

August 2022

CHATTERBOX

Artman | 250 N. Bethlehem Pike Ambler PA 19002 | 215-643-6333



Celebrating August

**Read-a-Romance Novel
Month**

Happiness Happens Month

**Boomers Making a
Difference Month**

International Clown Week
August 1–7

Homemade Pie Day
August 5

**International Lefthander's
Day**
August 13

Root Beer Float Day
August 6

Elvis Week
August 9–17

**International Geocaching
Day**
August 20

Senior Citizens Day
August 21

Women's Equality Day
August 26



ARTMAN 500 RACE ~ 2022



BINGO FOR BEARS



CONTEMPLATING OUR NEXT MOVE



Riddle Me This

I can bring a smile to your face, a tear to your eye, or a thought to your mind, but I can't be seen. What am I?

Challenge for the Day

Tap your toes while you wait for your meals today.

Food for Thought

Tabasco sauce is made by fermenting white wine vinegar and hot pepper in a French oak barrel that has three inches of salt on top. The concoction is aged for three years until all the salt is diffused through the barrel.

Table Topic

If you could have a superpower, what would it be?

Word Scramble

MYAPROTER

Lasting a limited period of time

Fun Fact

Ketchup was prescribed to people suffering from indigestion back in 1834.

IT'S ALL HOW YOU LOOK AT THINGS

COVERING ALL THE BASES

A little boy was overheard talking to himself as he strode through his backyard, baseball cap in place and toting ball and bat. I am the greatest baseball player in the world he said proudly. Then, he tossed the ball in the air, swung and missed. Undaunted, he picked up the ball, threw it into the air and said to himself, I am the greatest player ever! He swung at the ball again, again he missed. He paused a moment to examine bat and ball carefully. Then once again he threw the ball into the air and said, I am the greatest baseball player who ever lived. He swung the bat hard and again missed the ball.

WOW! HE EXCLAIMED, WHAT A PITCHER!

August Zodiacs

Leo (the Lion)
August 1–22

Virgo (the Virgin)
August 23–31

Searching for August

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

B	Z	I	A	X	E	H	P	O	T	C	L	I	O	N
N	G	F	U	I	G	N	I	M	M	I	W	S	L	Z
N	P	Q	G	X	E	D	C	C	T	I	J	X	M	G
T	O	H	U	P	P	R	H	L	U	N	W	R	F	U
X	T	I	S	Q	E	G	L	Q	Q	I	S	R	V	Q
H	F	G	T	O	R	R	J	K	T	G	U	T	I	B
B	K	L	G	A	I	D	I	A	O	R	M	A	N	W
D	F	R	O	H	C	B	N	D	H	I	M	F	V	S
T	I	U	M	G	I	A	F	T	O	V	E	P	U	R
V	G	A	Z	L	H	P	V	L	G	T	R	N	D	W
R	K	R	R	H	S	E	H	W	Q	I	S	T	W	M
S	U	L	O	I	D	A	L	G	M	H	Y	A	S	C
Y	V	C	M	Q	E	I	G	T	I	U	U	V	O	G
M	O	T	C	O	X	G	B	N	G	O	N	E	B	W
S	R	D	T	U	S	A	E	U	W	N	L	T	J	B

