



# Lodge Lane

ASSISTED LIVING & MEMORY CARE

Lodge Lane Assisted Living • 1221 Lodge Lane Wilmington, DE 19809 • 302-757-8100



## Celebrating August

### Happiness Happens Month

### Read a Romance Novel Month

### Watermelon Day *August 3*

### Birthday Dinner *August 8*

### Farmers' Market Week *August 5-11*

### Garage Sale Day *August 11*

### Mail Order Catalog Day *August 18*

### Senior Citizens Day *August 21*

## American Artist Appreciation

From Andy Warhol and Andrew Wyeth, to Georgia O'Keeffe and Mary Cassatt, America has been the birthplace for some of art history's most talented and celebrated artists. Throughout August, all of them will be honored as American art appreciation month is observed. But you don't

have to visit a museum to appreciate American artists. Lodge Lane has some talented artists in our own backyard, one is Miriam Greenberg. She has a passion for art and enjoys the creativity and freedom it allows. While at Cornell University she studied modern art where she learned about different styles of painting. Her latest painting conveys a message of patriotism.

Miriam states "I use the color red in this painting a lot because it expresses power." If you'd like to check out Miriam's artwork go to [activityconnection.com/got-art/](http://activityconnection.com/got-art/), where Miriam's painting has been chosen to be showcased on their online gallery. Congratulations Miriam and thank you for sharing your art.



## Reuse and Recycle

Lodge Lane has joined the efforts to make the world a better place by going green. Save your paper and plastics and, bring them down to the activities room to place in our new recycling bins. We can all play a part in making a huge difference.

## Clowning Around



Thanks to the Clown Club of America, August 1–7 has been celebrated as International Clown Week since 1970, but the history of clowns goes back, in one form or another.

The Egyptian pharaohs were entertained by Pygmy clowns as early as 2500 BC. And later, America's precious Uncle Sam, with his star-spangled top hat and suit, long beard, and big feet, originated as a clown campaigning for presidential hopeful Zachary Taylor in 1848. Today, modern clowns are universally recognized by their painted white faces, red noses, and silly clothes. Most historians credit the invention of the modern clown to the British pantomime star known as Grimaldi at the turn of the 19th century. He created an alter ego named Joey who dressed in red and white and entertained people at night. At Lodge Lane we will be celebrating the history of clowns by partaking in one of their well-known traditions, creating balloon animals. You don't want to miss this. Check out the Activities calendar for more details.

## Featured Photo



Thank you Adas Kodesch Shel Emeth for sharing the dance talents of your folk dance group, Forever Young. Also, a special thanks to the Troubadour singers who blessed us with their beautiful voices.

## A Dream Improvised

On August 28, 1963, civil rights leader Martin Luther King Jr. delivered his famous "I Have a Dream" speech at the foot of the Lincoln Memorial before a crowd of 250,000 people during the March on Washington for Jobs and Freedom. King's speech may be the most famous in American history, but he did not even write it until he arrived at his hotel room the night before. Indeed, he finished his final draft after midnight on the day it was to be delivered. In his speech, King synthesized themes from both the Bible and the U.S. Constitution, but he broke from his written remarks to ad-lib the "I have a dream" section that is so well-known today. It was gospel singer Mahalia Jackson, standing just behind King, who said, "Tell 'em about the 'dream,' Martin." Tell us about your dream! Join activities in August as we discuss our dreams for the world today.



## Are You Waffling?

On August 24, 1869, Cornelius Swartwout was awarded a patent for inventing a new, improved waffle iron. The first waffle

irons date back to the 15th century in Holland. These irons were direct descendants of medieval irons, used to bake religious communion wafers. In Swartwout's design, two cast-iron plates were attached in such a manner that they could be rotated and flipped within a banded collar, allowing both sides of the waffle to cook on the stove top. Irons came in a variety of sizes with the tell-tale grid of wells on each side. Why do waffles today have that gridded and pocketed pattern? Some say that it's to cook a light, crisp waffle, while others argue that the pockets were created to hold rich maple syrup. Whichever is the case you can't deny their deliciousness. Join the Activities Baking Club as we make this tasty breakfast treat. Check out the Activities calendar for more details.

## Super Food of August: Tomato

Tomatoes can be attributed to their wealth of nutrients and impressive amount of vitamins. They are also a good source of potassium. Did you know tomatoes are a big part of the famously healthy Mediterranean diet? Many Mediterranean dishes and recipes call for

tomatoes or tomato paste or sauce.

Some recent studies, including one from The University of Athens Medical School, have found that people who



most closely follow the Mediterranean diet have lower death rates from heart disease and cancer. Are you looking for a healthy way to incorporate tomatoes in your diet? Try our easy stuffed tomato recipe below.

## Stuffed Tomatoes Recipe

### Ingredients

- 2 large ripe tomatoes
- 1 (10 ounce) can diced tomatoes with green chile peppers, partially drained
- 1/2 cup dry bread crumbs
- 2/3 cup shredded Cheddar cheese
- 1/4-pound smoked sausage cut into 1-inch pieces

### Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. Cut the tops off the tomatoes and use a knife to cut around the inside, separating the flesh from the skin. Scoop out the flesh. Place the tomatoes in a small baking dish. In a small bowl combine the canned tomatoes with the bread crumbs, 1/3 cup of cheese and the sausage; mix well. Spoon the mixture into the tomato skins and top with the remaining 1/3 cup of cheese.
3. Bake in preheated oven for 15 minutes.

## August Birthday Babies

Shanta M.	8/2
Shirley W.	8/6
Day K.	8/7
Betty W.	8/11
Dorothy B.	8/13
Gail H.	8/15
Jack R.	8/15
Sara Lu S.	8/16
Mary M.	8/22
Justin M.	8/24
Rosanna D.	8/26
Kalyn G.	8/27
Jackie K.	8/31
Theresa K.	8/31

## Deli Days

**Lodge Lane Deli Hours**  
**Tuesdays and Thursdays**  
**Noon- 1:30 p.m.**

**Serving Deli Sandwiches & Sides**  
**Cash Purchases Only**

**Please see the Front Desk for current pricing**



Your Return Address  
Street Number and Name  
City, State ZIP Code

Postage  
Information

Your Mailing Address  
Street Number and Name  
City, State ZIP Code

## Lodge Lane Staff Email Addresses

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## Words of Wisdom

*"If we have the attitude that it is going to be a great day it usually is." -Catherine Pulsifer*

*"One who understands much displays a greater simplicity of character than one who understands little." -Alexander Chase*

*"The most wasted of all days is one without laughter." - E. E. Cummings*

*"The best preparation for tomorrow is doing your best today." - H. Jackson Brown, Jr.*

*"The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart." - Helen Keller*

*"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence." - Helen Keller*