



THE COURTYARDS

ASSISTED LIVING AND MEMORY CARE

201 Parks Village Drive • Odessa, TX 79765 • (432) 339-1048

August 2022

Brainteaser

Question: What has 13 hearts but no other organs?

Answer: A deck of cards.

Remember When: Iceboxes

Keeping food and drinks cool was a chore before electric refrigerators and freezers became common household appliances. At the turn of the 20th century, nearly every home's kitchen or pantry had an icebox—a wooden cabinet that was lined with zinc or tin and kept cool by a large block of ice. As the ice melted, it drained into a drip pan that had to be emptied often. Some iceboxes included an exterior access door so the iceman could deliver ice without having to come into the house.

Avast, Me Hearties!

International Pirate Month is celebrated every "Arrr-gust."

Courtyards Management

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Lightweight Lit

What makes a book a "beach read"? Historically, this term referred to popular books released during the summer that captured a wide audience, similar to blockbuster movies. Now the idea of a beach read has evolved to mean literature that's generally easy to consume, whether it's a page-turning thriller, a joyful romance or a juicy drama. Publishers say readers are drawn to these types of books because they match the carefree mood of the season.



Quench Thirst With Lemonade

For many, nothing satisfies summertime thirst better than a chilled glass of lemonade. Research shows that sour flavors stimulate salivation, which hydrates the mouth and creates a thirst-quenching feeling long after the drink is finished. Additional studies also suggest that tart flavors and scents, especially citrus, are often associated with refreshment.

A Dose of Vitamin Sea

"The waves of the sea help me get back to me." —Jill Davis

Dogs in the Movies

Go fetch some "pupcorn" and enjoy one of these flicks starring man's best friend:

- "Benji"
- "Beethoven"
- "Homeward Bound"
- "Best in Show"
- "Marley & Me"

Write It Down

Need help remembering something? Write it down. Handwriting engages more parts of the brain than typing, and it is easier to recall something once you've written it on paper.

Green Gem

August's birthstone, peridot, is known for its lime-green color, which varies in intensity due to the amount of iron present. The Romans called it "the evening emerald," as the gem appeared dark green in lamplight.



Trivia Whiz

Cool Stuff at the Smithsonian

The museums that make up the Smithsonian Institution are home to over 150 million objects. In addition to American artifacts like the Declaration of Independence, viewers can see a wide range of meaningful pieces:

The institution's most popular attraction is the Hope Diamond, the walnut-sized blue gem that weighs 45.52 carats.

Henry the elephant is a can't-miss exhibit at the National Museum of Natural History: The 11-ton, 13-foot-tall piece of taxidermy has been on display since 1959.

Presidential relics include the stovepipe hat Abraham Lincoln was wearing the night he was assassinated and the microphone used by Franklin D. Roosevelt during his fireside chats.

Sky Show

If last month's Independence Day holiday left you wanting more fireworks, you may be able to get your fix from the annual Perseid meteor shower, which will peak Aug. 11-13. With as many as 100 meteors per hour at its most active, it's one of the most popular celestial shows.

Meteors, also called shooting or falling stars, are part of the debris comets shed during their orbits. They blaze through the atmosphere at tens of thousands of miles per hour, 30 to 80 miles above the ground. Almost all meteors are destroyed in the process, but occasionally one will hit the ground. Then it is called a meteorite.

At certain times during the year, more meteors are created than usual, resulting in a meteor shower. These showers are named for the constellation from which they appear to fall, although the constellation isn't the source of the meteors. The

Perseids, debris created by the comet Swift-Tuttle, look like they fall from the constellation Perseus.

The Perseid meteors are best viewed in the wee morning hours before dawn. Plenty of colorful streaks of light, including super-bright meteors called fireballs, will be visible to the naked eye, no binoculars or telescopes needed.



A Fizzy, Frosty Favorite

A snowy mountaintop was the inspiration for a cool creation: the root beer float. National Root Beer Float Day, Aug. 6, celebrates this summertime treat.

In 1893, Frank Wisner owned a mine and brewing company in Cripple Creek, Colo. One night, he noticed that the moonlit snow atop the dark slopes of nearby Cow Mountain looked

like a scoop of vanilla ice cream. Inspired, Wisner went back to his bar and added ice cream to his customers' favorite soda, root beer.