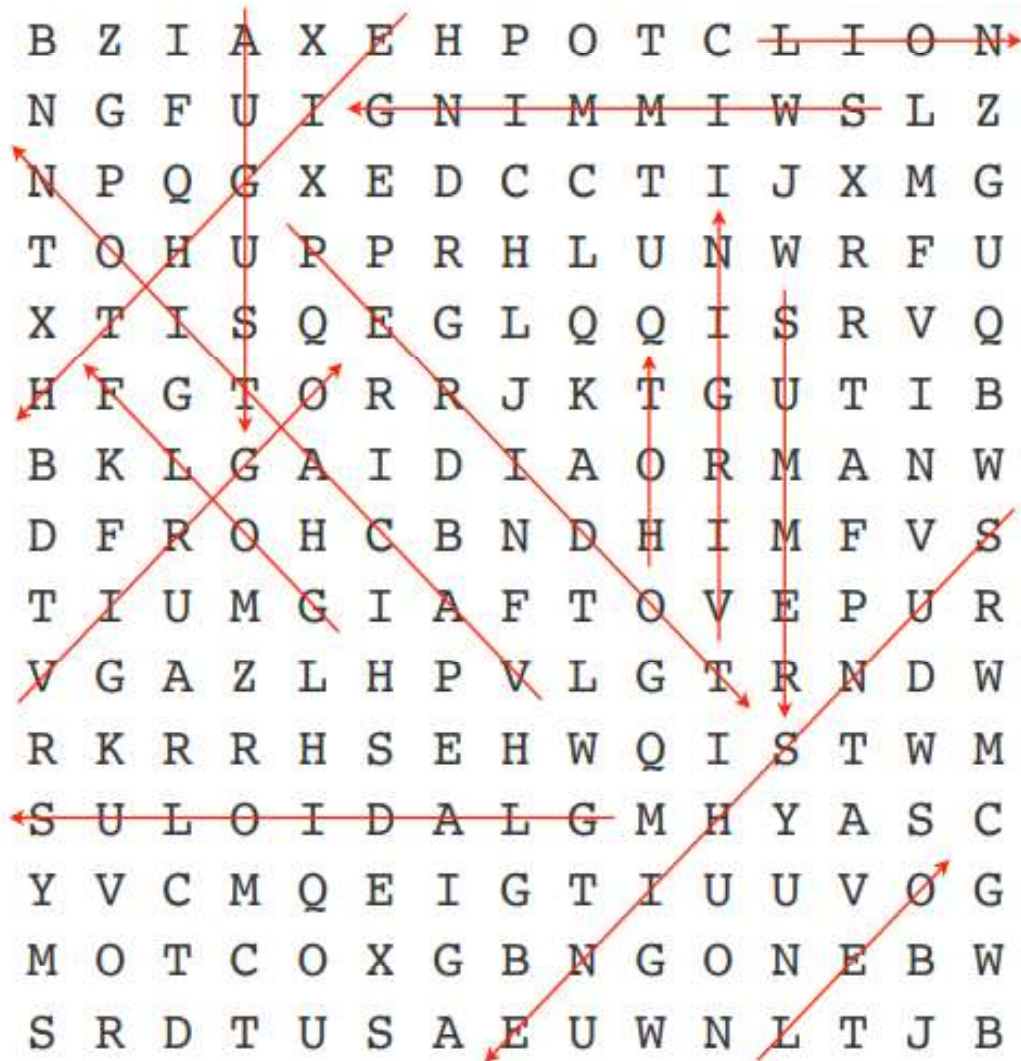
AUGUST
EIGHTH
GLADIOLUS
GOLF
HOT
LEO
LION (Leo)



PERIDOT
SUMMER
SUNSHINE
SWIMMING
VACATION
VIRGIN (Virgo)
VIRGO

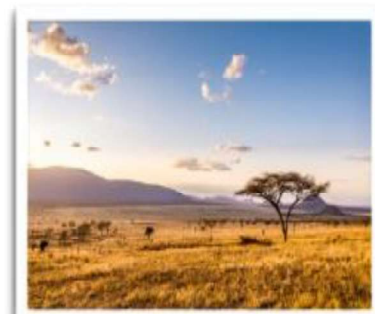
Searching for August

(solution)



King of the Jungle

Use the clues to fill in the crossword.



King of the Jungle

(clues)

