

# MARION MANOR MESSENGER



NEWS FROM THE MANOR FOR ALL OUR FRIENDS & FAMILY

August 2020

## Happy Birthday



8-04

Lori T.



8-08

Jean H.

8-13

Marilyn L.

8-14

Kevin F.

8-24

Keisha S.

8-26

Bertie C.

## DATES TO REMEMBER

August 4<sup>TH</sup> Birthday Party

August 5<sup>TH</sup> & 6<sup>TH</sup> Birdhouse Crafts

August 10<sup>TH</sup> Let's Make a Deal

August 13<sup>TH</sup> Making Blossom Pins

August 21<sup>TH</sup> Western Day

August 24<sup>TH</sup> Resident Council

August 25<sup>TH</sup> Trading Post

## IMPORTANCE OF WATER

Next to oxygen, water is the nutrient most needed for life. A person can live without food for a month, but most people can survive only three to four days without water. Water makes up 85% of the blood, 70% of the muscles, and about 75% of the brain and is present around our cells. Fluid balance is vital for body functions and adequate blood volume.

Dehydration occurs when the amount of water a person takes in is less than the amount that is lost. Fluids are lost through the urine, skin, and lungs. Elderly individuals are at a heightened risk for dehydration because their bodies have a lower water content than younger people.

An elderly person weighing 150 pounds has 7 liters less water than a young person of the same weight. Because of visual, cognitive, or motor impairments, elderly persons may have difficulty getting fluids for themselves. They may also have only a muted perception of thirst. Unfortunately, many symptoms of dehydration do not appear until significant fluid has been lost. Some signs and symptoms include confusion, poor skin turgor (usually skin feels warm & moist), decrease in blood pressure and increase in pulse. A minimum recommendation is between 1,500 and 2,000 cc of fluid a day.



The **gladiolus** is the August birthday flower. As one of the most colorful summer flowers, the gladiolus is unique in that its flowers grow from a tall spike lined with sharp leaves. It's nickname "sword lily" comes from its Latin name "gladius" meaning sword, and refers to the shape of its leaves.

When offered as a gift, the gladiolus symbolizes love at first sight and that the gift giver's heart is pierced with love. The August birth flower is also known as the flower of the gladiators. During Ancient Rome, gladiators would fight "to the death of gladioli" and the crowd would cover the winner in colorful gladiolus flowers. Therefore, the gladiolus can also be a symbol of moral character and honor.

Gladioli are also known to symbolize strength of character, faithfulness, integrity, infatuation, and persistence. Beyond these meanings, the birth flower for August carries other meanings that differ by color.

Red gladioli symbolize love.

Pink gladioli symbolize compassion.

White gladioli symbolize innocence.

Yellow gladioli symbolize joy.

Purple gladioli symbolize charm and grace.





# WATERMELON



Watermelons are fun to eat,  
 spitting seeds, that can land on your feet,  
 Sinking your teeth in the sweet, juicy red  
 what an end to a delightful spread  
 Cool & refreshing in the heat of the day  
 with the thought of leaving, we all want to stay  
 Watermelons, the favorite summertime fruit  
 it's time to go; who gives a hoot

## BEES, DID YOU KNOW?

Only 15% of all bees are social insects that live together in large groups. They only become aggressive if their hive is disturbed or their food supply is threatened. Most bees are gentle, solitary creatures. Bees are attracted to flowers and hoping to find a mate. Bees "buzz" to vibrate flowers. When the flower blossom quivers in response to the noise, nectar flows more freely, is easier for the bee to get.



## IT ALL HAPPENED IN AUGUST

- 1776 - Declaration of Independence signed
- 1923 - President Warren G. Harding died suddenly in San Francisco
- 1935 - President Roosevelt signed the Social Security Act
- 1945 - Soviet Russia declared war on Japan
- 1959 - President Dwight D. Eisenhower admitted Hawaii to the Union as 50th state
- 1962 - Marilyn Monroe died at age 36
- 1969 - Woodstock began in a field near Bethel, NY
- 1977 - Elvis Presley died at age 42
- 1997 - Britain's Princess Diana died at age 36 from injuries from car crash

### 1947 - COST OF FOOD

Granulated sugar - \$0.85/pound    Milk - \$0.78/gallon  
 Ground coffee - \$0.55/pound    Bacon - \$0.48/pound  
 Eggs - \$0.23/dozen    Ground beef - \$0.42/pound  
 Fresh bread - \$0.13/loaf

## NAUTICAL Word Search

The words listed below can be found horizontally, vertically, diagonally, forward, and backwards. Disregard spaces between words.

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Z | S | C | H | O | O | N | E | R | W | S | X | T |
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| M | T | P | T | M | X | I | Y | X | Q | G | T | D |
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| N | W | Y | I | T | S | R | M | L | V | N | T | M |

BATTLESHIP

SAILBOAT

STEAMER

CATAMARAN

SCHOONER

TOWBOAT

FERRY

SCOW

VESSEL

FREIGHTER

SHIP

YACHT

OILER

SLOOP

YAWL



## Summertime Quiz

1. What did the baby corn ask the mama corn?
2. How much does it cost for a pirate to get his ears pierced?
3. Why are flowers the laziest plants around?
4. Where do cows go on vacation?
5. What insect is musical?
6. What's the hardest thing about learning to roller skate?
7. What stays hot even when you put it in a refrigerator?
8. What nail doesn't a carpenter like to hit?
9. How do you keep a dog from barking in the back of a car?
10. What's the difference between an elephant and a flea?





**Marion Manor**  
 195 Executive Drive  
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 (740) 387-9545  
 www.marionmanornursing.com

*A Levering Management Senior Living Residence*

**HEALTHCARE AT IT'S FINEST**

Levering Management has developed a tradition of providing excellence in healthcare services to our community since 1956. Marion Manor is proud to expand this tradition with outstanding skilled nursing and rehabilitation services. You will see and feel the difference from the moment you walk in our front door. Our friendly staff welcomes you and your family.

Our Director of Nursing and Medical Director designs a plan of care starting with the call from the hospital or your home.

Our Therapy Staff and Dietary Manager are involved from day one.

Our Activity Director has developed daily programs for you to enjoy.

Whether your stay will be a short one, or if you will be making Marion Manor your new home, our caring professional staff provides your choice of top-notch services. Marion Manor is proud to provide your choice of high quality care with in-patient rehabilitation therapy.

Restaurant style dining with choice menu selections will appease your appetite. Transportation is available to Dr. appointments, etc. if needed.

You and your family will experience first hand the professional care with compassion from our friendly, caring staff.

Come in for a tour to learn about all of the first-class amenities Marion Manor has to offer.

**Marion Manor**  
 195 Executive Drive  
 Marion, Ohio 43302  
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| C | L | O | I | P | S | S | T | E | A | M | E | R |
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| T | O | W | B | O | A | T | Q | E | C | Q | G | V |
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| M | T | P | T | M | X | I | Y | X | Q | G | T | D |
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| A | W | O | Z | M | B | C | Y | A | W | L | I | C |
| N | W | Y | I | T | S | R | M | L | V | N | T | M |

**NAUTICAL Word Search**

- Answers:** 1) Where is my Pop corn? 2) Buccaneer  
 3) They are usually found in beds 4) Moo York 5) Humbug  
 6) The ground 7) Pepper 8) His fingernail 9) Put him in the front seat  
 10) An elephant can have fleas, but a flea can't have elephants