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A Place To Call Home

Find us on 

Your Friendly Team

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Frances Trupiano

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Kay Holmes, LPN

Maintenance Director

Chip McKenney

Sales Director

Eliza Warner

Dining Services Director

Rinesa Harrison

Activities Director

Amy Burdick

Wellness Coordinator

Cheri Strachan

S'more Substitutions

Craving a campfire treat, but don't have all the classic s'mores ingredients? Get creative with items in your cupboard. Vanilla wafers, shortbread cookies, butter crackers and pretzels can stand in for graham crackers, and instead of chocolate, fruit, chocolate syrup or any other candy bar will do. You may discover a new favorite combination!



Spread Sunshine

"Those who bring sunshine into the lives of others cannot keep it from themselves."

—James Matthew Barrie

Arthritis Relief With Coconut Oil

Using coconut oil as a lotion can soothe dry skin, and it may also help relieve joint pain related to arthritis. Coconut oil contains anti-inflammatory properties, and some research shows that massaging the oil into the skin can increase circulation to the area.

Sunscreen Every Day

Make applying sunscreen a daily habit, just like brushing your teeth. For a visual reminder to put it on every morning, keep your tube or bottle of sunblock next to your tube of toothpaste.

August by the Numbers

12. The number of lighthouses in the United States in 1776.

Aug. 7 is National Lighthouse Day, when many of the approximately 700 lighthouses standing today are open for tours.

135. Chapters in "Moby-Dick," the epic novel by Herman Melville, who was born Aug. 1, 1819.



Celebrating Older Adults

National Senior Citizens Day on Aug. 21 celebrates older generations and their contributions to their families, communities and country. More than 60 million adults in the U.S. are 65 and older, representing nearly 20% of the general population.



Brainteaser

Q. I run but never walk. I gurgle but don't talk. I have a bed but never sleep, and I have a mouth but never eat. What am I?

A. A river.

'Inspire' Is One

How many words can you come up with using the letters in "friendship"?

Which U.S. State Has the Most Lakes?

Alaska is estimated to have more than 3 million lakes. About 3,200 of those lakes are named.