ACROSS

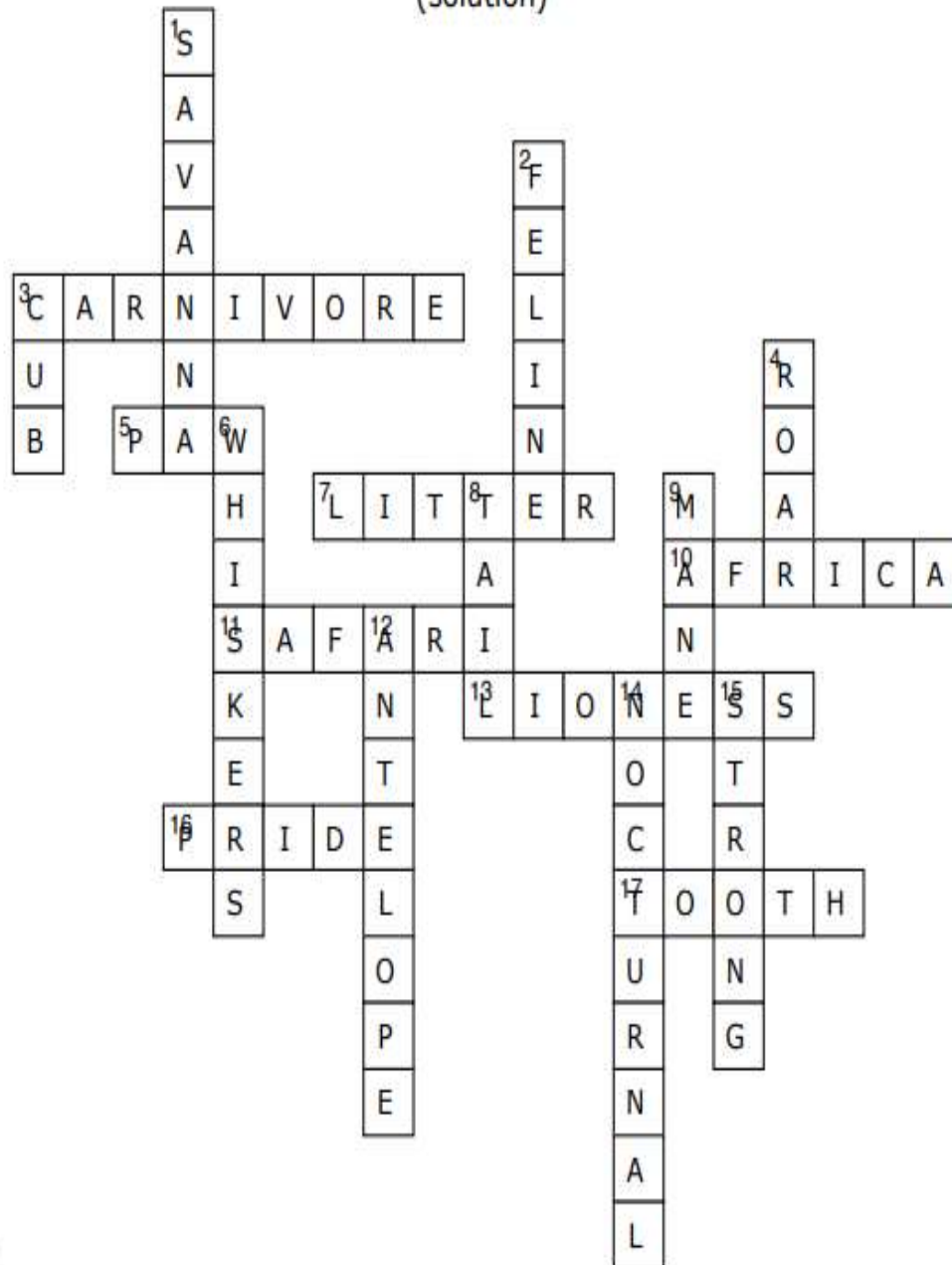
- 3. Meat-eater
- 5. Lion foot
- 7. Group of newborn babies
- 10. A continent where lions live
- 11. African wildlife tour
- 13. Pride female
- 16. Group of lions
- 17. Fang

DOWN

- 1. African grassland
- 2. Of the cat family
- 3. Young lion
- 4. Lion's sound
- 6. Long facial hairs
- 8. Lion appendage
- 9. Thick hair on a lion
- 12. High-jumping animal:
lion's prey
- 14. Active at night
- 15. Muscular

King of the Jungle

(solution)



Things That Are Golden

Match the clue to the *golden* answer.

- | | |
|-------------------------------------------|----------------------------|
| 1. <i>Private Benjamin</i> actress _____ | A. golden retriever |
| 2. McDonald's trademark _____ | B. Goldberg |
| 3. Iron pyrite _____ | C. <i>The Golden Girls</i> |
| 4. California _____ | D. golden arches |
| 5. Top Olympic prize _____ | E. <i>On Golden Pond</i> |
| 6. Pepperidge Farms cracker _____ | F. The Golden State |
| 7. What Willie Wonka's goose lays _____ | G. Goldfish |
| 8. Porridge thief from a fairy tale _____ | H. black gold |
| 9. Petroleum _____ | I. Golden Nugget |
| 10. Found at the end of a rainbow _____ | J. Goldie Hawn |
| 11. Las Vegas casino _____ | K. Golden Gate |
| 12. Movie with Henry Fonda _____ | L. golden anniversary |
| 13. TV show set in Florida _____ | M. gold medal |
| 14. Comedian Whoopi _____ | N. <i>Goldfinger</i> |
| 15. James Bond movie _____ | O. Goldilocks |
| 16. San Francisco bridge _____ | P. pot of gold |
| 17. Popular hunting dog _____ | Q. fool's gold |
| 18. 50 years of marriage _____ | R. golden eggs |



Things That Are Golden

(solution)

- | | |
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The Benefits of Flexibility While Aging:

Repetitive creative motions with end results help activate a state of flow, resulting in increased dopamine levels (the “feel good” chemical), which actually helps your motivation.

Studies show that creative engagement reduces depression and isolation and can also help people with dementia connect to their personalities and sharpen their senses.

