

# Calhoun

*Nursing and Rehabilitation Center, LLC*

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## Our Leadership Team

|                   |                          |
|-------------------|--------------------------|
| Gina Graham       | Executive Director       |
| Becky Watters     | Director of Nursing      |
| Ashley Anderson   | Asst Director of Nursing |
| Maggie Vinson     | Director of Admissions   |
| Ann-Marie Johnson | Staff Development Coord  |
| Amanda Kaufmann   | Human Resources          |
| Aja Hurst         | Business Office Manager  |
| Cassie Kamp       | Social Services Director |
| Lea Miller        | Activities Director      |
| Dennis Hould      | Maintenance Director     |
| Juli Rakers       | HSKP/ Laundry Director   |

## Visit Our Website

[www.calhouncarecenter.com](http://www.calhouncarecenter.com)

## Wild World: Capybara

You've heard of the groundhog, but what about a water hog? That's one of the nicknames of the capybara, the biggest rodent in the world. Resembling a guinea pig that's the size of a large dog, these animals live in Central and South America, where they spend much of their time by riverbanks, ponds and marshes. Like a hippo, a capybara's eyes, ears and nostrils are near the top of their head so they can hide most of their body underwater. Their webbed feet and quick-drying, stiff fur also suit them to a lifestyle of swimming. Most of their diet consists of grass and aquatic plants, and they're known by a particular Amazon tribe as "master of the grasses," eating 6 to 8 pounds of vegetation every day with their long front teeth that never stop growing.

## August 2022



## Quench Thirst With Lemonade

For many, nothing satisfies summertime thirst better than a chilled glass of lemonade. Research shows that sour flavors stimulate salivation, which hydrates the mouth and creates a thirst-quenching feeling long after the drink is finished. Additional studies also suggest that tart flavors and scents, especially citrus, are often associated with refreshment.

## Lightweight Lit

What makes a book a "beach read"? Historically, this term referred to popular books released during the summer that captured a wide audience, similar to blockbuster movies. Now the idea of a beach read has evolved to mean literature that's generally easy to consume, whether it's a page-turning thriller, a joyful romance or a juicy drama. Publishers say readers are drawn to these types of books because they match the carefree mood of the season.

## Cool Stuff at the Smithsonian

The museums that make up the Smithsonian Institution are home to over 150 million objects, many of which can be viewed online. In addition to American artifacts like the Declaration of Independence and the U.S. flag that inspired the national anthem, viewers can get a glimpse of a wide range of meaningful pieces:

- The institution's most popular attraction is probably the Hope Diamond, the walnut-sized blue gem that weighs 45.52 carats.
- Henry the elephant is a can't-miss exhibit at the National Museum of Natural History: The 11-ton, 13-foot-tall piece of taxidermy has been on display since 1959.
- Along with the 1903 Wright Flyer, the aircraft that made the first successful flight, the Smithsonian also houses Charles Lindbergh's Spirit of St. Louis plane and the Apollo 11 Command Module Columbia from the first moon landing.
- Presidential relics include the stovepipe hat Abraham Lincoln was wearing the night he was assassinated and the microphone used by Franklin D. Roosevelt during his fireside chats.



## Beautiful Beacons

Pretty as a postcard and drenched in history, lighthouses are popular attractions. Shine a light on some of America's most iconic beacons:

*Boston Light.* First built in 1716 and reconstructed in the 1780s, this Massachusetts landmark is the oldest lighthouse in the U.S. It's also the only one that still has an official keeper, even though the beacon is automated.

*Big Sable Point Lighthouse.* Michigan is home to over 110 lighthouses, more than any other state, including this black-and-white striped brick structure. Visitors can climb to the top of the 112-foot tower to see stunning views of Lake Michigan.

*Portland Head Light.* Photographs of this Maine lighthouse are popular, thanks to its charming setting in Cape Elizabeth, Maine, where waves crash against the rocky shore. The tower's beacon was first lit in 1791.

*Pigeon Point Light Station.* Located south of San Francisco, this lighthouse is the tallest on the West Coast, at 115 feet, and is still in use by the U.S. Coast Guard.

## The Purple Heart

One of the highest and most solemn military honors in the U.S., the Purple Heart has been awarded over 1.8 million times in its history.

