



Employee Birthdays

Kathleen W. 8/2
 Gavyn W. 8/3
 Bernie G. 8/7
 Tiffany S. 8/7
 Chris W. 8/19
 Bill G. 8/24
 Sandra M. 8/26
 Cole H. 8/27
 Linda T. 8/30

Resident Birthdays

Sarah H. 8/4
 Billie Jean L. 8/20
 Nancy K. 8/24
 Jim L. 8/28
 Linda P. 8/29



August Horoscopes and Birthdays

In astrology, those born from August 1–22 are Leo's Lions. Leos are creative and charismatic. These natural-born leaders march to the beat of their own drum and aren't afraid to take initiative. Those born from August 23–31 are Virgins of Virgo. Virgos, associated with the goddess of the earth, are rooted in the material world. They are considered practical, organized, thorough, and detail-oriented.

P. D. James – August 3, 1920
 Meghan Markle – August 4, 1981
 Charlize Theron – August 7, 1975
 Whitney Houston – August 9, 1963
 Viola Davis – August 11, 1965
 Magic Johnson – August 14, 1959
 Julia Child – August 15, 1912
 Orville Wright – August 19, 1871
 Connie Chung – August 20, 1946
 Kobe Bryant – August 23, 1978
 Sean Connery – August 25, 1930
 Mother Teresa – August 27, 1910
 Maria Montessori – August 31, 1870

Desert Mirage *(cont. from pg. 1)*

survival necessities, including plenty of water and sunscreen. No one can be an anonymous spectator. All attendees are expected to be fully engaged participants.

Why do tens of thousands of so-called "Burners" return to Burning Man year after year? For many, the event is a sanctuary of artistic self-expression, a communal expression of hope for the

best that humanity has to offer. The camp-like atmosphere is eccentric, exciting, liberating, and dangerous, all at the same time. The desert has long been a setting of spiritual growth and regenerative power. The experience culminates with the burning of a massive wooden effigy, the Burning Man himself, a ritual that symbolizes the destruction of the old and birth of the new.

Wizard Whereabouts

Oconomowoc, Wisconsin, might seem a strange venue for the world premiere of one of Hollywood's most beloved classics, but *The Wizard of Oz* was released at Oconomowoc's Strand Theater on August 12, 1939. Yet, according to the American Film Institute, Oconomowoc might not officially hold the title. Records show that Green Bay beat them for the honor by two days, opening at the Orpheum Theatre on August 10. The film was scheduled to premiere in Los Angeles on

August 9 at the Carthay Circle Theatre but was delayed.

At least two people were happy with its Wisconsin premiere. Composer Herbert Strohart and actor Meinhardt Raab were both Wisconsin natives. While the choice of Oconomowoc might seem strange, it was common for movie executives to arrange screenings in small towns to gauge audience reactions. One thing is certain: both MGM and Oconomowoc acknowledge that the honor belongs to the Strand.

Current Events at the Cove

August 2023

Celebrating August

Dog Month

Golf Month

Homemade Pie Day
 August 1

Farmers Market Week
 August 6–12

Lighthouse Day
 August 7

Garage Sale Day
 August 12

Senior Citizen's Day
 August 21

World Water Week
 August 20–24

National Park Service Day
 August 25

Be Kind to Humankind Week
 August 25–31

Sunapee Cove Assisted Living & Memory Care Community 1250 Route 11 Sunapee, NH 03782
 Phone: (603)763-0566 Fax: (603)763-0564
 www.SunapeeCove.com



Desert Mirage

Each August, Nevada's Black Rock Desert becomes home to a "pop-up" city of 80,000 people. The cultural phenomenon known as Burning Man will take place from August 27 to September 4 this year, and then the crowds will leave as spontaneously as they arrived, and the desert will return to its emptiness as if nothing ever happened.