The drink, which Wisner named Black Cow Mountain, was an instant hit, and soon people shortened the name to "black cow." Now, it's known as a root beer float. Although mixing ice cream and soda was already popular, Wisner was reportedly the first to use root beer.

Since it first appeared, there have been as many variations on the root beer float as there are flavors of ice cream and soda, and combinations can differ by region. Brown cows or chocolate cows are floats made with root beer and chocolate ice cream. Purple cows use grape soda; orange floats use orange soda.



Beautiful Beacons

Pretty as a postcard and drenched in history, lighthouses are popular attractions. Shine a light on some of America's most iconic beacons:

Boston Light. First built in 1716 and reconstructed in the 1780s, this Massachusetts landmark is the oldest lighthouse in the U.S. It's also the only one that still has an official keeper, even though the beacon is automated.

Big Sable Point Lighthouse. Michigan is home to over 110 lighthouses, more than any other state, including this black-and-white striped brick structure. Visitors can climb to the top of the 112-foot tower to see stunning views of Lake Michigan.

Portland Head Light. Photographs of this Maine lighthouse are popular, thanks to its charming setting in Cape Elizabeth, Maine, where waves crash against the rocky shore. The tower's beacon was first lit in 1791.

Cape Hatteras Light Station. Standing 198 feet high, this historical North Carolina site is the tallest brick lighthouse in the U.S. and features distinctive black-and-white diagonal stripes atop a bright red base.

Pigeon Point Light Station. Located south of San Francisco, this lighthouse is the tallest on the West Coast, at 115 feet, and is still in use by the U.S. Coast Guard.

Ponce de Leon Inlet Light Station. Reaching the top of this 175-foot bright red tower offers stunning views of Florida's Atlantic coastline. Built in 1887, it's now a National Historic Landmark.



Wit & Wisdom

"There wouldn't be a sky full of stars if we were all meant to wish on the same one."
—Frances Clark

"Looking up at the stars only proves you admire them, but shining your light proves you are like them."
—Matshona Dhliwayo

"Happiness is always there. You just have to choose to see it. There's no point dwelling in the dark and ignoring the light of the stars."
—Carrie Hope Fletcher

"A book, too, can be a star, a living fire to lighten the darkness, leading out into the expanding universe."
—Madeleine L'Engle

"Life is just a collection of memories. And memories are like starlight: They go on forever."
—C.W. McCall



The Purple Heart

One of the highest and most solemn military honors in the U.S., the Purple Heart has been awarded over 1.8 million times in its history.

The medal has roots in the Badge of Military Merit, which was established by George Washington during the American Revolution. The heart-shaped badge was made of deep purple cloth and embroidered with leaves and the word "MERIT."

Because of this historic beginning, the Purple Heart is considered the oldest military decoration in the country, but it didn't exist in its modern form until 1932. Gen. Douglas MacArthur led the effort to revive the Badge of Military Merit. Renamed the Purple Heart, it was given in recognition of "singularly meritorious action of extraordinary fidelity."

The current design is a purple heart with a gold profile of Washington, surrounded by a gold border. The words "FOR MILITARY MERIT" appear on the reverse.

A Purple Heart is given to any member of the U.S. armed forces who has been wounded or killed in enemy action. It can be awarded multiple times to the same person for wounds received on separate occasions.

August 2022

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

“This Month In History”

AUGUST

1907: UPS is founded as a messenger service by two teenagers in Seattle. It’s now one of the world’s largest package delivery companies.

1913: Stainless steel is invented by Harry Brearley of England.

1946: The first U.S. coin honoring an African American is authorized for minting. A commemorative half dollar was designed to pay tribute to educator Booker T. Washington.

1959: President Dwight D. Eisenhower signs an official proclamation admitting Hawaii as the 50th U.S. state.

1969: Half a million people gather at a farm in upstate New York for the Woodstock music festival. The landmark three-day event featured more than 30 artists and bands.

1990: MLB history is made when Ken Griffey Sr. and Ken Griffey Jr. become the first father and son to play on the same team, the Seattle Mariners.

2005: Hurricane Katrina forms in the Atlantic and makes landfall along the Gulf Coast, devastating the region.

2020: The music video of the hit song “Dynamite,” by Korean boy band BTS, sets a record on YouTube as the first video with over 100 million views in its first 24 hours.