



Nursing & Rehabilitation Center, LLC

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Our Leadership Team At Jena Nursing and Rehab

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Stacy Savage Dietary Manager
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Paula Howard Housekeeping Supervisor
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Mark Thornhill Admissions Director

August 2025



Summer Song

"In summer, the song sings itself."
—William Carlos Williams

A Summer Light Show

Looking for a summer showstopper? Step outside in the early morning hours of Aug. 12-13, when the Perseid meteor shower reaches its peak. Viewers can potentially see more than 50 shooting stars each hour. Finding a dark place to watch increases your chances of getting to wish on a falling star.

An Ironclad Legend

"Old Ironsides" is the USS Constitution, a historic U.S. Navy warship. It earned its nickname during the War of 1812 when British cannonballs seemed to bounce off its sturdy oak sides, prompting a crewman to exclaim, "Her sides are made of iron!"

I love
my
Family

Learning Made Easy: For Dummies

The *"For Dummies"* book series has been a beloved staple in the world of self-help and educational literature since its inception more than 30 years ago. Launched in 1991 with the first title, *"DOS For Dummies,"* the series was created to demystify complex subjects and make learning accessible to everyone. The brainchild of John Kilcullen, these books quickly gained popularity for their straightforward, humorous and engaging approach to a wide range of topics. Check out some of these popular titles:

"Windows For Dummies." This long-standing bestseller provides an intuitive introduction to the Windows operating system.

"Small Business For Dummies." Get some guidance before starting your own business venture.

"Calculus For Dummies." A must-read for anyone struggling to understand calculus concepts.

"Chess For Dummies." Learn the basics and perfect your strategy in this beginner's guide to playing chess.

"Making Friends as an Adult For Dummies." This book helps adults make connections and foster friendships in the later stages of life.

"Gut Health For Dummies." This trending health resource can help you optimize your gut and its microbes for better overall health.



Picnic Power

Salt, pepper and sunlight—eating outside can boost your mood and even improve your brain structure. Whether you choose a picnic, a patio or a park bench, dining al fresco is a way to refresh both your body and mind.

Fresh air is a favorite prescription of caregivers and healthcare professionals alike, but it's also a secret ingredient to make any meal taste better. Being outdoors, especially in nature, can improve sinus health and, therefore, your sense of taste.

Feeling the sunlight on your skin and hearing birds sing is clinically linked to measurably decreased stress. The more relaxed you are while eating, the healthier you are likely to eat and the better you are able to digest your food.

Our picnic tips? Start simple. Have your coffee and breakfast outside watching the sun rise, share a snack with a friend in a park, or try a one-dish dinner on a patio. Checkered blankets and wicker baskets are not required for all the positivity a picnic can offer.

Sisterly Bond

The first Sunday in August is National Sisters Day, a day to honor that special sibling relationship. Look back at these famous ladies with family ties.

The Bronte sisters. Charlotte, Emily and Anne shared a talent for writing. The authors have enchanted readers since Victorian times with their classic novels, including *"Jane Eyre,"* *"Wuthering Heights"* and *"Agnes Grey."*

The Andrews sisters. Patty, Maxene and LaVerne were singing superstars of the jitterbugging 1940s. The trio is best known for boosting morale on the home front during World War II with iconic songs like *"Boogie Woogie Bugle Boy."*

The Gabor sisters. Hungarian-born Zsa Zsa, Eva and Magda were Hollywood glamour girls. The three shared the spotlight in the 1950s and '60s not only as TV and film actresses, but also as socialites.

The Pointer sisters. Daughters of a minister, Ruth, June and Anita began singing in their father's church. The group became a pop music sensation during the 1980s with hits such as *"He's So Shy,"* *"I'm So Excited"* and *"Automatic."*





No Bones About It

On Aug. 12, 1990, Sue Hendrickson stumbled over something small that turned out to be something very, very big.

Hendrickson was part of a team searching for fossil bones in South Dakota. While the rest of the team struggled with a flat tire, Hendrickson went exploring and found small pieces of bones

poking from a bluff above her. Those visible pieces turned out to be part of a much larger Tyrannosaurus rex skeleton.

Sue, as the fossil came to be known, is one of the largest and most complete T. rex skeletons to yet be discovered. Scientists estimate that Sue was probably around 28 years old at the time of death (roughly 67 million years ago).

