

THE TRUMPETER

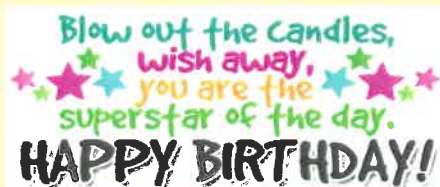
Asbury Towers Retirement Community



Celebrating August Birthdays

Residents

- 02 Jean Bollman
- 03 Jeri Cummings
- 07 Bill Bollman
- 08 Tammy Sutton
- 15 Bayard Allen
- 26 Ron Lotz
- 27 Lori Ziga
- 28 Nancy Rude



Staff

- 01 Katelynn Price
- 07 Caitlyn Eubank
- 09 Tony Hart
- 09 Brooke Rippy
- 11 Tiffany Crandill
- 31 Mackenzie Brammer



Rehab News

Submitted By: Therapy Department at Healthcare Therapy Services, Inc.

Managing Pain

Chronic pain is one of the most common reasons adults seek medical care. In fact, statistics show that 60-75% of adults age 60+ report at least one type of chronic pain. Living with chronic pain can be overwhelming and greatly impact your quality of life. Pain can be debilitating making it very difficult to get around and complete daily activities. Also, many adults suffering from pain may experience depression, anxiety, trouble sleeping, weight loss and cognitive impairment.

Pain is not a normal part of aging. If you or someone you know suffers from chronic pain, talk with your doctor to discuss ways to manage your pain without prescription opioids. Pain relief can include many strategies including physical and occupational therapy, exercise, acupuncture, massage, spinal manipulation, interventional therapies (injections), cognitive behavioral therapy, and meditation among many others. These methods can often be more effective than drugs and have fewer risks and side effects.

How Can Therapy Help?

Physical therapists can assess your pain and establish a therapy treatment plan fit for you. Treatment goals may include: pain relief, extended range of motion, increased strength and improved functional mobility. Non-invasive technology such as electrical stimulation (e-stim), ultrasound therapy, and hot and cold therapy can help to reduce pain and inflammation.

Occupational therapists work to evaluate how pain may be impacting your desired activities and quality of life. They can teach skills and strategies to help manage your pain.

PAIN QUIZ

1. Does pain affect your ability to handle daily responsibilities or activities?
2. Does your pain make it difficult for you to bathe or get dressed?
3. Does your pain make it difficult to climb or descend stairs?
4. Does your pain make it difficult to get out of bed or a chair?
5. Are you taking opioid medications daily?

Answer yes? Talk with your doctor about physical and occupational therapy treatment options.

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August's 31 Licks

August is the perfect time to enjoy ice cream. And there are so many delicious flavors— from mint chocolate chip to Oreo to lemon pie—that you could easily sample a new one each day of the month. However, up until the turn of the 20th century, ice cream was a luxury item only enjoyed by nobility. Today, the cool, creamy treat is available in nearly every grocery, corner store, restaurant, and home freezer. And while there are literally thousands of flavor options, the most popular of all is simple: vanilla. It's unclear when ice cream was invented, but it was eaten in ancient China, where rulers enjoyed a frozen concoction made by packing milk and rice into snow. In ancient Rome, Emperor Nero also had a panache for desserts made with snow and flavored with honey, fruit, and nuts. European kings and queens also served "cream ice" at court. The first hand-crank freezer was invented in 1846; before that, ice cream was stirred by hand in a bowl nestled over a bucket of salt and ice. In 1851, mass ice cream production began, making it possible for us all to scream for ice cream.

Greencastle Community Church Luncheon

Every third Wednesday of the month, Greencastle Community Church sponsors a luncheon catered by Myers Meat Market and entertainment or a Guest Speaker.

These are free luncheons with a free will donation. We will have a signup sheet every month for those who would like to attend or contact Julie at 765-630-8817 or Extension 117 for more information.

On September 20th they will have a presentation from Gayle Hass doing a presentation on Corrie ten Boom.

*"Summer afternoon—summer afternoon;
to me those have always been the two
most beautiful words in the English
language."*

~ Henry James

Bird of the Month – Kingfisher 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

The peridot, the birthstone for the month of August, is a beautiful stone that ranges in color from olive to lime green, although it sometimes has a brownish tint. It is one of the few gemstones that is found in one color. The green color is due to the presence of iron. Stones with a brownish tint have higher levels of iron. The peridot is one of the oldest known gemstones. It has ties to ancient Egypt, where it was often shaped into beads and worn for protection. The ancient Egyptians believed the stone could protect its wearer from evil. It is believed that Cleopatra's emerald collection was actually a collection of peridot gems and not emeralds. The largest peridot ever found weighs 311.78 carats and belongs to the Smithsonian. The Kremlin owns a 192-carat peridot of fine, clear olive green. The stone is part of the Russian crown jewels.