August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LOCATION OF ACTIVITIES (A) ACTIVITY ROOM (C) CHAPEL (DR) DINING ROOM (G) GARDEN (AL) ASSISTED LIVING (IL) INDEPENDENT LIVING (4) 4TH FLOOR GAME ROOM	LOCATION OF ACTIVITIES (A) ACTIVITY ROOM (C) CHAPEL (DR) DINING ROOM (G) GARDEN (AL) ASSISTED LIVING (IL) INDEPENDENT LIVING (4) 4TH FLOOR GAME ROOM					
2 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC WITH LETA (4) 2:00 1st BAPTIST VIDEO	3 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LET'S GET MOVING (DR) 10:45 LEFT, RIGHT, CENTER (A) 1:00 BINGO / PRIZES (AL-1) 1:30 BINGO MANIA / PRIZES (A) 6:30 HAND & FOOT (4)	4 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 BRIDGE (4) 10:30 POPCORN (L) 10:45 UNO (AL-1) 1:00 BOCCIE BALL (IL-2) 2:00 BALANCE CLASS (A)	5 10:00 MOVEMENT AND MOTION (DR) 10:45 SHOW AND TELL (AL-1) 1:00 CORNHOLE CHALLENGE (AL-2) 2:30 CHAIR DANCE (A) 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 ROOK (4)	6 10:30 BIBLE STUDY (A) 10:30 POPCORN (L) 10:45 DOMINOES (AL-1) 1:00 CROSSWORD CHALLENGE (A) 1:00 GLENBROOK SHOPPING (sign-up) 1:00 POKER GAME (AL-2) 2:00 BOCCIE BALL (IL-2)	7 10:00 MOVE IT OR LOSE IT (DR) 10:45 MOVIE TRIVIA (Front Lobby) 1:00 WORD SEARCH (AL-1) 1:30 AL & IL BINGO BONANZA (A) 3:00 MUSIC WITH LETA (AL-2) 6:30 HAND AND FOOT (4)	8 NATIONAL HAPPINESS DAY 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 6:30 HAND AND FOOT (4) 6:30 MUSICAL MEMORIES with RAY (DR) 6:30 SKYJO (4)
9 NATIONAL BOOK LOVERS DAY 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC WITH LETA (4) 2:00 1st BAPTIST VIDEO 6:30 HAND AND FOOT (4)	10 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LET'S GET MOVING (DR) 10:45 JOURNALING CLUB (A) 1:00 BINGO / PRIZES (AL-1) 1:30 BINGO MANIA / PRIZES (A) 2:30 MOCKTAIL MONDAY (DR) 3:00 EXERCISE CLASS WITH TOTAL WELLNESS, ZACK BENTLEY, OT (AL-2)	11 10:00 BRIDGE (4) 10:30 POPCORN (L) 10:45 FALL PREVENTION AND HYDRATION SEMINAR WITH TOTAL WELLNESS (A) 1:00 BOCCIE BALL (IL-2) 2:00 CRAFTING WITH GRACE (A) 6:30 HAND & FOOT (4)	12 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVEMENT AND MOTION (DR) 10:45 NAME THAT TUNE (AL-1) 1:00 CORNHOLE CHALLENGE (AL-2) 2:00 MEET AND GREET (A) 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 ROOK (4)	13 10:30 BIBLE STUDY (A) 10:30 POPCORN (L) 10:45 DOMINOES (AL-1) 11:30 LUNCH BUNCH (sign-up) 1:00 CROSSWORD CHALLENGE (A) 1:00 POKER GAME (AL-2) 2:30 BILL SLEETER MUSICAL MELODIES (DR) 6:30 HAND AND FOOT (4)	14 10:00 MOVE IT OR LOSE IT (DR) 10:45 PET VISIT WITH BENTLEY AND STELLA (L) 1:00 WORD SEARCH (AL-1) 1:30 AL & IL BINGO BONANZA (A) 2:30 BOCCIE BALL (IL-2) 3:00 MUSIC WITH LETA (AL-2) 3:30 POPSICLE PARTY (AL-1)	15 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 3:00 AUGUST JEOPARDY 6:30 HAND AND FOOT (4) 6:30 SKYJO (4)
16 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC WITH LETA (4) 2:00 1st BAPTIST VIDEO	17 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LET'S GET MOVING (DR) 10:45 LEFT, RIGHT, CENTER (A) 1:00 BINGO / PRIZES (AL-1) 1:30 BINGO MANIA / PRIZES (A) 6:30 HAND & FOOT (4)	18 NATIONAL ICE CREAM PIE DAY 10:00 BRIDGE (4) 10:30 POPCORN (L) 10:45 UNO (AL-1) 1:00 BOCCIE BALL (IL-2) 2:00 BALANCE CLASS (A) 2:30 DENNIS RADER MUSICAL REVIEW (DR)	19 10:00 MOVEMENT AND MOTION (DR) 10:45 JOKE-TIME (AL-1) 1:00 CORNHOLE CHALLENGE (AL-2) 2:00 FOOD DEMO (DR) 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 ROOK (4)	20 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:30 BIBLE STUDY (A) 10:30 POPCORN (L) 10:45 DOMINOES (AL-1) 11:30 BIRTHDAY STEAK AND CAKE (DR) 1:00 CROSSWORD CHALLENGE (A) 1:00 POKER GAME (AL-2) 1:00 WALMART SHOPPING (sign-up) 2:00 CHAIR DANCE (A)	21 10:00 MOVE IT OR LOSE IT (DR) 10:45 AUTO TRIVIA (Front Lobby) 1:00 WORD SEARCH (AL-1) 1:30 AL & IL BINGO BONANZA (A) 3:00 MUSIC WITH LETA (AL-2) 6:30 HAND AND FOOT (4)	22 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 6:30 HAND AND FOOT (4) 6:30 MUSICAL MEMORIES WITH RAY (DR) 6:30 SKYJO (4)
23 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC WITH LETA (4) 2:00 1st BAPTIST VIDEO 6:30 HAND AND FOOT (4)	24 10:00 LET'S GET MOVING (DR) 1:00 BINGO / PRIZES (AL-1) 3:00 EXERCISE CLASS WITH TOTAL WELLNESS, ZACK BENTLEY, OT (AL-2)	25 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 BRIDGE (4) 10:30 POPCORN (L) 10:45 UNO (AL-1) 1:00 BOCCIE BALL (IL-2) 3:00 SIPS-A-SOUNDS (DR) 6:30 BOARD GAME NIGHT (A) 6:30 HAND & FOOT (4)	26 NATIONAL DOG DAY 10:00 MOVEMENT AND MOTION (DR) 10:45 ANIMAL TRIVIA (AL-1) 2:00 TOWN HALL MEETING (DR) 3:00 WINE DOWN WEDNESDAY (DR) 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 ROOK (4)	27 10:00 SCENIC DRIVE (sign-up) 10:30 BIBLE STUDY (A) 10:30 POPCORN (L) 10:45 DOMINOES (AL-1) 1:00 CROSSWORD CHALLENGE (A) 1:00 POKER GAME (AL-2) 2:30 JAMMIN' DOWN with RAY (DR) 6:30 HAND AND FOOT (4)	28 10:00 MOVE IT OR LOSE IT (DR) 10:45 YAHTZEE (A) 1:00 WORD SEARCH (AL-1) 1:30 AL & IL BINGO BONANZA (A) 2:30 BOCCIE BALL (IL-2) 3:00 MUSIC WITH LETA (AL-2)	29 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 6:30 HAND AND FOOT (4) 6:30 SKYJO (4)
30 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC WITH LETA (4) 2:00 1st BAPTIST VIDEO	31 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LET'S GET MOVING (DR) 10:45 LEFT, RIGHT, CENTER (A) 1:00 BINGO / PRIZES (AL-1) 6:30 HAND & FOOT (4)					