Creative acts can focus the mind, manage negative emotions, and reduce anxiety. Creative acts are similar to meditation with calming effects on the brain and body.

Studies show people who write or journal daily have stronger immune system function.

Listening to music can also rejuvenate function in your immune system.

Studies show people who play instruments have better connectivity between their left and right brains. The left brain is responsible for motor functions, while the right brain focuses on melody. When the two halves of your brain communicate with each other, your cognitive function improves.



Additional Tips for Stretching:

Complete a warm up activity before any exercise to lessen the chance of injury

Never over stretch a joint; it should be slow and smooth

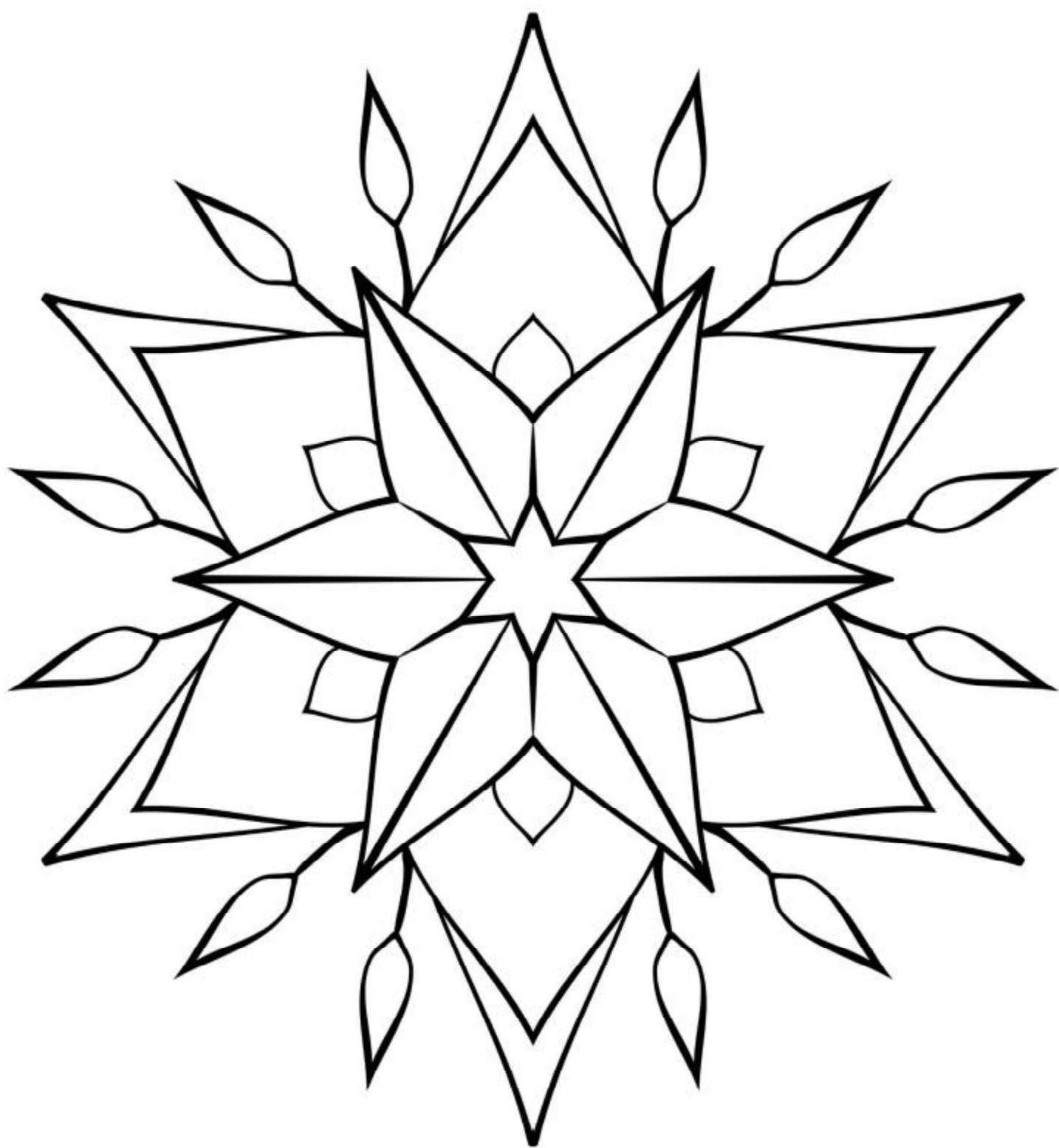
Arms and legs can be straight, but not locked during a stretch

