



Colonial Place

ASSISTED LIVING & MEMORY CARE

301 Wilson Lane • Elkins, WV 26241 • (304) 636-8600

August 2020



Double the Hydration

Nutrition experts say you can double up your hydration by snacking on fresh produce. Eating fruits and veggies with a high water content, such as an apple or some carrot sticks, along with drinking H2O can help you stay better hydrated.





Trivia Whiz

At the Beach

The combination of sand and surf creates scenic coastlines across the world. Relax, unwind and find out what makes some beaches fascinating.

Most beach sand is tan or white in color, but there are beaches with sand that's black, green, pink, purple and red.

Brazil is home to the world's longest beach, Casino Beach, which stretches 150 miles long.

You'll find the "shark tooth capital of the world" at Venice Beach in Florida. Every year, hundreds of fossilized teeth from prehistoric sharks wash ashore there.

Tides have turned California's Glass Beach from trash to treasure. Its shore is covered with polished pebbles of colorful sea glass, made from garbage tossed into the ocean long ago.



On June 17th we were delighted to celebrate our dads with breakfast. We took the opportunity to let them know how much we love them and how

much we appreciate everything they've done for us.



We love to see our residents happy, and whenever possible, we make sure their wishes are granted. Ms. Ina had recently requested some pizza and here she is with Ms. Kathy, enjoying a

delicious slice! It is good to see them smile!





Because of COVID-19 policy changes, families have been more creative in finding ways to interact and be with their loved ones. Thank you so much for being supportive through this time!



Wit & Wisdom

“Now came the dog days— day after day of hot, still summer, when for hours at a time light seemed the only thing that moved.”
—Richard Adams

“A dog is a window to Mother Nature.”
—Cesar Millan




“You know, a dog can snap you out of any kind of bad mood that you’re in faster than you can think of.”
—Jill Abramson

“Dogs laugh, but they laugh with their tails.”
—Max Eastman

“A dog can’t think that much about what he’s doing, he just does what feels right.”
—Barbara Kingsolver

“If I could be half the person my dog is, I’d be twice the human I am.”
—Charles Yu

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>AUGUST</h1>						1
2	3	4	5	6	7 	8
9	10	11	12	13	14	15
16	17 	18 	19	20	21	22
23/30	24/31	25	26	27	28	29

“This Month In History” AUGUST

1902: Pioneering cookbook author Fannie Farmer opens a cooking school in Boston, Miss Farmer’s School of Cookery.

1938: Hollywood dance duo Fred Astaire and Ginger Rogers are featured on the cover of Life magazine.

1948: As part of the Berlin airlift operation, American and British planes fly in a record 5,000 tons of supplies in one day to parts of the city cut off by a Soviet blockade.

1962: Little Eva travels to the top of the pop music chart with the hit song “Loco-Motion” and inspires a dance craze.

1975: The first nighttime match is played under lights at the U.S. Open tennis tournament in New York City.

1990: The largest and best-preserved Tyrannosaurus rex skeleton ever found is discovered in South Dakota. The 65 million-year-old dinosaur specimen is on display at Chicago’s Field Museum.

2015: Facebook hits a milestone, reporting that 1 billion people logged on to the social networking website in a single day.