



# Daylesford Crossing

 **SAGELIFE** | Living to the Power of You

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## Share Your Wisdom

What are some things you've learned about life that you wish you had known in your younger years? Write them down and share them with your children, grandchildren, and even our Associates! There's nothing like the gift of wisdom!

## Remember When: Porch-Sitting Season

Before air conditioning was a common feature in most American homes, many folks took to front porches to find cool relief. There, they gathered to catch a breeze in the open air, sip a cool beverage and chat about their day. Porches served as social hubs, and neighbors and friends were often invited to pull up a chair and "sit a spell."

## Dog Days of Summer

The term "dog days" was first used by the ancient Romans to refer to late July and early August. That is when Sirius, the "dog star," would rise and set in conjunction with the sun. The Romans believed the star added to the heat produced by the sun. We will be hosting our very own "Dog Days of Summer" party on Wednesday, August 28th, at 4:30 pm. Please feel free to join us for some wonderful entertainment - featuring Calvin Presley - and some "doggie themed" appetizers!



## August 2024



## Life's a Peach

The peach, that sweet summer fruit, has long been a way to describe someone or something lovely—think "You're a peach!" or "Things are just peachy." The 1950s brought the fun phrase "peachy keen," and an idyllic existence is sometimes called "peaches and cream"—as in "Life is not always peaches and cream." Get a true taste of what these words are all about by enjoying some fresh peaches this month. In addition, please join us for our "Peach of a Picnic" on Wednesday, August 14th, at dinner time. Our Food and Beverage Director, Mark Krentz, will be offering a delicious peach themed meal. You may find the experience just peachy!

## Outdoor Therapy

Take a book or deck of cards outside and enjoy the summer breezes while you relax. Our 2nd floor porch is the perfect place to do this!

## Giving Back at Daylesford

Every week our residents “give back” to others in a variety of ways. On Tuesdays, our Personal Care residents visit with their Connections’ friends, along with Annabelle - a pet therapy dog. Wednesdays involve baking with students from the Timothy School, and on Saturdays, we have a variety of projects. These projects range from meals for shut-ins - to spa baskets for cancer patients - to baking dog biscuits for animal shelters! Lastly, did you know that the flowers in the dining room and cafe are all arranged by residents? We offer this “giving back” project on Monday afternoons; we hope that you will consider joining us for this activity, or one of the others - for it is in giving to others that we ourselves are enriched.



**“Every Person Can Make a Difference, & Every Person Should Try” ~JFK**



## Our Recent Strawberry Social!



## Ways To Drink More Water

During warm weather, it’s important to drink plenty of water to prevent dehydration. Increase your intake and stay refreshed by following these tips:

*Make it part of your daily routine.* Dietitians recommend drinking water at several specific points during the day: after you wake up, with meals, before and after exercise, and when taking medication.

*Pick a cup and fill 'er up!* An insulated bottle, a colorful tumbler, a mug with a handle ... it doesn’t matter what kind of drinkware you use, as long as you like it. Choose a container that is comfortable to use and suits your style.

*Sip through a straw.* Many people find it easier to drink through a straw, and you’ll get more water with every sip. Plus, sipping slowly is better than guzzling, which can cause bloating.

*Find your favorite flavor.* If you don’t like plain water or simply want some variety, enhance the flavor with a few fresh berries, some sliced fruit, a splash of juice, or sprigs of fresh herbs such as spearmint.

*Adjust the temp.* Whether you like it served over ice or lukewarm, water is hydrating no matter its temperature. Let food servers know your preference so you’re sure to drink water at mealtimes.

## Connecting With Connections

This July we were able to enjoy the Connections Courtyard as much as we could with this heat! We stayed hydrated and made sure to hydrate the garden, too! We are growing tomatoes, basil, and zucchini is blooming right now. We are going to make tomato basil from our garden, and fresh mozzarella panini for an upcoming picnic. It has been quite a fresh and fun July.



Flower Arranging



Summer S'mores Indoors!

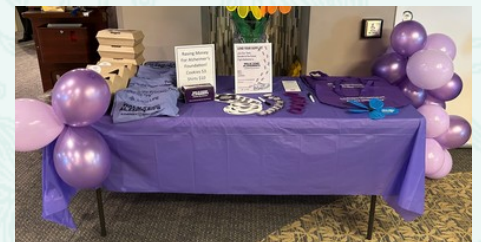
## Forget-Me-Nots

Daylesford Crossing has started its Walk to End Alzheimer's fundraising. Families, Residents, and employees voted for our walk name to be the "Forget-Me-Nots." We will be attending the Alzheimer's walk in Philadelphia on November 9th. If you would like to donate or join us for the walk, we will be sending out a link to families. We also have some exciting fundraising events coming soon! You can purchase fresh baked cookies or T-shirts at the concierge desk!



## FUNDRAISING EVENTS

- AUGUST 28TH CAR WASH  
2-4PM
- SEPTEMBER 27TH BINGO!  
4-6PM



# Word Search

Category: Canning Is My Jam

N O I T A Z I L I R E T S T C A N B A C T E R I A N N I N G R U N L E L S D R E E L I S L L H I E T B I V H E E B I P A L N T R S C T H M A D L R V N I I C E A B S Y T T H A U E N D P E C O R Z E E S F N E E N T A P I A N N G D P R C E S N E M L R E V A E L T H H N E U F U T U R R E I X J E M L L P H L K B O W T H R A A Y C D L O M K T C E J A M R G A S K E T K S P R L C G E S O R T X E D	1. Enzyme	8. _____	15. _____
	2. _____	9. _____	16. _____
	3. _____	10. _____	17. _____
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	7. _____	14. _____	21. _____
	1. Acid 2. Alum 3. Bacteria 4. Blanch 5. Boil 6. Brine 7. Canner 8. Dextrose 9. Dill 10. Enzyme 11. Funnel 12. Gasket 13. Jam 14. Jar 15. Lid 16. Liter 17. Mold 18. Pectin 19. Sterilization 20. Storage 21. Vent		
	Word Search Solution: 		

## "This Month In History" AUGUST

**1907:** UPS is founded as a messenger service by two teenagers in Seattle. It's now one of the world's largest package delivery companies.

**1913:** Stainless steel is invented by Harry Brearley of England.

**1946:** The first U.S. coin honoring an African American is authorized for minting. A commemorative half dollar was designed to pay tribute to educator Booker T. Washington.

**1959:** President Dwight D. Eisenhower signs an official proclamation admitting Hawaii as the 50th U.S. state.

**1969:** Half a million people gather at a farm in upstate New York for the Woodstock music festival. The landmark three-day event featured more than 30 artists and bands.

**1990:** MLB history is made when Ken Griffey Sr. and Ken Griffey Jr. become the first father and son to play on the same team, the Seattle Mariners.

**2005:** Hurricane Katrina forms in the Atlantic and makes landfall along the Gulf Coast, devastating the region.

**2020:** The music video of the hit song "Dynamite," by Korean boy band BTS, sets a record on YouTube as the first video with over 100 million views in its first 24 hours.