What is Burning Man? Although there is plenty of music and art, it is not a music or arts festival. There are no stages or lineups of performers, and there are certainly no vendors hawking souvenirs. Nothing is for sale, and there are no profits to be made. Instead, the 80,000 attendees flock to the

desert in a pilgrimage of self-expression. For nine days, the desert becomes a community of individuals dedicated to expressing themselves to the fullest. People erect their own art installations, stage their own performances, roam about in fanciful costumes, fly homemade flags, and help each other survive the harshness of the desert environment. With no stores nearby to furnish supplies, every attendee is required to bring their own

(cont. on pg. 4)



Sunapee Cove's Art Show!

Thank you to everyone who participated in the Art Show! A special thank you to our residents; Sue Paige, Diana Piotrow, Frank Weeks, Clare Bennett and Shirley Carr!



August's employee recognition



Manager of the Quarter



Kyle Coolidge, Maintenance Director has been chosen for this recognition. Kyle started at Sunapee Cove just shy of 2 years ago. He is known to have a positive attitude and goes above and beyond the call of duty. From driving residents to local outings or even to the doctor's office he is truly a stellar guy. He is always willing to come in off hours, and make sure things run smooth. Thank you Kyle, this is well deserved.

Employee of the Month

Rae Horbert has been chosen for this appreciation. Her exceptional skills and dedication to our residents are truly outstanding. She not only takes the time to make our residents feel loved, but also makes sure our families feel it too. With such an amazing heart we are also happy to share that Rae will be working towards becoming a Licensed Nursing Assistant at the end of August! Thank you, Rea, for being such a strong and dependable team mate.



Trivia corner: What famous TV cowboy in the 1950s whose horse was named Trigger was really named Leonard Slye?

Answer: Roy Rogers

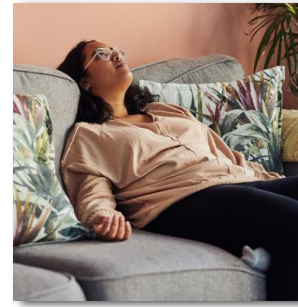


Some of the most exotic geocache locations are at the Eiffel Tower in Paris and on Deception Island, Antarctica.

On the Hunt

On August 19, you can enjoy a little dose of discovery on International Geocaching Day. Geocaching is a modern-day version of treasure hunting. Individuals hide their "treasure," the geocache, at any location they choose. The cache's GPS coordinates, often with a description of the environs, are then posted to a website. Using these details, it is up to the treasure hunter to track down the cache. This popular pastime began in 2000, when computer consultant Dave Ulmer hid a

bucket in the Oregon woods, hoping to test the accuracy of satellite positioning systems. What followed was an entirely new form of outdoor adventure. Participants typically do not just find a cache but are encouraged to leave a prize for the next treasure hunter. For many, simply finding the cache is reward enough. With over three million geocaches hidden worldwide, there are likely several near you right now. And Dave Ulmer's "Original Stash" still lies in wait in the Oregon woods.



Repetition may lead to lack of mental stimulation and onset of boredom.

Breaking Free from Boredom

The third Saturday in August is Break the Monotony Day, a day to deviate from routine and try something different. Having a routine is not a bad thing. Routines help us stay organized and allow us to be productive. Sometimes, though, routines put us on autopilot and cut us off from our feelings. Psychologists see tremendous

value in breaking the monotony of our regular routines. Trying new things and new experiences kindles feelings of awe, curiosity, and excitement. Studies show that feelings of awe—those paradigm-shifting moments of understanding—create feelings of connectedness and meaning in our lives.

The Mind Diet Recipe of the Month

Brain Boosting Breakfast Frittata

Servings 4

2 tbsp olive oil

6 large eggs

¼ cup of almond Milk

1 cup cherry tomatoes, sliced in half

1 red pepper, diced

½ cup of white beans

1 cup baby spinach, chopped

1/2 tsp each Salt & pepper

Preheat oven to 400 F. Grease a large shallow round baking dish/cake pan with olive oil, making sure to grease the sides well.

Whisk eggs and milk together and pour in pan, add remaining ingredients, stirring well and gently with a fork.

Bake in the oven for 30-35 minutes until eggs are firmly set. Remove from oven and serve with whole wheat toast.

Enjoy!



The original Lincoln pennies were planned to be released on Lincoln's birthday on February 12, 1909, but were delayed.