

# August Newsletter

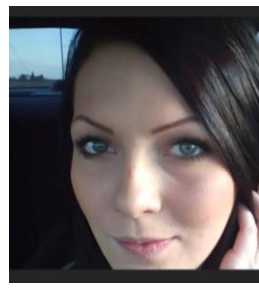
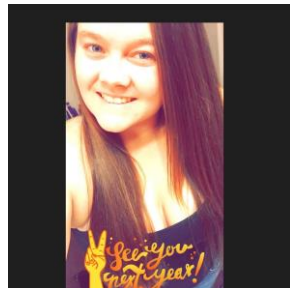
Birkwood Village Of Fort Madison | 1702 41<sup>st</sup> Street | 319-372-8021 |



## Staff Appreciation and Welcoming

We only have new hires in the CNA and Nursing departments this month! We welcomed Fawn Smith and Aubrey Brewer to the CNA department, one as our universal workers! Our two new staff members in the nursing department are Evelyn Dilks and Cassie Powers! We hope they continue the amazing work the facility has brought out for the residents here.

We celebrate perfect attendance achievements biweekly. The requirements for staff to be in this award drawing is just as the name says! The staff members for the month that have won the Perfect Attendance Award are Courtney Chenoweth and Courtney Graves! Both staff members work in the CNA department!



To win the Birkwood Village Employee of the Month Award, you must get voted into at the end of the month. The staff member with the most votes this month was Aiden Mesecher! Aiden works in the Dietary Department; he's worked with us for a handful of months during the spring and summer months! This will be his last month with us, as he is leaving to continue his education at the University of Iowa campus! We wish him the absolute best in his future endeavors!



## August Birthdays



Happy Birthday to all our August birthdays! Our residents' birthdays go to Paul, Lillian, Stacy, Carolyn, and Sandra! We will wish them the best on their birthday with a cupcake and birthday card!

Our staff have quite the list of birthdays this month. In dietary, they'll be celebrating Amber, Callan, and Bill. Housekeeping has one birthday, Trudy. The CNA department has Isabella and Heather. Transportation has Don. And lastly, nursing department has the birthdays of Brandy, Thomas, and Jamie!

Staff will start getting a spotlight posting and a birthday card from all management!

## Staff Anniversaries

We appreciate all staff and their accomplishments! Our staff members reaching 1 year working for Birkwood Village goes out to Sara Loveland in laundry and Larissa Ferrill in nursing! Laura Hershman, a part of the nursing department, will be coming to her 2-year anniversary this month! For 32 years, our main cook in the kitchen, Mike Abbey, will be celebrating 27 years of working here! Lastly, a CNA, Kelli Ramsey will be hitting 32 years working on the floor for Birkwood. We thank all staff for their help and amazing work they have done for the residents here!

## Celebrating August

**Dog Month**

**Golf Month**

**Romance Awareness Month**

**Homemade Pie Day**

*August 1*

**Farmers Market Week**

*August 6-12*

**Lighthouse Day**

*August 7*

**Garage Sale Day**

*August 12*

**Senior Citizen's Day**

*August 21*

**World Water Week**

*August 20-24*

**National Park Service Day**

*August 25*

**Be Kind to Humankind Week**

*August 25-31*

**Matchmaker Day**

*August 31*

## Upcoming Activities

Activities are always the resident's favorite time of the day! For the following month, the activities department is looking for more outings for the residents to get fresh air. Also, celebrating different events like Elvis's week, the Sweet Corn Festival, and the Watermelon Festival. Keep an eye for the Birkwood Village team in the Sweet Corn Festival parade! The facility will be hosting a blood drive towards the end of the month, a staff picnic, and a staff burger cook off! With lots on the schedule for the residents, we hope to see you out here to join in on the fun!



## Birkwood Village- Assisted Living/Memory Care

The outdoor structure of the new building is finished! In just a few short months, the new part of the Birkwood Village name will be up and running! Keep your eyes peeled for more information for the upcoming dates!



## 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.

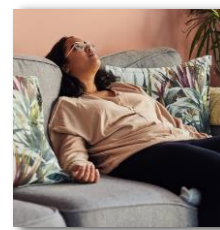
By the 1930s, tango was more than a dance. It embodied a proud and new Argentine culture. This was the Golden Age of Tango. It had risen out of the slums to gilded dance halls with full orchestras. Elegant dancers wore elaborate costumes. Thanks to its depiction in Hollywood movies, tango was now recognized 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.