In 1997, the Field Museum of Chicago bought Sue, and Sue's assembled skeleton—standing just under 13 feet tall and just over 40 feet long—went on display in May 2000.

Sandy Scene

Make a colorful home for a low-maintenance houseplant with this fun craft.

Materials:

- Old newspaper
- Sand, various colors (available at craft stores)
- Glass bowl, vase or jar
- Funnel
- Small succulent plant
- Decorative items (optional)

Directions:

Cover your workspace with newspaper to catch any spills. Pour a layer of sand into the bottom of your container. Use a funnel if the container opening is small. Continue adding layers of sand in different colors, being careful not to mix the colors.

After about five layers (adjust according to your container height), carefully plant the succulent in the center of the container. Add another layer or two of sand to ensure the roots are covered.

Add figurines or shells to the terrarium, if desired. Lightly spritz the plant with a spray water bottle once every few weeks as needed.



Wit & Wisdom

"Let us dare to dream and shoot for the moon. Even if we don't fetch the moon, a million stars may fill us with wonder."

—Erik Pevernagie

"Once you can accept the universe as matter expanding into nothing that is something, wearing stripes with plaid comes easy."

—Albert Einstein

"Remember to look up at the stars and not down at your feet. Try to make sense of what you see and wonder about what makes the universe exist.

Be curious."

—Stephen Hawking

"I would rather be a superb meteor, every atom of me in magnificent glow, than a sleepy and permanent planet."

—Jack London

"Let the waters settle and you will see the moon and stars mirrored in your own being."

—Rumi

"Those are the same stars, and that is the same moon, that look down upon your brothers and sisters, and which they see as they look up to them, though they are ever so far away from us, and each other."

—Sojourner Truth

Word Search

Category: Canning Is My Jam

NOITAZILIRETST
CANBACTERIANNI
NGRUNLELSDREEL
ISLLHIETBIVHEE
BIPALNTRSCTHMA
DLRVNIICEABSYT
THAUENDPECORZE
ESFNEENTAPIANN
GDPRCESNEMLREVE
AELTHHNEUFUTUR
REIXJEMLLPHLK
OWTHRAAYCDLOMK
TCEJAMRGASKETK
SPRLCGESORTXED

1. Enzyme

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21. Vent

20. Storage

19. Sterilization

18. Pectin

17. Mold

16. Liter

15. Lid

14. Jar

13. Jam

12. Gasket

11. Funnel

10. Enzyme

9. Dill

8. Dextrose

7. Canner

6. Brine

5. Boil

4. Blanch

3. Bacteria

2. Alum

1. Acid

Word Search Solution:

NOITAZILIRETST
CANBACTERIANNI
NGRUNLELSDREEL
ISLLHIETBIVHEE
BIPALNTRSCTHMA
DLRVNIICEABSYT
THAUENDPECORZE
ESFNEENTAPIANN
GDPRCESNEMLREVE
AELTHHNEUFUTUR
REIXJEMLLPHLK
OWTHRAAYCDLOMK
TCEJAMRGASKETK
SPRLCGESORTXED

"This Month In History" AUGUST

1492: The Niña, Pinta and Santa Maria leave Spanish port for their accidental destination of the Americas.

1790: The first U.S. census begins. The population count has been repeated every ten years since then.

1914: Cleveland, Ohio, installs the world's first electric traffic signal. The manually operated light directed traffic at Euclid Avenue and East 105th Street.

1926: New York athlete Gertrude Ederle swims the English Channel, becoming the first woman to do so.

1949: The Basketball Association of America and the National Basketball League merge to form the National Basketball Association (NBA).

1957: "American Bandstand," a TV show of teens dancing to rock and roll, premieres with host Dick Clark.

1969: Woodstock opens in a New York field, bringing more than 400,000 people to see its three days of concerts featuring Joan Baez, Santana, The Grateful Dead, Creedence Clearwater Revival, Janis Joplin, Jimi Hendrix and more.

1978: The first transatlantic balloon flight is completed successfully when the Double Eagle II lands near Paris, France, after traversing more than 3,200 miles from Presque Isle, Maine.

2009: Usain Bolt breaks his own 100-meter dash record at the World Championships in Berlin by completing the race in 9.58 seconds.