



# ECHO LAKE

900 N Atwater Drive • Malvern, PA 19355 • (484) 568-4777

August 2024



## Trip to Historic Crystal Cave!

What better way to wrap-up June's Nature theme than to visit Pennsylvania's first show cave, Crystal Cave!

The cave is located in Kutztown and offers a guided tour through the cave to learn not only the history, but also the geology of the cave. It was a very COOL trip on a very HOT day!



### Move for Life With Mariella!

Mariella is our Move for Life Exercise Specialist! Mariella holds daily exercise classes throughout the week for all levels of care. She meets with Independent Living residents at 9:30AM, Memory Care residents at 11:30AM, and our Assisted Living residents at 1:30PM. If you have not already attended one of Mariella's exercise classes, we strongly encourage you to give it a try!

Mariella also recently begun Open Gym Sessions on Wednesday mornings at 10:30AM in the Gym. This program provides residents the opportunity to explore the gym with Mariella and learn how to properly and safely use the equipment!

If you ever have any questions about Move for Life or the services they provide, please stop by the Move for Life Office on the 1st Floor across from the Wellness Center.



### 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.

### Pick-Up Pickleball!

Join us outside on the pickleball court every other Wednesday from 3:30-5:00PM! Residents, associates, family members, friends - ALL ARE WELCOME! We hope to see you there for some friendly competition!





### Creative Corner!

Our Assisted Living residents work on different craft projects every week. They enjoy watercolor painting, drawing, stenciling, coloring mandalas and learning new techniques!

### Recuperating With Crafts

The therapeutic perks of arts and crafts are well known today, but caregivers were exploring the benefits back during World War I. While in hospitals recovering from their injuries, soldiers took up handcrafting activities such as embroidery, beading and weaving, which helped rehabilitate fine motor skills and provide emotional healing.

### Yuengling Brewery Tour!

We recently traveled to Pottsville to explore the historic caves of America's oldest brewery!

Fun Fact: During prohibition, Yuengling made near-beer which was .5% alcohol. The family also opened The Yuengling Dairy, the former ice cream and dairy plant, which remained open until 1985.



### Wit & Wiz-dom

Celebrate 85 years of "The Wizard of Oz" by remembering the movie's most magical quotes:

"Toto, I've a feeling we're not in Kansas anymore."

—Dorothy

"I'll get you, my pretty, and your little dog, too!"

—The Wicked Witch of the West

"Some people without brains do an awful lot of talking, don't they?"

—The Scarecrow

"Lions and tigers and bears, oh my!"

—Dorothy, the Scarecrow and the Tin Man

"I haven't any courage at all. I even scare myself!"

—The Cowardly Lion

"Pay no attention to that man behind the curtain!"

—The Wizard of Oz

"Now I know I've got a heart, 'cause it's breaking."

—The Tin Man

"You've always had the power, my dear. You just had to learn it for yourself."

—Glinda

"There's no place like home!"

—Dorothy



## "Then & Now"

### Happy Campers

From sleeping under the stars to relaxing in an RV, more than 40 million people in America go camping each year. See when some camping innovations first blazed a trail.

Year	Camping Milestone
1876	The first sleeping bag is patented in Europe.
1910	Equipped with a bed and plumbing, the first RV debuts.
1931	The iconic silver Airstream travel trailer hits the road.
1942	Compact camp stoves are made for soldiers, and later for the public.
1957	Portable food coolers made of Styrofoam are invented.
1964	Pop-up campers are developed.
1990	Truck tents, made to be pitched in the bed of a pickup, are introduced.

# "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.