

THE 501

AT MATTISON ESTATE

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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 and grandchildren. There's nothing like the gift of wisdom!

Memorable Melody: 'Carefree Highway'

Gordon Lightfoot's ode to an easygoing lifestyle, free from the blues of heartache, owes its catchy title to a real-life highway in Arizona. The folk singer-songwriter was traveling on State Route 74 in Phoenix when a roadside sign, marking the site as "Carefree Highway," caught his attention. He jotted the name down, but the note stayed packed away in his suitcase for months before he found it again. Released in 1974 on Lightfoot's hit album "Sundown," the song reached No. 1 on the easy listening charts and remains a top choice for road trip playlists.



Enjoying America's favorite pastime sport with home team the Phillies on a nice summer day.

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. 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.

Hard To Resist

Resistance bands are a smart addition to your fitness routine. They are inexpensive, are great for all fitness levels, add variety to your workout and are easy to bring along when you travel.



Lunch among friends is The 501 way!



Celebrating America's Independence together at The 501!



A Magical Summer

"Everything good, everything magical happens between the months of June and August."

—Jenny Han



Combing Through the World of Shells

While admiring seashells in artwork or searching for them on a beach, have you ever wondered what kind of creatures once inhabited these tiny homes?

Most common seashells fall into two categories of mollusks: **bivalves** and **gastropods**.

Bivalves have two shells connected by a hinge. Clams, oysters, scallops and mussels are all bivalves. Beachcombers may be lucky enough to find empty bivalve shells that are still connected, but more often, the hinge breaks apart in the sea's tossing waves, leaving separate shells to wash up on the shore.

Gastropods are snails and slugs (which usually don't have a shell). This class of mollusks is incredibly diverse, so shell specimens vary greatly in size, shape and color. Typically, gastropod shells have a single opening and are spiraled or coiled in some manner. Some gastropods are smooth and rounded, such as abalone, button snails and nerite snails. Other species are cone-shaped—like conch, cowrie and whelk—and even spiky, such as murex and vase snails.

The Story of Smokey Bear

One of the most famous furry faces in American advertising history celebrates his 80th birthday this month: Smokey Bear, whose iconic motto "Only You Can Prevent Wildfires" continues to serve the public today.

Smokey's story can be traced back to World War II, when many firefighters were serving overseas, leaving fewer folks at home to manage and control wildfires. The U.S. Forest Service launched a fire prevention campaign using cartoon characters from Disney's "Bambi" as mascots. Response to the campaigns was positive, and the Forest Service decided they needed a permanent animal symbol for their cause. On Aug. 9, 1944, the Forest Service approved the creation of Smokey Bear.

Originally drawn by artist Albert Staehle, Smokey Bear starred in his first poster wearing his soon-to-be-famous campaign hat and blue jeans, pouring water over a campfire. In 1947, the slogan "Only You Can Prevent Forest Fires" made its debut.

Smokey's slogan was updated in 2001 to emphasize wildfire prevention, not simply forest fires, since unintentional fires can occur on grasslands and other habitats. The new slogan also distinguishes unplanned fires from controlled burns related to forest management.

Resident Artist Spotlight



An artist is lost in their choice of any or every kind of art.

Music, writing, singing, dancing, painting, poetry, designing unique objects, architecture, the list is quite long, you know. I believe it is something one can develop, but to become any kind of artist takes time, patience AND LOVE for their skills. It is NOT something one learns in a few months; it takes years to develop. This resident has mastered the artistry of drawing and enjoys working on her hobby as often as she can!

Sunscreen Every Day

Protecting your skin from the sun should be a part of your daily routine, regardless of the season.

The sun's harmful UV rays are stronger and more noticeable in the summer but are still present during the cooler seasons, as well as on cloudy days and even through windows! Overexposure to UV rays can cause changes to skin texture and health, from sunburns to skin cancer.

At least one in five Americans will receive a skin cancer diagnosis by age 70, and 90% of those cases are directly related to UV radiation. People of all skin colors can develop skin cancer, and because sun damage

Conquering Transportation, One Ride at a Time!



The transportation department includes this dynamic duo. Both associates have been a part of the team for a year, and have made The 501 their extended family. They deliver top-rated customer service with each ride they take. Whether discussing sports, hot topics or personal accomplishments, each ride offers a daily dose of happiness to our residents.

accumulates over time, the risk of skin cancer increases with age. Older adults can also be more susceptible to sun damage, since skin naturally gets thinner over time.

The good news is that skin cancer is highly preventable with sunscreen! Every day, apply sunscreen to your face, hands and other areas of exposed skin. Just make sure it's a broad spectrum sunscreen that's SPF 30 or higher.



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



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.