

August 2026

Stoney Point Meadows

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Stoney Point Meadows Leadership Team

**Director of Housing –
Dawn Martin**

**Marketing Director –
Jill Ryder**

**Business Office Manager –
Melissa Dostal**

**Director of Health Services –
Brandi Simmons**

**Maintenance –
Matt Russell**

**Dietary Director –
Skylar Bean**

**Assistant Dietary Director –
Madison Huston**

**Activities Director –
Alex Benion**

**Receptionist –
Machelle (Mickey) Kness**

Squeeze the Day

August is peak citrus season in more ways than one. While most citrus fruits are harvested in cooler months, their appeal hits full stride in late summer, when heat calls for bright flavors and cold drinks. Lemons, limes, oranges, and grapefruit show up everywhere this time of year—not just in produce bins, but in menus, recipes, and even a few quirky holidays.

The science behind that appeal is simple: Citrus delivers acidity, aroma, and a quick hit of refreshment. A squeeze of lemon can sharpen iced tea, balance grilled foods, or lift a simple glass of water. Limes do the same for marinades and summer desserts, while oranges and grapefruit bring a mix of sweetness and bite that works well chilled. There's also a practical side to citrus in summer. Lemon and lime juices are widely used in food safety and preservation, from keeping sliced fruit from browning to adding acidity that helps control bacterial growth in certain dishes.

August's food calendar leans into that versatility. National Creamsicle Day on August 14 highlights the long-running pairing of orange and vanilla, a combination that dates back to early 20th-century soda fountain culture. The next day, National Lemon Meringue Pie Day celebrates a dessert that balances tart citrus curd with sweet topping—a contrast that has kept it popular for generations. Later in the month, National Lemon Juice Day (August 29) and National Grapefruit Juice Day (August 31) shift the focus to drinks, where citrus continues to dominate.

Citrus has become a quiet trend driver in beverages. Sparkling lemonades, lime-forward mocktails, and grapefruit-infused sodas have all gained ground as alternatives to heavier drinks. Even classic lemonade—arguably the season's signature citrus drink—has seen variations with herbs, berries, and reduced sugar.

In a season defined by heat, citrus stands out for doing exactly what people want: cutting through it. Whether it's a cold glass of lemonade, a slice of pie, or a simple wedge on the rim of a glass, citrus continues to earn its place as one of summer's most reliable flavors.

Check Out Some of the Fun from Last Month!



Welcome New Residents!

Phyllis Murdock
Nellie Redmond
Sue Goettel
Daryl Gladwin
Bob Kammeyer
Lee Eggers
Lanny Eggers
Joyce Kammeyer
Corinnie Ketelson

Welcome

Hidden in Plain Sight

If you believe that one person's trash is another person's treasure, then you'll be happy to hear that the second Saturday in August is Garage Sale Day. Some lucky folks do find rare treasures at garage sales. In 1989, a man bought an ugly painting for four dollars at a flea market because he liked the frame. Imagine his surprise when under the painting he found an original printed copy of the Declaration of Independence that sold for \$2.4 million in 1991. Then there's the story of the scrap metal dealer who found a Russian Fabergé egg, which was one of only 50 created as an Easter gift for Alexander III's wife, Empress Maria Feodorovna. Valued at more than \$30 million, that is one valuable "nest egg."



Employee and Resident Spotlight of the Month

Please join us in congratulating our Employee Spotlight and Resident Spotlight of the Month! We are proud to recognize Rose Phillips and Noah Upah for the positive impact they make in our community each and every day.

We are so grateful to have them as part of our community. Their kindness, dedication, friendship, and willingness to make a difference help create the warm and welcoming environment we all enjoy. They are truly a special part of what makes our community such a wonderful place to call home.

Whether through helping others, sharing a smile, lending a hand, or simply being a positive presence, they have shown the qualities that make them deserving of this recognition. Please take a moment to congratulate them and thank them for all they do.

Don't forget to cast your vote for next month's Employee Spotlight and Resident Spotlight! Voting slips and the voting box are located on the counter in the Bistro. Be sure to submit your nomination for someone you feel deserves to be recognized for making our community shine.



The Great Chicken Dash

It's that time of year again. Every August, plucky competitors converge at the Barley Mow Inn in Bonsall in Derbyshire, England, for the World Hen Racing Championship. While the race in Bonsall has been a community mainstay for 35 years, hen racing as a festive and lighthearted competition between local villages has endured for over a century.

Bonsall hosts a 22-yard track. Hens are given three minutes to cross the finish line. Dozens of hens compete in various heats. Don't have a hen? Rentals are available for those who want to join in the fun. The more serious types are known to train their chickens. These days, organizers typically discourage anything that could stress the hens. The event leans more toward gentle encouragement, like calling the birds or using food, rather than loud, chaotic tactics, like banging pots and pans. These strategies have proven effective, and close finishes are not uncommon in modern races. Organizers proudly note the event's enduring popularity.



Turn Up the Strange



New York City composer Patrick Grant founded International Strange Music Day, celebrated on August 24. As a composer of music that combines very different styles and rhythms, he founded the holiday as a way to urge people to listen to music they have never heard before. Grant believes that diverse musical interests can lessen prejudice and instill harmony and understanding. Not merely an individual artistic expression, music can bring communities together. Dr. Thomas Currie of the University of Exeter says that music is a kind of “social glue.”

Dr. Currie’s explanation clearly resonates with the throat singers of Central Asia. The Tuva people are trained from childhood to use the folds of the throat as a sort of echo chamber. This cultural singing is an important part of Tuvan identity. As hunters and herders who live on the vast plains, the Tuva people incorporate sounds from the natural world, such as animals, howling wind, and gurgling streams, into their songs.

Another collaborative type of music is Gamelan from Indonesia. Gamelan is actually a percussion ensemble, where various members strike different instruments of a large musical apparatus, including gongs, drums, xylophone, and metallophone. Other members play the bamboo flute, bow or pluck strings, or even sing. The bright and metallic sound is uniquely rich and complex. Gamelan is traditionally considered sacred, with each instrument guided by spirits.

But what of strange music that comes from no instrument at all? In 2008, people in Australia, New Zealand, Europe, Canada, the U.S., and the UK claimed to hear strange trumpeting sounds coming from the air above. Some found the noise annoying. Others found it scary. Scientists speculate that these sounds came from distant industrial or construction noise carried by the atmosphere or from natural sources, such as small earthquakes or waves striking cliffs. It seems Earth itself celebrates International Strange Music Day.

August Birthdays

In astrology, those born between August 1 and 22 are Leo’s Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is Leo’s mascot. Whether it’s in Hollywood or in the home, Leos accomplish their goals. Those born between August 23 and 31 are Virgos. Virginal Virgos are considered shy, pure of spirit, and self-sufficient. They take incredible pride in their work, show diligent habits, and are well respected in their circles.

Tenant:

Lynnette Stiles – August 1st
 Darcy Henik – August 1st
 Phyllis Caldwell – August 2nd
 Patricia Konard – August 6th
 Geraldine Heisterkamp – August 16th
 Janelle Knockle – August 17th
 Charlaine Meseke – August 18th
 Corinnie Ketelsen – August 18th
 Bea Jurgin – August 23rd
 Joan Rowland – August 28th

Staff:

Ella Banner – August 2nd
 Martha Carter – August 11th
 Skylar Bean – August 18th
 Karry Goff – August 18th
 Alexandria Sherron – August 19th
 Hannah Durivage – August 22nd