Clowning Around



Thanks to the Clown Club of America, August 1–7 has been celebrated as International Clown Week since 1970, but the history of clowns goes back, in one form or another, to the beginnings of human civilization. The Egyptian pharaohs were entertained by Pygmy clowns as early as 2500 BC. In ancient China, the emperor's court jester used humor to prevent the emperor from forcing thousands of slaves to paint the Great Wall of China white. Ancient Rome had a fool character called a *stupidus*, and jesters were known to attend funerals. Medieval court jesters were the only people allowed to criticize the king. Even the Hopi tribe of the American Southwest employed mischievous clownlike characters to interrupt the most solemn rituals in an attempt to create sympathetic magic. America's precious Uncle Sam, with his star-spangled top hat and suit, long beard, and big feet, originated as a clown campaigning for presidential hopeful Zachary Taylor in 1848. Despite the clown's aura of good-natured fun, the modern clown has always been tinged with a hint of darkness.

Modern clowns are universally recognized by their painted white faces, red noses, and silly clothes. Most historians credit the invention of the modern clown to the British pantomime star known as Grimaldi at the turn of the 19th century. He created an alter ego named Joey who dressed in red and white and entertained people at night, but throughout the day his life was tragic. He was lonely, his wife had died, his son suffered from alcoholism, and his physical antics left him in pain. From Joey came both the comedic and tragic clowns. The clown figure has always embodied two sides of the same coin—joy and sadness. And sometimes, as is the case of Mr. Punch from the old Italian Punch and Judy shows, clowns may even have a savage side. Perhaps what makes clowns so intriguing is that they are a mirror of our society, showing the good, bad, and ugly in all its drama.

Make Me a Match

The last day in August, Matchmaker Day, honors those who have mastered the art and science of finding love. While matchmaking is considered a long-lost tradition, marriages arranged by matchmakers are still common in India, Pakistan, China, and Japan. About 60% of all marriages in India are arranged, and out of these, less than 4% get divorced. And in these arranged marriages, as times goes on, spouses report feeling more love for their partners. Compare that to the 40% divorce rate in the United States, and you might want to rethink the role of matchmakers. Their job has become more of a science, gathering data on potential couples that includes financial and health histories, shared values, and key personality traits. Modern matchmakers are more likely to sit in front of a computer analyzing data than they are to be found in the village square gathering the latest gossip.

Are You Waffling?



On August 24, 1869, Cornelius Swartwout was awarded a patent for inventing a new, improved waffle iron. The first waffle irons date back to the 15th century in Holland, where

waffles were baked on the hearth in long-handled irons. Instead of the recognizable grid of deep wells, waffles were patterned with coats of arms, religious icons, or landscapes. These irons were direct descendants of medieval irons, used to bake religious communion wafers. Swartwout is credited with developing a new version of a waffle iron to be used on a wood- or gas-burning stove. In his design, two cast-iron plates were attached in such a manner that they could be rotated and flipped within a banded collar, allowing both sides of the waffle to cook on the stove top. Irons came in a variety of sizes with the tell-tale grid of wells on each side. Why do waffles today have that gridded and pocketed pattern? Some say that it's to cook a light, crisp waffle, while others argue that the pockets were created to hold rich maple syrup.

Strange Competition



Get ready for a week of the truly weird, because August 13–17 is Weird Contest Week in Ocean City, New Jersey. This beachy seaside haunt hosts curious family fun. Join in a variety of sculpting contests using Salt Water Taffy, French fries, and giant cookies.

Then there's the paper clip construction contest, where past contestants have attempted to replicate the Eiffel Tower and Brooklyn Bridge. "Ears Looking at You" is an ear wiggling bout, where the flappiest ears win. If these contests aren't eccentric enough for your tastes, try some of these other international oddities.

Every year the sleepy hamlet of Willaston, England, hosts the Worm Charming World Championships, where contestants try to coax as many worms as possible out of a small plot of turf. Charmers use various techniques to summon their earthworms, such as vibrating the soil with sticks, poking the grass, or even playing music. Digging is strictly against the rules. In 2009, the world worm charming record was set at 567 worms.

