple: SK and Pat were marathon runners and participated in many races.

Welcome, Pat and SK, to Edenton!

Resident Spotlight

Lisa Ambrose, Life Enrichment Director

This month's spotlight shines on **Margaret Abrego** of Fiddler's Green. She was born in Washington, DC and grew up in Maryland. She graduated from Eastern High School. She married and had three sons. Now she is also the proud grandmother of four and the great-grandmother of six!

She retired from the National Security Agency. She lived several years in Southern California which she says she really enjoyed. After that she came home to Maryland to live to be closer to family.

She loved to travel and enjoyed several cruises throughout the years. Margaret also enjoyed playing cards and rooting for her favorite team—The Washington Commanders.

Margaret loves visiting with her family and always looks forward to seeing them walk in the door.

Margaret has made many new friends here at Fiddler's Green and really enjoys playing bingo and being outside on our beautiful front porch.

We are glad to have Margaret as part of our Fiddler's Green family.

Artists-At-Work

Independent Living resident artists display some of their recent drawings. Their techniques are getting better and better!

Our Sincere Condolences

All of us at Edenton extend our heartfelt sympathy to the family and friends of those in our community who recently passed away.

You will be missed.

Mrs. Eleanor Lambert

Mr. John Tunell

Bayada presents..."Protecting Your Brain"

Michele Price, RN, Director of HomeCare

Stay healthy and independent by protecting your brain**!** Learn about brain health with Bayada Home Health this month. Did you know...

- Managing your chronic medical conditions like diabetes, high blood pressure, depression, and high cholesterol can help maintain a healthy brain. Uncontrolled medical conditions can impact cognitive function.
- Getting a good seven to nine hours of sleep each night is important!
- Many studies support a connection between regular physical activity and a healthy brain. So incorporating an exercise routine into your weekly schedule can also be a benefit!

Join us on Tuesday, August 5, in the Community Room, for this month's presentation.

Tuesday, August 5 at 10 a.m.

"Protecting Your Brain"

National Dog Day

Susan Shanahan, Life Enrichment Coordinator

National Dog Day is celebrated annually on August 26. Friends at Garden House will celebrate that Tuesday at 6 p.m. by reading stories about shelter dogs.

The purpose of National Dog Day is to bring awareness to all the dogs that are surrendered to shelters and rescues every day. Dogs of all breeds are currently waiting for their fur-ever homes. The National Dog Day Foundation's goal is to rescue 10,000 dogs each year and match them with their new, adoptive homes.

You help by adopting, volunteering, fostering or even walking a shelter dog. Look beyond the breed and look into the heart of the animal. Be a smart adopter! Remember that dogs require continuous care and training. You just might meet your new four-legged best friend!

Ocean Bracelets

Andy Wright, Life Enrichment Coordinator

This month, Orchard Terrace is getting creative with making jewelry and finding ways to continue to celebrate the summer season. We will enjoy watermelon and peach snacks throughout the month and host other activities that will involve getting outdoors, listening to and studying the birds, discussing ideas for environmental improvement, and crafting. Nothing says summer better than a mouthful of watermelon or peaches and good time spent with good people.

We're also hosting a craft activity this month themed for the seashore. Join us at 2:30 on Friday, August 8 as we make ocean or beach-themed bracelets. Watch for other creative summer themes to our crafting days and adventures this month!