

August Newsletter

The Gardens | 5710 Dean Rd SW | (319) 632-1350 | thegardenscr.com/



Celebrating August

Happy Hour With Iowa Accordion Club

August 3

National Chocolate Chip Cookies & Milk

August 4

Rob Lumbard Sponsored By Rite Aid

August 10

Happy Hour With Betty Debban

August 11

Wheelchair Parade

August 16

Happy Hour With Steve Anderson

August 18

Senior Citizen Day

August 21

Good Ole Days With Bill

August 25

Happy Birthday Hour With Dave

August 25

Health & Wellness

Hello August! It is the month to focus on your health and your wellness. We often put our health and wellness on the back burner when life is stressful. Research has shown that self-care helps manage stress and promotes happiness. Challenge yourself to a 5-minute walk or to meditation, making a small change can impact your health in a positive way. For a healthy and happy life, it is important to focus on wellness and self-care.

Here are some tips for self-care:

1. Increase your water intake.
2. Add more fruits and veggies to your meals.
3. Monitor your sleep and make adjustments for better sleep habits.
4. Join a yoga, walking, or aerobics class.
5. Learn to meditate.
6. Practice gratitude and positivity.

If you could take a few minutes a day every day to do just one self-care act for your health & wellness your mood, stress and attitude would be happier.



It Takes Two to Tango



Tango is recognized around the world for the drama and passion of its dance steps and music. From August 7–21, the drama will reach a fever pitch as the best dancers in the world convene in Buenos Aires for the Tango Dance Festival and World Cup.

Buenos Aires is a fitting venue for a tango championship because it is considered the city where tango was born. During the 1850s, the working-class people and immigrants of Buenos Aires, Argentina, and Montevideo, Uruguay, developed a new cultural identity. These cities were a melting pot of cultural influences: Europeans, the descendants of African slaves, and *criollos*, the descendants of Spanish colonizers, merged their various customs, religious beliefs, and traditions. Dance was an integral part of this cultural trade, and tango would come to embody this newfound cultural diversity and community.

While no one can pinpoint the exact origins of tango, most historians agree that the first tango song was “Tomá mate, che,” written by Santiago Ramos for the comedy *El Gaucho de Buenos Aires* in 1857. Down in the docks and slums of Buenos Aires, working-class people gathered to dance this new partner dance. Up until the 1850s, partner dances were limited to the waltz and the polka. Tango, as a partner dance, evolved from these European dances and developed its own style, walk, postures, sequences, and embraces.

By the 1930s, tango was more than a dance. It embodied a proud and new Argentine culture. This was the Golden Age of Tango. It had risen out of the slums to gilded dance halls with full orchestras. Elegant dancers wore elaborate costumes. Thanks to its depiction in Hollywood movies, tango was now recognized all over the world. But every August, tango comes home to Buenos Aires for the World Championships. This is not merely a competition but a two-week-long, city-wide festival, a proud cultural celebration that provides a spectacle for all visitors.

Resident Spotlight



Lyle Krug is our resident of the month. He is always caring and sweet to everyone. He has a love for music, birds, antiques, farming, and tractors. He enjoys chess, bridge, noodle ball, bingo, and he is very good with history trivia. Lyle has been with us for a few years and he has an amazing kind heart.

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.

Bird Of The Month



Kingfishers are beautiful, fast, solitary birds with small bodies and long, sharp beaks. As their name suggests, they are expert fishermen. But while fish might be their favorite meal, they eat other foods as well, including shrimp, crayfish, frogs, and insects. These clever, spritely flyers have a wingspan of up to two feet and can zoom across the sky at 25 miles per hour. Kingfishers live across the globe in a variety of habitats near water, and they nest in burrows that they dig into the ground. Their typical lifespan is six to 10 years, and their primary predators are snakes, foxes, and raccoons. They will aggressively defend their territories, chasing away intruders with a loud, rattling call. In some Native American cultures, kingfishers symbolize fertility. In Japan, they are associated with wishes coming true. These lovely birds come in a range of colors, including blue, brown, yellow, black, and green.