About 150 miles north of Willaston, in Egremont, England, contestants take part in a wholly different competition: gurning. Gurning is the act of contorting your face in the strangest manner possible. The World Gurning Championships are the highlight of the town's Crab Fair, a pastime dating back to 1267, when the local lord would distribute crab apples to the townsfolk. If gurning is not for you, the Crab Fair also hosts a pipe-smoking competition.

For a contest that challenges both the body and the mind, try chessboxing, which is exactly as it sounds. A table with a chessboard is situated in the middle of a boxing ring. Boxers sit and match wits in a game of chess before alternating into a round of boxing. This continues for 11 rounds. Dutch artist Iepe Rubingh developed the idea as a performance, but it grew into a popular sport in Germany, England, India, and Russia. During this week in August, it seems there is truly a contest for every unique taste.

Great Balls of Fire

In Nejapa, El Salvador, August 31 brings what locals concede is a bizarre tradition, the Ball of Fire Festival. On that date in 1922, the local volcano erupted, forcing all the residents to evacuate the town. The eruption became legendary when it was reported that the hot flowing lava took the form of San Jeronimo, the local saint, and Jeronimo began hurling fireballs at the devil. Another legend states that as the lava flowed through the town, San Jeronimo appeared and halted the lava right before it consumed the church. To commemorate San Jeronimo and these miracles every August 31, daring residents soak rags in gasoline, light them on fire, and hurl them through the streets. It is tradition that two teams generally throw the fireballs at each other. Hurlers take precautions, such as wearing gloves and dousing their clothes in water, but the threat of burns is real. Participants are aware of the dangers and even embrace the possibility of injury. The church, too, has even sanctioned the tradition. Perhaps San Jeronimo is watching over the festival, for very few injuries have been reported in the many years it has been celebrated.

A Dream Improvised



On August 28, 1963, civil rights leader Martin Luther King Jr. delivered his famous "I Have a Dream" speech at the foot of the Lincoln Memorial before a crowd of 250,000 people during the March on Washington for

Jobs and Freedom. King's speech may be the most famous in American history, but he did not even write it until he arrived at his hotel room the night before. Indeed, he finished his final draft after midnight on the day it was to be delivered. In his speech, King synthesized themes from both the Bible and the U.S. Constitution, but he broke from his written remarks to ad-lib the "I have a dream" section that is so well-known today. It was gospel singer Mahalia Jackson, standing just behind King, who said, "Tell 'em about the 'dream,' Martin."



Don't forget to look at the sign-up bulletin board by the Main Dining Room for trips scheduled outside of the building for the Month of August! Be mindful that trips could be cancelled due to inclemental weather. If you have a suggestion or place you would like to go, please contact Julie at Extension 117.

Come meet author, Anna Boyette on Monday, September 11, 2023 in Main Lobby starting at 10:30 a.m.

Anna is an author on faith inspired stories and children's books.

Music Programs for the Month of August

August 10th Jim Loving will be in Main Dining Room at 1:00 pm

August 11th Doug DeBaun will be in Main Dining Room at 1:00 pm

August 16th Dan Brush will be in Main Dining Room at 1:00 pm

August 17th Lannie Ferguson will be in Main Dining Room at 1:30 pm



Special Events

- 1st Aldi's Shopping Trip leaving lobby at 10:00 am
- 7th Joy Ride leaving lobby at 1:00 pm
- 8th Walmart Shopping leaving lobby at 10:00 am
- 10th Lunch at the Fairway leaving at 10:30 am
- 10th Jim Loving in Main at 1:00 pm
- 10th Taste of Asbury in Main at 2:00 pm
- 11th Doug DeBaun in Main at 1:00 pm
- 11th Root Beer Floats in Main at 2:00 pm
- 14th Food Committee in Founder Lounge at 10:30
- 14th Joy Ride leaving lobby at 1:00 pm
- 15th Dollar General trip leaving lobby at 10:00 am
- 16th Lunch at Greencastle Church at 10:30 am
- 16th Dan Brush in Main at 1:00 pm
- 17th Lannie Ferguson in Main at 1:00 pm
- 17th August Birthday in Main at 2:00 pm
- 21st Joy Ride leaving lobby at 1:00 pm
- 22nd Walmart shopping leaving lobby at 10:00 am
- 22nd August Night Bingo in Main at 6:00 pm
- 24th Out to Lunch to Cheddars leaving at 10:00 am
- 28th Joy Ride leaving lobby at 1:00 pm
- 29th Dollar Tree Shopping leaving lobby at 10:00 am

Always watch Channel 2 for more updates and information.