Farmers' Market Month
August is Farmers' Market Month. Celebrate crops produced throughout the U.S. with a look at these two important farming regions:
Breadbasket. The Great Plains is famous for its prolific grain and corn crops.
Salad Bowl. In the West, regions including Yuma, Ariz., and the Salinas Valley of California grow most of the country's lettuce and leafy greens all year.

Return to Graceland
Every year, Elvis fans don their blue suede shoes and make their pilgrimage to Graceland in Memphis, Tenn., for Elvis Week (Aug. 8-16) to show their still-burning love for the king of rock 'n' roll.



A Summer Snicker
Q. When does red mean "go" and green mean "stop?"
A. When you're eating a watermelon.

A Tall Glass of Coconut Water
Coconut water, sometimes called "nature's sports drink," is full of electrolytes and minerals necessary to staying hydrated. Here are three coconut water "courses" for a hot summer day.
Morning. Start your day right with a green juice made of coconut water, spinach, lemon juice and ginger, blended with ice.

Afternoon. Take a break with lemonade made from coconut water mixed with lemon juice, mint, honey and ice.
Night. Add your favorite frozen or fresh fruits, coconut water and ice to a blender for a delicious cooling dessert.



RESIDENT BIRTHDAYS
02 - Sherry Allison
13 - Edith Allen
14 - Betty Carmany
18 - Patricia Minton
26 - Lou vonTiesenhausen
Famous Faces Born in August
Aug. 3, 1940: Martin Sheen
Aug. 4, 1992: Cole and Dylan Sprouse
Aug. 9, 1985: Anna Kendrick
Aug. 15, 1972: Ben Affleck
Aug. 20, 1931: Don King
Aug. 22, 1970: Giada De Laurentiis
Aug. 28, 1965: Shania Twain
Aug. 31, 1975: Sara Ramirez



A Figure of Speech
Phrase: Ballpark figure
Meaning: An estimated number
Origin: Linguists say the phrase "in the ballpark" emerged in the 1940s as a way to describe approximate numbers that fell in a given range, much like a baseball that has been hit into the field, but stays within the park. By the '70s, "ballpark figure" had become the more common term, and remains popular in everyday speech.

Games Are Good for Your Gray Matter
Research shows that these classic games support specific cognitive functions.
One player. Playing cards, including one-player games like Solitaire, is linked to better focus and memory. Winning, even against yourself, triggers a small release of dopamine, a natural mood-boosting brain chemical.

Two players. Studies indicate that playing two-person strategy board games like chess and checkers improves problem solving and empathy, since these games require planning moves and anticipating an opponent's moves.
Three to four players. Games like mahjong and dominoes exercise both pattern recognition and memory.