Birthstone - Peridot



Peridot is a pale-green gemstone that is as popular for jewelry today as it was in ancient times. It was called the “evening emerald” by ancient Romans, who noticed that its color shone even more vividly in lamplight, resembling the deep-green

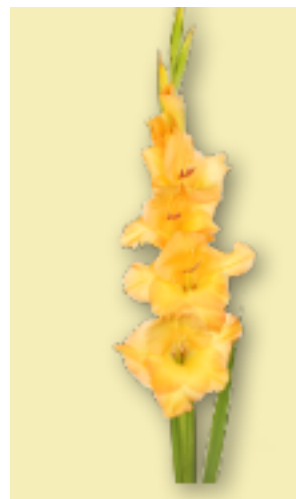
gem. Most ancient peridot came from the Red Sea island of St. John’s. However, it is also found in other areas of the world. In Hawaii, peridot symbolizes the goddess Pele’s tears. Some Hawaiian beaches are packed with tiny grains of peridot that are too small to cut.

Welcome Our New Social Worker



Megan Lowe Johnson has been a social worker since 2013. She is from Southern California. Megan has 3 kids and loves spending time with them. Aside from spending time with her kids and working she enjoys sleeping and loves Halloween. So, if you see her around the building give her a big welcome.

Flower - Gladiolus



The gladiolus represents strength and moral integrity—not surprising when you consider that its name comes from the Latin word for sword: gladius. But while its sword-shaped stems might conjure Roman gladiators, its romantic-looking flowers are capable of piercing a heart with their beauty. Although “glads,” as

they are commonly called, are beautiful in the garden, their principal use is for cut flowers. Their range of colors and sizes makes them particularly useful for floral arrangements.

Lincoln's Penny

In 1909, the United States Mint produced the first coin ever to depict a president: Abraham Lincoln. When the Lincoln penny was launched on August 2, the public immediately took exception to the inclusion of a strange set of initials on the reverse face: *V.D.B.* Three days later, on August 5, Secretary of the Treasury Franklin MacVeagh suspended production of the coin and ordered the removal of the initials. Only 484,000 of these *V.D.B.* pennies were struck, of which only 40,000 exist in mint condition today. They remain some of the most sought-after coins by collectors.



In 1905, President Theodore Roosevelt organized a commission to redesign the national currency. He contacted famed sculptor August Saint-Gaudens, requesting that Saint-Gaudens create coinage resembling the beautiful coins of ancient Greece. While Saint-Gaudens designed both the \$20 and \$10 gold coins, the artist succumbed to cancer in 1907, having never lived to see his designs minted. Although Saint-Gaudens died, Roosevelt's dream of a new currency did not. Next, Roosevelt turned to artist Victor David Brenner—*V.D.B.*

Brenner was one of America's preeminent metal workers. Prior to his work on the penny, Brenner created a bas-relief plaque of Lincoln based on a Civil War-era photograph taken by Mathew Brady. Roosevelt was incredibly impressed with the Lincoln bas-relief. Moreover, Roosevelt greatly admired Lincoln, considering him the savior of the Union and the Republicans' greatest president, even considering himself the heir of Lincoln's political legacy. No wonder Roosevelt wanted Lincoln's bust on the penny.

Brenner's Lincoln bust, which still graces the penny today, remains the longest-running design in U.S. Mint history. Though they were removed in 1909, Brenner's initials were again added to the penny in 1918, this time below Lincoln's shoulder. While other collectible pennies are worth more, the *V.D.B.* penny's artistic and historical status amongst collectible coins makes it one of the most desirable.

August Birthdays



Residents Birthdays

Kathryn Bulman

James Jakoubek

Delbert Block

Betty Brown

Arlo McElroy

Delbert Smith

Maureen Stevens

Betty Triplett

Ada Urice

Employee Birthdays

Erin Mum

Hanaa Mohamed

Jerome Smallwood

Carlie Goddard

Isabelle Nurre