

August 2026



Great River

care center

Turner Pointe

assisted living

kind • compassionate • care

1400 West main McGregor Iowa 52157 (563-873-3527)



## Celebrating August

**Read a Romance Month**

**Golf Month**

**Family Fun Month**

**Root Beer Float Day**

*August 6*

**Purple Heart Day**

*August 7*

**Bargain Hunting Week**

*August 10–16*

**Vinyl Record Day**

*August 12*

**Social Security Day**

*August 14*

**Senior Citizens Day**

*August 21*

**Kiss and Make Up Day**

*August 25*

**Rainbow Bridge  
Remembrance Day**

*August 28*

**Eat Outside Day**

*August 31*

## 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 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.

## The Duchess Who Wasn't

Many of us are familiar with the work of the 19th-century Irish writer Margaret Wolfe Hungerford, although we may not even know it. After all, she was the one who first coined the phrase “Beauty is in the eye of the beholder,” in her book *Molly Bawn*. Perhaps the reason she is not well known is because she first began writing anonymously and later wrote under the pen name “The Duchess.” In honor of this writer and the many others who write under pseudonyms, August 27 is The Duchess Who Wasn't Day.



Hungerford may not have been a real-life duchess, but she was quite a success story. Historical accounts show that she was a master at balancing work and family. In addition to raising six children, she also wrote nearly 60 novels and collections of short stories, as well as newspaper articles. Her fiction was typical of the Victorian time period: light and romantic, entertaining and intensely popular in Ireland, England, and abroad in America. Indeed, Ireland's foremost man of letters, James Joyce, even referenced Hungerford by name in his masterwork *Ulysses*.

What compels a writer to use a pseudonym? Early female authors sometimes wrote as men in order to have their work equally judged. Some use pseudonyms to write fiction (such as crime or horror) that may be less sophisticated or serious than the award-winning literary type. Most of all, writers use pseudonyms to place some distance from earlier work. For example, J. K. Rowling, the world famous writer of the *Harry Potter* children's novels about wizards and magic, wrote a series of new books using the name Robert Galbraith. Why? To find a new adult audience. Agatha Christie, that master of mystery and suspense, wrote under the name Mary Westmacott when she turned to writing romance novels. Perhaps the most famous pseudonym of all is Mark Twain. Before Samuel Langhorne Clemens took the name Mark Twain, he also wrote under the names Josh and Thomas Jefferson Snodgrass. But truly, the more famous one becomes, the harder it is to remain anonymous.

## 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 Fleeer 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 Fleeer Chewing Gum Company called Diemer's gum “Dubble Bubble,” and in the first year of production, it earned \$1.5 million.

## Hidden in Plain Sight



If you believe that one person's trash is another person's treasure, then you'll be happy to hear that the second Saturday in August is Garage Sale Day. Some lucky folks do find rare treasures at garage sales. In 1989, a man bought an ugly painting for four dollars at a flea market because he liked the frame. Imagine his surprise when under the painting he found an original printed copy of the Declaration of Independence that sold for \$2.4 million in 1991. Then there's the story of the scrap metal dealer who found a Russian Fabergé egg, which was one of only 50 created as an Easter gift for Alexander III's wife, Empress Maria Feodorovna. Valued at more than \$30 million, that is one valuable “nest egg.”





## August Activities & Events

**Community Brunch** — August 8 at 11:00 a.m.

**Bingo** — August 4, 11, 17, and 24 at 1:30 p.m.

**Make Your Own Pizza** — August 12 at 9:00 a.m.

**Music with the Guthries** — August 12 at 2:00 p.m.

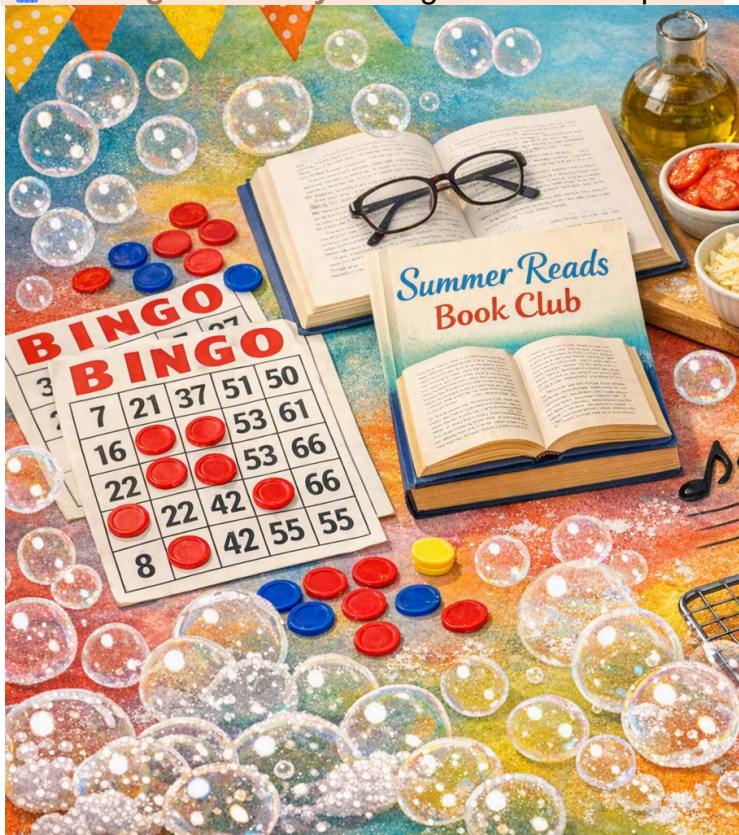
**Book Club** — August 6, 13, 20, and 27 at 1:00 p.m.