## Wizard Whereabouts

Oconomowoc, Wisconsin, might seem a strange venue for the world premiere of one of Hollywood’s most beloved classics, but *The Wizard of Oz*, starring Judy Garland, was released at Oconomowoc’s Strand Theater on August 12, 1939. Yet, according to the American Film Institute, Oconomowoc might not officially hold the title. Records show that Green Bay beat them for the honor by two days, opening at the Orpheum Theatre on August 10. The film was scheduled to premiere in Los Angeles on August 9 at the Carthay Circle Theatre but was unexpectedly delayed.

At least two people associated with the film were happy with its Wisconsin premiere. Composer Herbert Strohart, a Milwaukee resident, wrote the score, and Meinhardt Raab, the Munchkinland coroner who declared the Wicked Witch dead, was born in nearby Watertown. While the choice of Oconomowoc might seem strange, it was common for movie executives to arrange screenings in small towns to gauge audience reactions. One thing is certain: both MGM and Oconomowoc acknowledge that the honor belongs to the Strand.

## 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.

## Looking for Love?



Six months after Valentine’s Day, the romance returns with Resurrect Romance Week from August 6–12. This holiday week was invented as the antithesis to Valentine’s Day, an opportunity to eschew spending money on tokens and trinkets of love and focus on lavishing time and attention on your loved one. The holiday’s motto is: “Real romance comes from the heart, not the wallet.”

The notion of “resurrecting romance” begs the question, “Is romance dead?” This is a question that psychologists and sociologists have been asking a lot lately. Studies show that Americans are partnering 50 percent less than they did in 1986, intimacy is at its lowest since 1989, and fewer Americans are celebrating Valentine’s Day than ever before.

Most people tend to blame the decline of romance on technology. Is texting ruining how we communicate with each other? Does looking up someone’s background on Facebook prevent us from asking questions in person? Does the convenience of video chatting prevent us from meeting in person? Furthermore, our preoccupation with technology often interferes in the locations where we are most intimate: the bedroom and the dinner table.

The news about romance isn’t all bad. Some studies suggest that part of the reason there are fewer relationships is that young people have higher standards for partners. They are less willing to enter into relationships that might go nowhere. And Millennials, those born between 1981–1996, are largely responsible for the fall in divorce rates. There are plenty of people who argue that romance isn’t dead, it’s just evolved. Holidays like Resurrect Romance Week can certainly help. Couples can promise to set aside their cell phones, ignore their social media apps, and concentrate their attention on each other for a week. All generations can benefit from that sort of commitment.

## On the Hunt

On August 19, you can participate in a little dose of adventure and discovery on International Geocaching Day. Geocaching is a modern-day version of treasure hunting. Individuals hide their “treasure,” the geocache, at any location they choose, sometimes in the woods or sometimes in a city. The cache’s GPS coordinates, often with a description of the environs, are then posted to a website. Using these details, it is up to the treasure hunter to track down the cache.

This popular pastime began in 2000, when computer consultant Dave Ulmer hid a bucket in the Oregon woods, hoping to test the accuracy of satellite positioning systems. What followed was an entirely new form of outdoor adventure. Participants typically do not just find a cache but are encouraged to leave a prize for the next treasure hunter. For many, simply finding the cache is reward enough. With over three million geocaches hidden worldwide, there are likely several near you right now. And Dave Ulmer’s “Original Stash” still lies in wait in the Oregon woods.

## Centuries of Sandwiches



John Montagu, the 4th Earl of Sandwich, is famously credited with inventing the world’s first sandwich in August of 1792 when, during a card game, he called for slices of roast beef to be served between two slices of bread. His new snack became so popular that others began to order “the same as Sandwich.” A closer look at history shows that sandwiches were eaten long before the 18th century. One of the earliest recorded sandwich-eaters was Hillel the Elder, a rabbi who lived in Jerusalem during the first century. During the annual Passover Seder, Hillel regularly placed lamb and bitter herbs between slices of matzoh. These sandwiches, mentioned in the Haggadah, have been made for nearly twenty centuries.