



VILLAGE CROSSING

2480 Waterside Drive • Frederick, MD 21701

August Is Heritage Month!

In a world shaped by diverse histories and shared experiences, heritage stands as a bridge connecting us across generations and cultures. It echoes through the corridors of time, weaving tales of triumphs, struggles, and enduring traditions that define who we are. Heritage is the tapestry of our collective past, embroidered with the threads of ancestry and the legacies they impart.

Through heritage, we discover a mosaic of identities—each unique yet interwoven, each story a chapter in the larger narrative of humanity. It is in understanding our heritage that we find common ground, forging bonds that transcend borders and differences. It celebrates the richness of cultural expression, from rituals and languages to art and cuisine, each a testament to resilience and adaptation through ages.

Yet, heritage is not solely a reflection of what has been, but a compass guiding us forward. It teaches us lessons of resilience, fostering a deep-seated pride in our roots while inspiring innovation and progress. In embracing our heritage, we honor the struggles and achievements of those who came before us, carrying their wisdom into the future.

Ultimately, heritage is a reminder of our shared humanity, a source of unity that transcends divisions. It empowers us to celebrate diversity and cultivate empathy, fostering a world where the richness of our collective heritage serves as a source of strength and inspiration for generations to come.

August 2024

Spotlight on Alzheimer's



Our community's Walk to End Alzheimer's team has hit the ground running this year with fundraising efforts. If you wish for a world without Alzheimer's, please consider supporting our team! There are many ways to get involved—from purchasing a t-shirt or wine bottle wind chime, or donating a few bucks at our daily happy hour! Our walk will be on October 13th at Nymeo Field Harry Grove Stadium.

For more information, please see our Team Captain, Amanda Gill, or Life Enrichment Director, Maggie Hanrahan, or visit <http://act.alz.org/goto/VillageCrossing> to learn more!



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 vessel 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.



Happy 4th of July!



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.

August Happenings: Festival for Twins

If you're anywhere near Twinsburg, Ohio, the first weekend in August, you may think you're seeing double. That's because the city hosts the world's largest annual gathering of twins! In 1817, identical twins Aaron and Moses Wilcox founded the community, and every summer since 1976, the Twins Days Festival has drawn thousands of twins from across the globe.



Famous Faces Born in August

Aug. 2, 1986: Lily Gladstone
Aug. 6, 1981: Leslie Odom Jr.
Aug. 7, 1991: Mike Trout
Aug. 9, 1964: Hoda Kotb
Aug. 17, 1991: Austin Butler
Aug. 19, 1987: Manny Jacinto
Aug. 21, 1949: Loretta Devine
Aug. 27, 1994: Breanna Stewart

Amazing Lizards

World Lizard Day is held annually on Aug. 14. There are over 7,000 lizard species, and these reptiles have some truly amazing abilities. Check out these fun facts:

- Lizards live on every continent except for Antarctica, but only one lizard spends time in the ocean—the marine iguana.
- The largest lizards, Komodo dragons can grow to 10 feet in length and weigh over 300 pounds.
- The popular gecko can stick to everything except dry Teflon. Nano-sized hairs on their toes, called setae, provide the cling.

Funky Ice Cream Flavors

While chocolate, vanilla and strawberry are staple ice cream flavors, shops across the country are offering more unusual or exotic options. You can now get scoops with ingredients such as corn on the cob, lobster, goat cheese, horseradish and black pepper.

Sustaining Life

We recently posed a challenge to the six SageLife communities, and go figure ... our residents and staff exceeded our expectations!

The challenge to each community: create something out of recycled/upcycled materials. (At least 75% of the final project was required to be made of recycled or upcycled material.)

What they were given: a budget of \$150. (No community even came close to exceeding this.)

Judging: The final projects were judged on creativity, presentation, and collaboration.



Crossword Puzzle

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21			22		23					
			24				25							
26	27	28			29				30		31	32	33	
34					35				36					
37				38				39				40		
41			42				43				44			
45					46				47					
			48		49				50					
51	52	53					54				55	56	57	
58					59		60				61			
62					63						64			
65					66						67			

ACROSS

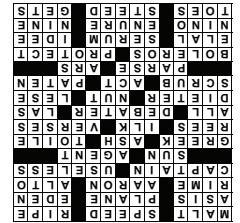
- Thick drink
- Racer's concern
- Mature
- Words on a sale tag
- Means of transportation
- Famous garden
- Frost
- Burr, for one
- Voice range
- Hook or Cook
- Not worth keeping
- Source of light
- One who acts for another
- European language
- Silvery-gray color
- Sheer linen
- Female sandpipers
- Type
- Bible chapter divisions
- Everyone
- Arguer
- Notes of the scale
- Calorie counter
- Crackpot
- ___-majesty; offense against the king
- Wash
- Perform
- Communion plate
- Analyze grammatically
- Esses' forerunners

- Spanish dances
- Defend
- Israeli airline
- Watery part of the blood
- ___ fixe
- Boy: Sp.
- Make accustomed: var.
- Upside-down six
- Digits
- Swift animal
- Understands

DOWN

- Artist Chagall
- Hong Kong's location
- Drooping
- African flies
- European nation
- Design
- Word with drops or rings
- Sufficient
- Slow to understand
- One who sits on a house
- Lazing
- Gerbils and pooches
- Baseball's Slaughter
- Diving bird
- Penetrate
- With a sideways glance
- Last year's srs.
- Memento
- Moray seeker
- Priest's garment

- Small land in the sea
- Written agreement
- Ruhr Valley city
- Ending for wind or sand
- Nov. honoree
- Exclude
- King ___
- Black gum trees
- Eternal
- Okay
- For
- Kennedy & namesakes
- Ready to fight
- Crooked
- Mixture
- Passageway
- Unsuited
- ___ Adams
- Copper
- Ball holders
- Feel awful about



Heritage Highlights



- 8/6 @ 2pm: Echoes of Nature - Animal Show
- 8/13 - Exercise Class hosted by Homewatch Caregivers
- All Month- Map Tracker (See where our residents and staff call home)
- 8/20 @ 2pm Rain Stick Making
- 8/21 - Lecture from the Civil War Medicine Museum
- 8/29- 50's Diner Theme Dinner Night
- All Month- Ancestry.com - come make your family tree