In Remembrance “Hoosiers is Us”

Hey you Guys,

If you've ever looked up the definition of “Hoosier” you know it says: Tramp, Vagrant. In other words, a bum. Now, we as Hoosiers know those terms do NOT define us! And even after all these years, the meaning of Hoosier has not been changed.

I am a born Hoosier and am neither a tramp nor a vagrant. But I don't know where to go to get that nasty definition changed! However, since we know it's not true, I guess it doesn't matter. What do you think?

Like the rest of you, I know a lot of Hoosiers, and I s 'pose among them there are some tramps & and vagrants, but they are surely in the minority. 'Course, I think I dated a tramp about 70 years ago – but come to think of it – he was from Ohio. I'd like to get to the point of this article, but I'll be darned if I know what it is! Oh, well, we can't all be deep thinkers, and I'm living proof of that! It must not be fatal, tho, 'cause I'm 87 years old, and can't recall ever having one single deep thought in my whole life. Aww – there I go – braggin on myself again! Take care you guys and keep the faith!

*~God Bless Us Every Single One!
Sharon Sheridan
August 2022*

In the Good Old Days of August

In August 1932, the average annual income was \$1,652.

A new house cost \$6,515, and a new car was \$610.

A gallon of milk cost 43 cents, but you could get a gallon of gasoline for only 10 cents.

In August 1990, the average annual income was \$14,777.

A new house cost \$128,732, and a new car was \$9,437.

A gallon of milk cost \$2.15, but a gallon of gasoline was \$1.08.

Mounting a Challenge



Everest. K2. Kilimanjaro. Why are humans so driven to climb to the highest places on Earth? When mountain climber George Mallory was asked why he dared to climb Mount Everest, he replied, "Because it's there." His answer seemed both childish and heroic,

a mixture of folly and fearlessness. Have you ever climbed a mountain? Consider why you did it on August 1, Mountain Climbing Day.

Mallory was one of the first to climb Mount Everest, the highest mountain peak on Earth. Today, more than 600 people every year complete that feat. Similarly, over 50,000 people climb yearly to the top of Mount Kilimanjaro in Kenya to see its famous snows. Obviously, these climbers are not trying to win any accolades for being the first to reach the summit. So if the challenge has been done so many times before, why do people still want to climb? The answer is that the challenge is not necessarily the mountain; climbers climb to challenge themselves. In this sense, the mountain is an innocent bystander.

Serious mountain climbing provides many life lessons. In order to succeed, climbers must have careful planning, teamwork, discipline, athleticism, risk management, and the ability to improvise in a split second. Survival is paramount when you are moving in some of the world's harshest conditions. Many times, people who climb together forge lifelong bonds born out of the cooperation necessary in order to survive.

And then there is the outdoor aspect of a climb. Climbs may be physically and mentally demanding, but they occur in some of the most beautiful natural places on our planet. For many climbers, an ascent is akin to meditation. Climbers are alone on a mountain, intensely aware of their environment in a manner that is transcendent. Mountain climbing allows one to escape civilization and focus only on the essentials of survival. This, for many, is reason alone to climb.

August Birthdays

In astrology, those born between August 1–22 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, creative, and warmhearted. Leos also use their humor and loyalty to bring people together to work for a common cause. Those born between August 23–31 are Virgo Virgins. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan so as to leave nothing to chance. These amazing listeners give excellent advice.

Herman Melville (author) – August 1, 1819
Tony Bennett (singer) – August 3, 1926
Lucille Ball (comedienne) – August 6, 1911
Dustin Hoffman (actor) – August 8, 1937
Alex Haley (author) – August 11, 1921
Julia Child (chef) – August 15, 1912
Roberto Clemente (ballplayer) – August 18, 1934
Al Roker (meteorologist) – August 20, 1954
Gene Kelly (actor) – August 23, 1912
Mother Teresa (humanitarian) – Aug. 26, 1910
Michael Jackson (musician) – August 29, 1958
Buddy Hackett (comedian) – August 31, 1924

Animal Kingdom



Lions, elephants, and orangutans, oh my! August celebrates all these wonderful animals with World Lion Day on August 10, World Elephant Day on August 12, and International Orangutan Day on the 19th. While all of these species are precious and majestic, why should we celebrate such animals? To celebrate animals is to celebrate our human relationship with the entire animal kingdom, of which we are a part. Humans have evolved from hunters and gatherers, to herders, to guardians and conservationists. We humans have made advances that have allowed us to populate the world, but we cannot do this at the expense of animals. Human health and animal health are interconnected. Only together, as a united animal kingdom, will we survive.