

Edgewood Manor OF LUCASVILLE II

10098A Big Bear Creek Road • Lucasville, OH 45648 • (740) 259-5536

August 2026

Games Are Good for Your Gray Matter

Research shows that these classic games support specific cognitive functions.

One player. Playing cards, including one-player games like solitaire, is linked to better focus and memory, according to research. Winning, even against yourself, triggers a small release of dopamine, a natural mood-boosting brain chemical.

Two players. Studies indicate that playing two-person strategy board games like chess and checkers improves problem solving and empathy, since these games require planning moves and anticipating an opponent's moves.

Three to four players. Games like mahjong and dominoes exercise both pattern recognition and memory; they also can be played with three or four players.



Spread Sunshine

"Those who bring sunshine into the lives of others cannot keep it from themselves."

—James Matthew Barrie

August by the Numbers

12. The number of lighthouses in the United States in 1776.

Aug. 7 is National Lighthouse Day, when many of the approximately 700 lighthouses standing today are open for tours.

135. Chapters in "Moby-Dick," the epic novel by Herman Melville, who was born Aug. 1, 1819.

A Tall Glass of Coconut Water

Coconut water, sometimes called "nature's sports drink," is full of electrolytes and minerals necessary to staying hydrated. Here are three coconut water "courses" for a hot summer day.

Morning. Start your day right with a green juice made of coconut water, spinach, lemon juice and ginger, blended with ice.

Afternoon. Take a break with lemonade made from coconut water mixed with lemon juice, mint, honey and ice.

Night. Add your favorite frozen or fresh fruits, coconut water and ice to a blender for a delicious cooling dessert.



An Icy Desert

Antarctica qualifies as a desert because it receives only about 2 inches of precipitation (as snow) per year. Nevada, the driest state in the U.S., has an annual average precipitation of 9.5 inches.





Wit & Wisdom

"Hope is like the sun, which, as we journey toward it, casts the shadow of our burden behind us."

—Samuel Smiles

"How glorious a greeting the sun gives the mountains!"

—John Muir

"The sun, with all those planets revolving around it and dependent on it, can still ripen a bunch of grapes as if it had nothing else in the universe to do."

—Galileo Galilei

"The sun lay like a friendly arm across her shoulder."

—Marjorie Kinnan Rawlings

"We sleep, but the loom of life never stops, and the pattern which was weaving when the sun went down is weaving when it comes up in the morning."

—Henry Ward Beecher



3 Ways to Celebrate Senior Citizens Day

Behind every community is a generation of trailblazers. This National Senior Citizens Day on Aug. 21, we honor the roughly 60 million older adults whose hard work and wisdom paved the way for us all. Here are some ideas to celebrate the day with people of all ages, both in person and virtually.

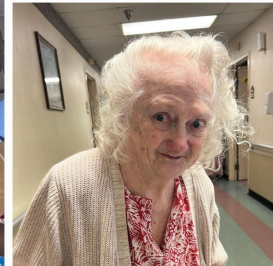
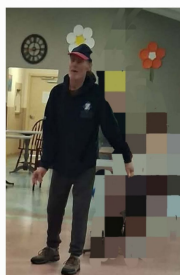
Make a masterpiece. Visit a local art studio to take a painting class together. If in-person art isn't an option,

set a time to watch a painting tutorial online together and make your masterpieces miles apart but close at heart.

Learn something new.

Long-distance learners can attend a virtual webinar together and share ideas afterwards. For in-person bonding, find a public lecture to attend at a local library, university or museum.

Bring on the harmony. If you're celebrating in person, attend a concert. Long-distance loved ones can make their own concert by creating a collaborative playlist online and taking turns adding songs. Send messages with favorite lyrics or stories about each other's favorite tracks.



Happy Birthday



Adrien Dunn	August 6th
Carol Hamm	August 9th
William Perkins	August 10th
Rueben Ousley	August 17th
Brianna Wisenhofer	August 20th
Robert Jones	August 21st
Rebecca Brannan	August 22nd
Bobbie Lyons	August 23rd
Kenneth Bishop	August 30th

Happy Anniversary

Kayla Vest	August 1st
Matt Johnson	August 1st
Alison Bender	August 5th
Bobbie Lyons	August 5th
Shannon Broughton	August 7th
Margaret Glenn	August 19th
Rebecca Brannan	August 19th
Kristin Crace	August 24th



Stages Under the Stars

Stage meets starlight in these world-famous open-air arenas:

Red Rocks Amphitheatre. This mountaintop venue is always ready to rock. Wedged between 300-foot-high prehistoric sandstone walls, builders broke ground on the amphitheatre during the 1930s as part of a Depression-era jobs and conservation program. Laborers were paid a dollar a day to carve this famous theater overlooking Denver, Colo. Since then, Red Rocks has hosted legends like The Beatles, Johnny Cash, Jimi Hendrix and Stevie Wonder.

Sydney Opera House. The iconic shell-shaped roof silhouetting the Sydney skyline has come to symbolize Australia itself. This UNESCO World Heritage site, which opened in 1973, has hosted a range of performances—including classical opera and world bodybuilding titles—as well as notables such as the Pope and Nelson Mandela, who spoke about forgiveness after being imprisoned for almost three decades.

Dalhalla. From prehistoric meteorite crater to limestone quarry to outdoor arena, Dalhalla is like a Swedish coliseum scooped into the dense surrounding forest. The stage itself is perched over a pool of crystalline water. Among its international repertoire of performers are musicians Dionne Warwick, Sting, The Beach Boys, Lauryn Hill and Kiss.

Theatre Antique d'Orange. This first-century Roman theater located in France has served several purposes in its nearly 2,000-year existence, including as a fort and prison. Today, the UNESCO World Heritage site has returned to its roots as a stage for performers including Hans Zimmer, The Police and David Guetta.



Managers

- **Executive Director:** Donna Garza
- **Director of Nursing:** Rachel Pieper
- **Asst. Director of Nursing:** Rebekah Anderson
- **MDS:** Donie Bowen
- **Business Office:** Eddie Sue Whitt
- **Business Office Manager:** Barb Newman
- **Activities Director:** Shannon Broughton
- **Dietary:** April Montgomery
- **Resident & Family Services:** Kim Bresley
- **Medical Records:** Tina Whitt
- **Environmental Services:** Tomie Neal
- **Hospitality Services:** Carolyn Miller
- **Rehab Director:** Lynn Kratzer
- **Nursing Unit Manager:** Audrey Mustard

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August						1
2	3	4	5	6	7	8
9	10 	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27 	28	29

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