The medal has roots in the Badge of Military Merit, which was established by George Washington during the American Revolution. The heart-shaped badge was made of deep purple cloth and embroidered with leaves and the word "MERIT."

Because of this historic beginning, the Purple Heart is considered the oldest military decoration in the country, but it didn't exist in its modern form until 1932. Gen. Douglas MacArthur led the effort to revive the Badge of Military Merit, which was announced on the bicentennial of Washington's birth. Renamed the Purple Heart, it was given in recognition of "singularly meritorious action of extraordinary fidelity."

The current design is a purple heart with a gold profile of Washington, surrounded by a gold border. The words "FOR MILITARY MERIT" appear on the reverse.

A Purple Heart is given to any member of the U.S. armed forces who has been wounded or killed in enemy action. It can be awarded multiple times to the same person for wounds received on separate occasions.



### A Fizzy, Frosty Favorite

A snowy mountaintop was the inspiration for a cool creation: the root beer float. National Root Beer Float Day, Aug. 6, celebrates this summertime treat.

In 1893, Frank Wisner owned a mine and brewing company in Cripple Creek, Colo. One night, he noticed that the moonlit snow atop the dark slopes of nearby Cow Mountain looked like a scoop of vanilla ice cream.

Inspired, Wisner went back to his bar and added ice cream to his customers' favorite soda, root beer.

The drink, which Wisner named Black Cow Mountain, was an instant hit, and soon people shortened the name to "black cow." Now, it's known as a root beer float. Although mixing ice cream and soda was already popular, Wisner was reportedly the first to use root beer.

There are as many variations on the root beer float as there are flavors of ice cream and soda. For example, brown cows or chocolate cows are floats made with root beer and chocolate ice cream.

### Sky Show

If last month's Independence Day holiday left you wanting more fireworks, you may be able to get your fix from the annual Perseid meteor shower, which will peak Aug. 11–13. With as many as 100 meteors per hour at its most active, it's one of the most popular celestial shows.

Meteors, also called shooting or falling stars, are part of the debris comets shed during their orbits. They blaze through the atmosphere at tens of thousands of miles per hour, 30 to 80 miles above the ground.

At certain times during the year, more meteors are created than usual, resulting in a meteor

shower. The Perseids, debris created by the comet Swift-Tuttle, look like they fall from the constellation Perseus.

The Perseid meteors are best viewed in the wee morning hours before dawn. Plenty of colorful streaks of light, including super-bright meteors called fireballs, will be visible to the naked eye, no binoculars or telescopes needed.



### Wit & Wisdom

"There wouldn't be a sky full of stars if we were all meant to wish on the same one."

—Frances Clark

"Looking up at the stars only proves you admire them, but shining your light proves you are like them."

—Matshona Dhliwayo

"Happiness is always there. You just have to choose to see it. There's no point dwelling in the dark and ignoring the light of the stars."

—Carrie Hope Fletcher

"As, in truth, stargazing will prove to all who undertake it, not as a mere watching of twinkling pinpoints, but as a means of gaining a clearer understanding of the world wherein we live."

—H. Addington Bruce

"When you reach for the stars, you are reaching for the farthest thing out there. When you reach deep into yourself, it is the same thing, but in the opposite direction. If you reach in both directions, you will have spanned the universe."

—Vera Nazarian

"Life is just a collection of memories. And memories are like starlight: They go on forever."

—C.W. McCall



## Movie Theater Milestones

From the first “talkies” to today’s special effects-packed blockbusters, cinemas have been drawing moviegoers for more than a century. Grab some snacks, sit back and view a few industry highlights.

| Year | Milestone  |
|------|--|
| 1922 | Air conditioning debuts at movie theaters.               |
| 1933 | In New Jersey, the first drive-in theater opens.         |
| 1952 | A movie craze emerges with 3D films.                     |
| 1962 | The first multiplex cinema is built in Missouri.         |
| 1970 | Imax film technology debuts in Japan.                    |
| 1981 | Cup holders are added to movie seats.                    |
| 2000 | Customers get the option to buy tickets online.          |
| 2014 | Large reclining seats become a feature at many theaters. |

“Then & Now”

# “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.