



Piketon

NURSING CENTER

300 Overlook Drive • Piketon, OH 45661 • (740) 289-4074

August 2025

Pack a Picnic

When the weather is nice, why eat inside? Pack up some sandwiches or other finger foods and enjoy an outdoor picnic!

Remember When: Statement Swim Caps

Swim caps today are generally relegated to Olympic pools, but the hair-protecting caps used to be a must-have accessory in the first half of the 20th century. During the Roaring Twenties, flappers protected their fragile, hard-earned waves with brightly patterned toppers. The trend evolved throughout the following decades, peaking in popularity in the 1950s with bright floral additions.

Shine a Light

National Lighthouse Day, Aug. 7, shines the spotlight on the more than 700 beacons on America's shorelines.

A PG-13 Pioneer

"Red Dawn," released Aug. 10, 1984, was the first PG-13 film, marking a new rating for moderate content. This Cold War thriller depicts teenagers fighting Soviet invaders and features moderate violence and mild profanity.



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.

Trail Mix It Up

Aug. 31 is National Trail Mix Day. Trade in the raisins and peanuts for some of these yummy ingredients:

Sweet. Dried cranberries, Reese's Pieces and chocolate-dipped coffee beans.

Spicy. Dried wasabi peas, chili lime sunflower seeds and a drizzle of sriracha.

Strange. Marshmallows, dried seaweed, mushroom jerky and fruit snacks.



History of the Purple Heart

On Aug. 7, 1782, Gen. George Washington created the heart-shaped Badge of Military Merit as a meritorious service award. The Purple Heart was revived in 1932. In 1942, the award became limited to combat-wounded soldiers.

Famous Faces Born in August

Aug. 1, 1973: Tempestt Bledsoe
Aug. 3, 1941: Martha Stewart
Aug. 7, 1987: Sidney Crosby
Aug. 11, 1965: Viola Davis
Aug. 14, 1945: Steve Martin
Aug. 17, 1943: Robert De Niro
Aug. 20, 1954: Al Roker



Trivia Whiz

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. 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.

"*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.

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."



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.



Managers

Administrator	Jackie W.
Director of Nursing	Mckayla B.
Asst. DON	Michaela J.
Admissions	Ashley B. {A.J.}
MDS Nurse	Melissa A.
Social Services	Natasha S.
Activity Director	Kim H.
Business/HR	Julie C.
Medical Records/Supply ..	Amanda T.
Dietary	Di'Marie T.
Housekeeping	Ann B.
Maintenance	Lewie P.

National Book Lovers Day – Reading Quirks

The spotlight is on bookworms Aug. 9 for National Book Lovers Day. Check out these quirky habits you may have in common with your fellow readers:

Brainy bibliophiles. Many readers make faces to copy the characters' emotions thanks to their mirror neurons firing on all cylinders. It's no wonder that reading is linked to empathy. Other readers may mouth the words as they read, which is a comprehension strategy called subvocalization.

Comforting customs. Readers who prefer to reread their favorites instead of starting something new, or even those controversial folks who read the last page of the book first, have something in common: relaxation. Both of these reading habits are ways to ease anxiety, so readers can slow down and enjoy the story.



Residents August Birthdays

8-08	Wanda R.
8-24	Lana S.

Staff Birthdays

8-05	Ali R.
8-15	Stacey L.

According to Planner

Aug. 1 is National Planner Day. Check out these different planner styles to refresh your to-do list.

Bullet journals. Free spirits can ditch the daily calendar for a bullet journal, simply a lined or dot grid paper planner where writers are encouraged to doodle, daydream and get things done.

Time blocking. Beloved by achievers from Benjamin Franklin to today's CEOs, time blocking is a method of scheduling set time ranges for specific tasks. This highly structured strategy helps planners stay focused and intentional.

Pocket planner. Take your tasks to go with a checkbook-sized pocket planner, which usually has a few lines for each day in a weekly spread. The small size can keep users focused on a few key priorities for each day or week.

'Shores' Is One

How many words can you spell from "sisterhood"?



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

"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

"Dwell on the beauty of life. Watch the stars, and see yourself running with them."
—Marcus Aurelius

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 AUGUST 					1	 2
3	4	5	6	 7	8	9
10	11	12	13	14	15	16
17	 18	19	20	21	22	23
24/31	25	26	27	28	29	30

"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.