**Foam Fantastic Fun Fair** — August 21 at 1:30 p.m.

**Catholic Mass** — August 14 and 28 at 1:30 p.m.

**Hair Salon Opens** — August 31 at 1:00 p.m.

**Baking with Emily** — August 25 at 1:30 p.m.



*Activities are subject to change.*

**We are looking for volunteers!**

Contact Laurie Koozer if interested: 563-873-3527

## The Great Chicken Dash

It's that time of year again. Every August, plucky competitors converge at the Barley Mow Inn in Bonsall in Derbyshire, England, for the World Hen Racing Championship. While the race in Bonsall has been a community mainstay for 35 years, hen racing as a festive and lighthearted competition between local villages has endured for over a century.

Bonsall hosts a 22-yard track. Hens are given three minutes to cross the finish line. Dozens of hens compete in various heats. Don't have a hen? Rentals are available for those who want to join in the fun. The more serious types are known to train their chickens. These days, organizers typically discourage anything that could stress the hens. The event leans more toward gentle encouragement, like calling the birds or using food, rather than loud, chaotic tactics, like banging pots and pans. These strategies have proven effective, and close finishes are not uncommon in modern races. Organizers proudly note the event's enduring popularity.

## Rolling Through History



One of the more striking holidays in August is Bowling Day, which falls on the second Saturday of the month. It's easy to see why more than 60 million people go bowling each year—it appeals to all ages and genders, and evidence suggests that it has been played for thousands of years. British anthropologist Sir Flinders Petrie, upon excavating a tomb in Egypt, discovered a set of children's toys that dates to 3200 BC and looks like a bowling set. A form of bowling was so popular in 14th-century England that King Edward III outlawed the game so that troops would better focus on training. Bowling even debuted as a demonstration sport during the 1988 Olympics in Seoul, South Korea, though it has not yet been included in the Olympic program.

## Refreshing Our Outdoor Spaces

Residents, families, and friends you may notice some fresh updates taking place around our landscaping and outdoor areas. We are working to create a beautiful, vibrant, and inviting environment for everyone to enjoy during warm afternoons, outdoor visits, and quiet moments by the windows. As part of this renewed commitment, we are refreshing the look of our grounds and updating the rock beds throughout our outdoor living spaces. To help keep these areas neat and well maintained, we have a small request for those who enjoy hanging bird feeders outside residents' windows.

We kindly ask that any bird seed used in personal feeders be non-germinating. Non-germinating bird seed is processed or naturally inert, allowing birds to receive full nutrition without the seeds sprouting into unwanted plants or weeds around the building. Recommended options include sunflower hearts, Nyjer seed, safflower seeds, cracked corn, and chopped peanuts. Thank you for helping us care for our outdoor spaces while continuing to welcome the birds that bring so much joy to residents and visitors alike.



## August Birthday Celebrations! 🎉

Let's celebrate our August birthdays with warm wishes, big smiles, and plenty of birthday cheer!

### Resident Birthday

🎂 Norma Asleson — August 7

### Staff Birthdays

🎈 Donna Schoulte — August 3

🎈 Laurie Koozer — August 11

🎈 Aimee Cahoon — August 12

🎈 Kaylin Garbes — August 16

🎈 Yvette Shinn — August 25

*Another year to laugh and cheer,  
Another candle bright and clear.  
May your day be sweet from start to end,  
Filled with joy from every friend!*

**Wishing each of our August birthday celebrants a wonderful day filled with smiles, laughter, and special moments!**

## 🌞 Welcome, New Team Members! 🌞

We are excited to welcome our newest hires to the team! Please join us in giving them a warm hello and helping them feel right at home.

- 👋 Natalie Wright
- 👋 Lydia Kraft
- 👋 Rachel Clark
- 👋 Emma Manning
- 👋 Anne Manning
- 👋 Laynee Jones
- 👋 Bryan Pulda

**We're so glad you're here, welcome to the team.**