

Bubble Breakthrough

What do penicillin, the microwave, potato chips, and bubble gum all have in common? They were invented by accident. Walter Diemer was an accountant for the Fleer Chewing Gum Company in Philadelphia. When he wasn't working on the books, he spent his free time mixing new recipes for bubble gum. The problem was that current gums were too sticky and would break apart too easily. He wanted to invent a gum that was less sticky and could be blown into a perfect bubble. In 1928, Diemer mixed a successful batch but failed to write down the recipe. He spent four months trying to duplicate it. Then, in August of that year, he succeeded. The only food coloring available at the factory was pink, so that became the color of Diemer's 300-pound batch of bubble gum. Pink has been the standard color ever since. When he brought the first 100 pieces to a candy store, he priced his gum at one penny apiece and sold out in one day. To help sell his gum, Diemer taught store owners how to blow bubbles so they could teach their customers. The Fleer Chewing Gum Company called Diemer's gum "Dubble Bubble," and in the first year of production, it earned \$1.5 million.



1 Free Bingo Space

To be played during Ticket Bingo (on **Tuesdays only**)

Only Valid in the month of August

Limit **ONE** coupon per player per day

August Birthdays

Jean – Monday, August 3
Virginia – Tuesday, August 4
Dean – Thursday, August 6
Janet – Thursday, August 6
Elwood – Sunday, August 9
Lee – Tuesday, August 18
Elaine – Friday, August 21
Larry – Monday, August 24
Bruce – Tuesday, August 25

Herman Melville (novelist) – August 1, 1819
Barack Obama (president) – August 4, 1961
Lucille Ball (comedienne) – August 6, 1911
Dustin Hoffman (actor) – August 8, 1937
Danielle Steel (novelist) – August 14, 1947
Roberto Clemente (athlete) – August 18, 1934
Gene Kelly (actor) – August 23, 1912
Mother Teresa (saint) – August 26, 1910
Ingrid Bergman (actress) – August 29, 1915



Where Buses Beat the Jam

On August 20, 1989, stage two of the O-Bahn Busway opened in Adelaide, South Australia. This rapid-transit bus system was Australia's ingenious response to fighting traffic congestion in the fast-growing region.

First opened in March 1986, the O-Bahn is a cross between a railway and a busway. Instead of a train track, buses run on a dedicated concrete guideway. Specially outfitted O-Bahn buses move from city streets into tunnels that lead to the busway, where they carry more than 35,000 passengers per day unimpeded at up to 55 mph over the nearly eight-mile length. Each year, drivers keen to avoid traffic attempt to drive their cars onto the O-Bahn, but the track's design prevents ordinary cars from navigating it. They have to be removed from the track by crane.

Select Senior Living

11350 Martin St NW, Coon Rapids, MN 55433



Celebrating August

Staff Directory

763-767-1127

Vanessa Nguyen
Executive Director

Lana Lewer
Director of Nursing

Ashley Roy
Director of Marketing

Renee Voyce
Life Enrichment Director

Eric Gebel
Director of Maintenance

Jameel Robertson
Director of Culinary

Squeeze the Day

August is peak citrus season in more ways than one. While most citrus fruits are harvested in cooler months, their appeal hits full stride in late summer, when heat calls for bright flavors and cold drinks. Lemons, limes, oranges, and grapefruit show up everywhere this time of year—not just in produce bins, but in menus, recipes, and even a few quirky holidays.

The science behind that appeal is simple: Citrus delivers acidity, aroma, and a quick hit of refreshment. A squeeze of lemon can sharpen iced tea, balance grilled foods, or lift a simple glass of water. Limes do the same for marinades and summer desserts, while oranges and grapefruit bring a mix of sweetness and bite that works well chilled. There's also a practical side to citrus in summer. Lemon and lime juices are widely used in food safety and preservation, from keeping sliced fruit from browning to adding acidity that helps control bacterial growth in certain dishes.

