

THE PERIODICAL

Parsons House on Eagle Run | 14325 Eagle Run Dr., Omaha, NE 69164 | 402-498-9554 |



Celebrating August

National Immunization Month



Ice Cream Sandwich Day

August 2nd



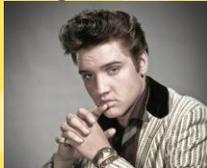
Buttered Corn Day

August 23



Elvis Week

August 9–17



Sunflower Day

August 22



A TRIP TO THE FAIR!

The summer is dwindling down, and everyone is trying to get as much fun packed in before the lazy days of summer turn to fall. The county fairs around our area took place in mid to late July and the Nebraska State Fair begins August 26th and runs through September 5th.

You must remember that I am from the great state of Iowa, and we have **THE BEST STATE FAIR IN THE NATION!** Funny thing though, because I grew up on a farm in SW Iowa & my parents... let's just say... didn't have row to hoe... I never made the journey to the State Fair until I was well into adulthood. I still can remember feeling like a young child on their way to the circus for the first time anticipating all the hub bub and adventure. NOT ONE PERSON TOLD ME... there would be adventure all right... a lot of piles of it EVERYWHERE.... Horse, cow, sheep, chicken, goat, rabbit... you name it... it was there AND the stench...*oh my goodness*... it seemed to follow us home... all the shoes were placed ever so gently in a line on the porch waiting for their bath the next day.

The happening of State Fairs tend to seal the deal for kids and teachers, as they each know that school is right around the corner. I listen to the staff who have school age children as they begin to prepare to shop for shoes, paper, pencils, etc. or preparing their almost adult children to head off to college, the military, or the workforce.

I can't speak for the kids or teachers, but I am excited to see their futures unfold!

NATIONAL IMMUNIZATION MONTH!

I'm sure everyone is tired of hearing about "getting the jab", however even though COVID continues to be in the forefront of everyone's mind there are other infections and diseases that we need to continue to think about.

In adults Ages 65 and older vaccines are especially important.

As we get older, your immune system weakens, and it can be more difficult to fight off infections. You're more likely to get illnesses like the flu, pneumonia, and shingles — and to have complications that can lead to long-term illness, hospitalization, and even death.

If you have an ongoing health condition — like diabetes or heart disease — getting vaccinated is especially important. Vaccines can protect you from serious diseases (and related complications) so you can stay healthy as you age. Getting vaccinated can help keep you, your family, and your community healthy.

Recommended immunizations for adults ages 65 and older: - Yearly influenza (flu) - Tetanus (Td) - every 10 years - Zoster (shingles) recombinant - 2 doses - Pneumococcal conjugate – 1 dose - Pneumococcal polysaccharide – 1 dose Feel free to ask your primary care provider if you are up to date on these recommended vaccines.

Parsons House in conjunction with Community Pharmacy continue to work together to ensure every resident has access to immunizations.

Although not scheduled yet, we will be offering a flu vaccine clinic and additional COVID booster clinics as they become recommended by the CDC.

Please let Alysha, Michele or Kelsey know if you have any questions or concerns regarding your immunizations.

Chain Reaction

Your stomach might start to growl when you learn that August 24 is Iconic American Restaurants Day. This is a day to appreciate those perennial restaurant chains that have graced the American restaurant landscape for decades. Howard Johnson's. Beefsteak Charlie's. The Red Barn. Sizzler. And yes, even McDonald's.

If some of these restaurants don't sound familiar, that might be because so many iconic restaurants are regional. Like Nebraska's very own Runza, Bronco Burger, Five Guys... One person's beloved restaurant chain is another person's head-scratcher.

What makes an American restaurant iconic, anyway? A recognizable logo? A classic menu? The sheer number of restaurants?

Perhaps an iconic restaurant chain offers a place that provides all the makings of a home-cooked meal out on the road.



Bargain Hunters



The second week in August is Bargain Hunting Week, but where can you find a bargain these days? Parsons House Corner Store!!

The Corner Store will be open on August 17th and August 31st.

RECIPES FROM THE PAST



Gran's Eggless, Milkless, Butterless Cake

Ingredients

- 3 cups all-purpose flour
- 2 cups white sugar
- 6 tablespoons unsweetened cocoa powder
- 2 teaspoons baking soda
- 2 teaspoons baking powder
- $\frac{2}{3}$ cup vegetable oil
- 2 cups water
- 2 tablespoons distilled white vinegar
- 2 teaspoons vanilla extract

Directions

- **Step 1**

In a large bowl, combine all the dry ingredients together.

