

The Garden Post

The Gardens of Statesville · 2147 Davie Avenue · 704-878-0123 · 704-878-8689



**Sadly, we say
goodbye this month
to Janeshia &
Carmen.**

Good luck on your new
adventure!

We ❤️ You!

The Gardens & Cardinal Village Management Team

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Coming soon....

Patti Stiller, Food Service Director

We can all be reached at
704-878-0123, in person, or by email

August Birthdays at the Gardens!

*Residents celebrating this month include
Mos Sebastian 8/8 & Dot Shook 8/10*

*Also say a Happy Birthday to Staff Members:
Emily Miller, C.N.A, 8/1; Toni Byers, RCC, 8/2 and
Stacie Lomax, Med Tech, 8/11*

In astrology, those born between August 1–22 are Leo's Lions. Lions are the "kings" of the zodiac: dramatic, ambitious, confident, and hard to resist. Leos are also generous and loyal, putting both their family and friends first. Those born between August 23–31 are Virgos. Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical. Since all that attention to detail is put into the service of others, Virgos make perfect humanitarians.

Francis Scott Key (composer) – August 1, 1779
Neil Armstrong (astronaut) – August 5, 1930
Mae West (actress) – August 17, 1893
Robert De Niro (actor) – August 17, 1943
Connie Chung (journalist) – August 20, 1946
Van Morrison (musician) – August 31, 1945



Celebrating August

Beat the Heat Month

Family Fun Month

Bargain Lovers Month

Social Security Day

August 14

Dog Days of Summer

August 18th – 20th

Kiss and Make Up Day

August 25

Follow us on Social Media:

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Also on

www.osbornvision.com/Gardens-Statesville

Resident Referral Bonus
**Refer a friend, they move in and stay
more than 30 days...you could get
\$750 off your next months' rent.**
**See Mechelle or Cyndi for more
information.**

Visit our website:

www.premierseniorliving.com/statesville

Another first for many....

As we strive to create new and exciting ventures for our Residents; *The Yellow Deli* in Hiddenite was our most recent lunch outing.



Homemade breads, soups, and desserts are plentiful, in addition to, a great selection of sandwiches, and salads to choose from.

As I greeted the bunch when they returned, every one of them stated the 'food was fabulous!'

I even had one tell me 'she was looking for a pair of scissors so she could expand her waist band!'



Thank you Lisa S. & Toni for creating memories with our residents!

Mechelle



Since 1992, believers in the preternatural have gathered during the last weekend in August in Carson, Washington, for Bigfoot Daze, a celebration of the legend of Bigfoot. Washington state is an appropriate venue, for

stories of “wild men” living in the woods have long been part of Native American lore in the Pacific Northwest. Curiously, the indigenous stories of a massive, hairy, ape-like man, known as Bigfoot or Sasquatch, are set in the very same locales as contemporary sightings. Is it merely a coincidence that modern sightings overlap with historical record? Or is there really a Bigfoot?

While most people agree that Bigfoot sightings are hoaxes, some researchers have looked for plausible explanations to the many sightings and stories. Bigfoot, they speculate, may be the last existing specimen of a prehistoric giant ape, Gigantopithecus, which could have crossed the Bering land bridge from Asia into North America. Other experts suggest that Bigfoot is the last living Neanderthal or other crude human-like creature such as *Paranthropus robustus*. All of these explanations, however, lack sufficient scientific evidence and proof.

And yet, despite the lack of hard evidence, many cultures across the world have claimed to see similar creatures. The Sasquatch has been sighted in the Pacific Northwest. The Yeti, also known as the Abominable Snowman, has been part of the legend in the Himalayas. Australia has its own version of a large ape-like human, called a Yowie, stalking the Outback. In Mongolia, the creature is called an Almas. In China, it is called the Yeren. The tribes of the jungles of South America spin tales of the Mapinguari. Perhaps the reason people still want to believe in this fantastic creature despite hard evidence is because so many separate cultures around the world claim to have sighted it. Are all these humans suffering the same delusion? Or are there really Bigfoot-like creatures scattered across the globe?

DID YOU KNOW ?



Dog days are a 40 day period, usually July 3rd to August 11th, that is regarded as being the hottest time of the year.

This period was originally calculated from the heliacal rising of Sirius, the Dog Star, after which dog days received its name.



Welcome to our Neighborhood!

Please extend a warm welcome to your new neighbors!

Parrish Clodfelter #303

Evelyn McAllister #321

Stay tuned to meet new neighbors soon.

Drinking the Stars

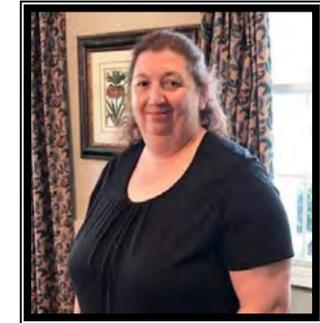


It was on August 4, 1693, that a young Benedictine monk named Dom Pierre Pérignon discovered that his batch of wine was filled with bubbles. This was the undesired byproduct of refermentation. As the weather cooled in the fall, fermentable sugars in the bottles would go dormant, only to awake in the warming weather and begin to referment. It was Pérignon’s job as cellar master of his abbey in the Champagne region of France, to mind the wine cellars and rid the wine of bubbles. Often, the pressure would grow so great inside a bottle that one would explode, leading to a chain reaction of exploding bottles, which could ruin an entire cellar. The wine in these explosive bottles was dubbed “*le vin du diable*,” or “the devil’s wine.” But after tasting the ruined wine, Pérignon exclaimed to his fellow monks, “Come quickly! I am drinking the stars!” On that day, legend has it, French champagne was born.

Leave it to the English to try and steal the French’s thunder. Some contend that in the 17th century, 20 years before Pérignon, an English doctor named Christopher Merret recorded the recipe for a champagne-like beverage in a paper presented to the Royal Society. Apparently, English cider makers had been purposefully adding sugar to their wine, simulating the refermentation process, to create sparkling, crisp drinks almost identical to the French champagne.

Regardless of history, French champagne and the name *Dom Pérignon* dominate the market. Yet many other countries continue to produce their own sparkling wines. Italy has Prosecco. Spain has Cava. Germany has Sekt. Even America has its own sparkling wines. But no one is likely to pop a bottle of English *Merret* on New Year’s Eve. The French have made sure to protect the name *champagne*, even signing treaties with neighboring countries to assure that true champagne can only come from the Champagne region of France. So the next time you take a sip of the bubbly, think of young Dom Pérignon “drinking the stars.”

Employee of the Month: Debbie Marlowe



Debbie has only been here a short time in our Dietary Department, but has already made a lasting imprint among her co-workers and our Residents!

If you have’nt yet, please congratulate Debbie for a job well done!



Golf Rediscovered

The Professional Disc Golf Association has declared the first Saturday in August to be Disc Golf Day. This sport is a combination of golf and Frisbee. Instead of hitting a ball with a club on a green golf course, players hurl discs down the fairways toward a basket. As in golf, the person with the fewest strokes wins. College students in the 1960s created informal disc golf courses, throwing Frisbees at trees and other landmarks across campuses. But it was “Steady” Ed Headrick who invented the Wham-O Pro model Frisbee in 1964 and then the disc target with chains and a basket, called a Disc Pole Hole, in 1975. One year later, the Professional Disc Golf Association, or PDGA, was founded. In 1979, the PDGA held its first major tournament in Huntington Beach, California, with a \$50,000 prize. Today, the PDGA runs over 3,000 events a year, including 12 major tournaments. Sure, formal disc golf courses exist all over the world, but it’s still