August's food calendar leans into that versatility. National Creamsicle Day on August 14 highlights the long-running pairing of orange and vanilla, a combination that dates back to early 20th-century soda fountain culture. The next day, National Lemon Meringue Pie Day celebrates a dessert that balances tart citrus curd with sweet topping—a contrast that has kept it popular for generations. Later in the month, National Lemon Juice Day (August 29) and National Grapefruit Juice Day (August 31) shift the focus to drinks, where citrus continues to dominate.

Citrus has become a quiet trend driver in beverages. Sparkling lemonades, lime-forward mocktails, and grapefruit-infused sodas have all gained ground as alternatives to heavier drinks. Even classic lemonade—arguably the season's signature citrus drink—has seen variations with herbs, berries, and reduced sugar.

In a season defined by heat, citrus stands out for doing exactly what people want: cutting through it. Whether it's a cold glass of lemonade, a slice of pie, or a simple wedge on the rim of a glass, citrus continues to earn its place as one of summer's most reliable flavors.

A Note from our Director of Nursing

The Sunny Side

A Healthy Living Newsletter for Our Residents and Families

Shield Your Skin: The Ultimate Sun Safety Routine

Taking care of your skin is a year-round commitment, but it becomes especially vital during warm, sunny days. As our skin matures, it becomes thinner and more sensitive to ultraviolet (UV) rays. Embracing a daily sun safety routine preserves your comfort, protects your health, and keeps you feeling your best.

Follow this simple, three-step daily routine to enjoy the outdoors safely.

1. Apply Your Daily Shield

Sunscreen is your first line of defense against painful burs and long-term skin damage.

- **Select SPF 30+:** Use a broad-spectrum, mineral sunscreen containing zinc oxide or titanium dioxide, which is gentler on sensitive skin.
- **Apply Early:** Rub sunscreen onto all exposed areas-including your ears, neck, hands, and scalp – 15-30 minutes before stepping outside.
- **Reapply Frequently:** Put on a fresh layer every two hours, or immediately after sweating.

2. Dress for Success

The right clothing acts as a physical barrier against harsh, aging UV rays.

- **Wear Wide Brims:** Choose a hat with a wide brim to shade your face, eyes, and neck completely.
- **Cover Up:** Wear lightweight, loose-fitting, long-sleeved shirts and pants to stay cool while blocking the sun.
- **Protect Your eyes:** Wear UV-blocking sunglasses to shield your eyes and prevent cataracts.

3. Smart Timing and Hydration

When and how you enjoy the outdoors matter just as much as what you wear.

- **Avoid Peak Hour:** Stay indoors or seek deep shade between 10:00 AM and 4:00 PM when UV rays are strongest.
- **Sip Constantly:** Drink water throughout the day, even if you do not feel thirsty, to prevent heat exhaustion.
- **Check Medications:** Ask our nursing staff if your prescriptions increase your sensitivity to sunlight.

Life Enrichment Updates



“I love borders. August is the border between summer and autumn; it is the most beautiful month I know.” — Tove Jansson

This month we have some fun days that you don’t want to miss out on.

1. **National Night Out – Tuesday, August 4 at 2:30** we will be having some fun games and snacks. This is a time to really get to know your neighbors
2. **National Beer Day – Friday, August 7** we will be celebrating this during Happy Hour. You can choose between beer and Root Beer as your choice of beverage
3. **Creamsicle Day- Friday, August 14** we will be passing out creamsicles during Happy Hour with Tom Hipps
4. **Peach Pie Day- Monday, August 24** we will be having a peach pie dessert at 1:00! Yum!

Outings- Sign up is Required!
Arrive 10 minutes before departure to ensure your seat

Monday, August 10 at 9:45 -Walmart
Monday, August 17 at 9:45 -Dollar Tree
Tuesday, August 25 at 11:10- VFW for Bingo

Crafts-Sign up is Required

Thursday, August 6 at 2:30 Sun prints
Thursday, August 20 at 1:00 Sunflower at Sunset Painting

Entertainers-

Friday, August 7 at 2– Philip Westfall
Friday, August 14 at 2 – Tom Hipps
Friday, August 21 at 2 – Entertainer provided by Jan (Hank the Accordion player)