- **Step 2**

Combine all the wet ingredients together in another bowl.

- **Step 3**

Pour the liquid ingredients all at once into the dry ingredients and beat until smooth.

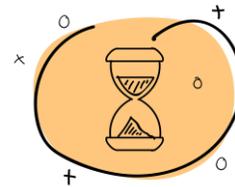
- **Step 4**

Pour batter into a greased 9 x 13-inch pan.

- **Step 5**

Bake in a preheated 350 degrees F (175 degrees C) oven for 20-25 minutes. Let cool in pan. When cool sprinkle with confectioners' sugar.

This recipe was popular during the depression era and made by a lot of grandma's... grandma tested... grandma approved!



THIS MONTH IN HISTORY

MLK's Dream



Organizers of the March on Washington for Jobs and Freedom expected 100,000 people to attend their demonstration on August 28, 1963.

In the end, 250,000 showed up, making it the largest demonstration in U.S. history. A speech by Martin Luther King Jr. was set to cap the march. King had used the phrase "I have a dream" in several speeches leading up to the event, and his advisors cautioned him against leaning too heavily on the theme. But when the gospel singer Mahalia Jackson said, "Tell them about the dream, Martin," King abandoned his drafted speech and launched into what is now one of the most famous speeches in history.



MEDICAL MIND... The Wonder Drug

The ancient Egyptians used willow bark as a remedy for aches and pains. The ancient Greek physician Hippocrates wrote that willow bark could relieve pain and reduce fevers. It wasn't until the 18th century that the remedy was rediscovered by Edward Stone, a cleric of the Church of England who wrote a report detailing how powdered willow bark seemed to relieve the symptoms of patients in his care. In 1829, a French chemist named Henri Leroux finally isolated willow's magic and medicinal ingredient, salicylic acid. With such a long and documented history, why is it that the German chemist Felix Hoffmann is credited with the discovery of aspirin on **August 10, 1897**?



Sure, prior to Hoffmann's discovery, salicylic acid had been discovered, isolated, and even synthetically manufactured. But no scientist had yet discovered

how to deliver it in reliable medicinal doses. Too much of the stuff could make you horribly sick or possibly put you in a coma. It was Hoffmann who, while working at the Bayer company to find a treatment for his father's rheumatism, first synthesized a less acidic and less harmful version of the medicine by combining salicylic acid with acetic acid. This pure and stable form was known as *acetylsalicylic acid*, or ASA.

ASA was tested and proven to be an effective analgesic (pain reliever), antipyretic (fever reducer), and anti-inflammatory. By 1899, Bayer was manufacturing the new medicine and shipping it out to doctors in glass bottles under the trade name Aspirin. By 1915, it was sold over the counter in tablet form and was widely hailed as a wonder drug.

Today, aspirin is known as a pain reliever, heart attack preventer, and possible cancer preventer. 120 billion pills of the stuff are consumed every year, and it is on the World Health Organization's List of Essential Medicines. While aspirin is not suitable for every patient or every ailment, it certainly lives up to its billing as a wonder drug.

August Birthdays

In astrology, those born from August 1–22 are Leo's Lions. As lions are kings of the animals, Leos are strong and charismatic leaders. Proud and confident, Leos enjoy performing and the attention it brings. Those born from August 23–31 are Virgo's Virgins. Often symbolized by the goddess of agriculture, Virgos are deeply connected to the material world. They are logical, practical, and aware of every detail.

HAPPY BIRTHDAY TO THESE RESIDENTS!

8/4 – Sally B.
8/5 – Deanna W.
8/5 – Randy W.
8/16 – Harold B.
8/17 – Agnes M.
8/27 – Patricia M.
8/28 – Nora E.
8/29 - Tom M.
8/29 - Mary Jane C.
8/29 – Don S.
8/31 – Regina B.

WHEELS GO ROUND AND ROUND



Just a reminder that transportation requests must be submitted by Friday Noon the week prior to your appointment to your transportation company.

If you cancel your appointment or it is rescheduled, you need to let transportation know so we get your travel arrangements changed.

We have been paying a lot of cancelled appointments and I don't want to get to the point where we must pass those non-notification of cancellation fees on to residents.