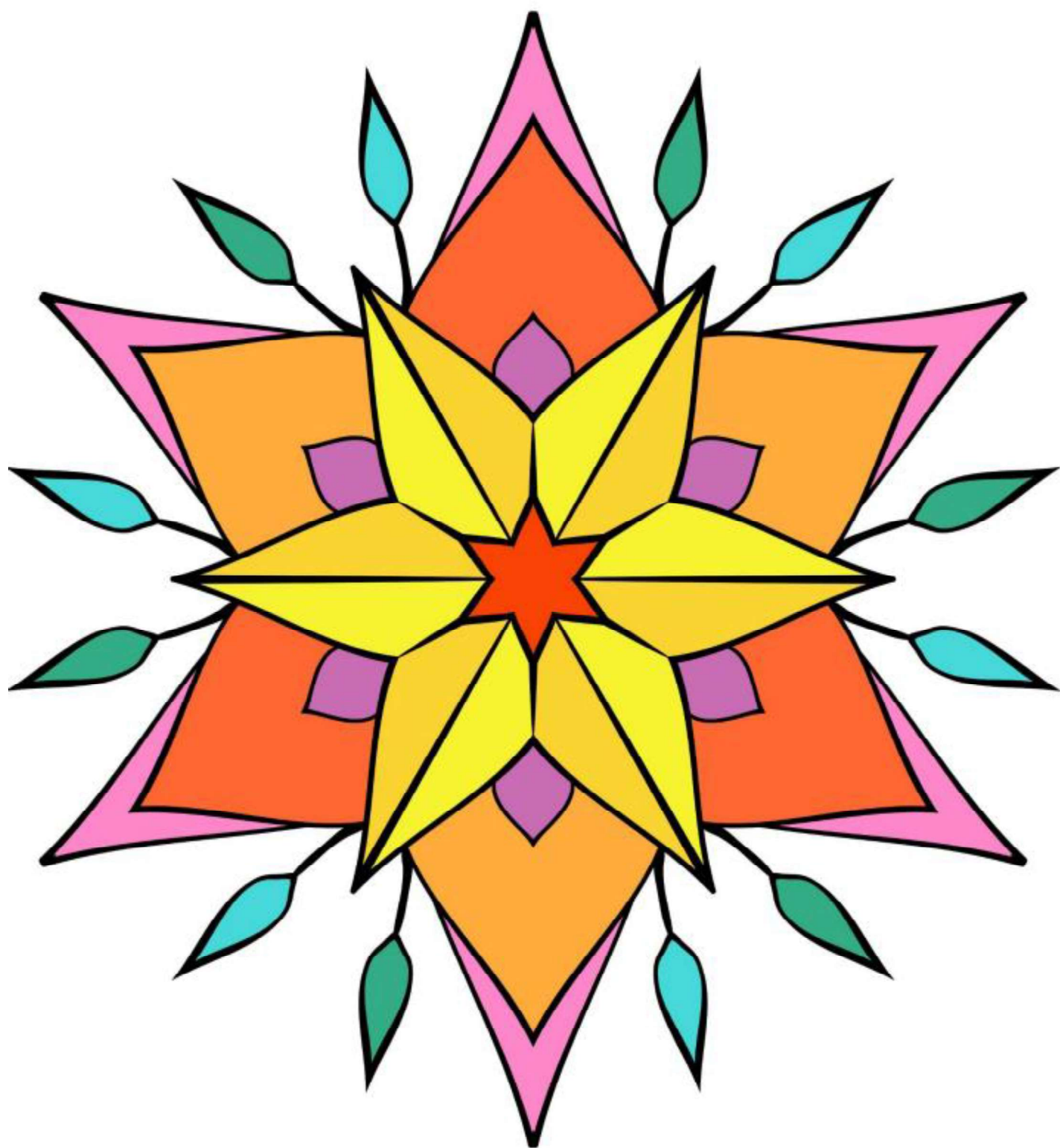
Stretching may cause you mild discomfort, but you shouldn't feel pain

Keep breathing through the stretch

Aim to stretch at least 10-15 minutes, 3 days a week

Stretching exercises should focus on your whole body





HOW CAN YOU MAKE A DIFFERENCE IN THE LIVES OF OUR RESIDENTS?



WORKPLACE GIVING!

YOU CAN MAKE A POSITIVE IMPACT

by contributing a portion of your paycheck to charities of your choice. By directing your workplace contribution to Artman, you enrich the lives of our residents while nurturing their physical, emotional, and spiritual well-being.

MAKE A MEANINGFUL IMPACT! [Ask your employer about Workplace Giving and support Artman today!](#)