

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.



Theresa Krenske- 1st

Lois Koehler- 3rd

Ashley Schwartz- 5th

Roger Carpenter- 8th

Honesty Nagel- 9th

Rebecca Floer- 10th

Jean Benson- 11th

Brooklyn Anderson- 11th

Chuck Beatty- 12th

Max Haakonson- 13th

Janet Beese- 15th

Makayla Perry- 25th

Hannah Neil- 28th

Chris Parkos- 31st

Where Buses Beat the Jam



On August 20, 1989, stage two of the O-Bahn Busway opened in Adelaide, South Australia. This rapid-transit bus system was Australia’s ingenious response to fighting traffic congestion in the fast-growing region.

First opened in March 1986, the O-Bahn is a cross between a railway and a busway. Instead of a train track, buses run on a dedicated concrete guideway. Specially outfitted O-Bahn buses move from city streets into tunnels that lead to the busway, where they carry more than 35,000 passengers per day unimpeded at up to 55 mph over the nearly eight-mile length. Each year, drivers keen to avoid traffic attempt to drive their cars onto the O-Bahn, but the track’s design prevents ordinary cars from navigating it. They have to be removed from the track by crane.

August 2026

Faribault Senior Living

843 Faribault Rd Faribault, MN 55021 | 507-331-6510 | www.faribaultseniorliving.com



Celebrating August

Read a Romance Month

Golf Month

Family Fun Month

Root Beer Float Day

August 6

Purple Heart Day

August 7

Bargain Hunting Week

August 10–16

Vinyl Record Day

August 12

Social Security Day

August 14

Senior Citizens Day

August 21

Kiss and Make Up Day

August 25

**Rainbow Bridge
Remembrance Day**

August 28

Eat Outside Day

August 31

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.

The Duchess Who Wasn't

Many of us are familiar with the work of the 19th-century Irish writer Margaret Wolfe Hungerford, although we may not even know it. After all, she was the one who first coined the phrase “Beauty is in the eye of the beholder,” in her book *Molly Bawn*. Perhaps the reason she is not well known is because she first began writing anonymously and later wrote under the pen name “The Duchess.” In honor of this writer and the many others who write under pseudonyms, August 27 is The Duchess Who Wasn't Day.



Hungerford may not have been a real-life duchess, but she was quite a success story. Historical accounts show that she was a master at balancing work and family. In addition to raising six children, she also wrote nearly 60 novels and collections of short stories, as well as newspaper articles. Her fiction was typical of the Victorian time period: light and romantic, entertaining and intensely popular in Ireland, England, and abroad in America. Indeed, Ireland's foremost man of letters, James Joyce, even referenced Hungerford by name in his masterwork *Ulysses*.

What compels a writer to use a pseudonym? Early female authors sometimes wrote as men in order to have their work equally judged. Some use pseudonyms to write fiction (such as crime or horror) that may be less sophisticated or serious than the award-winning literary type. Most of all, writers use pseudonyms to place some distance from earlier work. For example, J. K. Rowling, the world famous writer of the *Harry Potter* children's novels about wizards and magic, wrote a series of new books using the name Robert Galbraith. Why? To find a new adult audience. Agatha Christie, that master of mystery and suspense, wrote under the name Mary Westmacott when she turned to writing romance novels. Perhaps the most famous pseudonym of all is Mark Twain. Before Samuel Langhorne Clemens took the name Mark Twain, he also wrote under the names Josh and Thomas Jefferson Snodgrass. But truly, the more famous one becomes, the harder it is to remain anonymous.

Bubble Breakthrough

What do penicillin, the microwave, potato chips, and bubble gum all have in common? They were invented by accident. Walter Diemer was an accountant for the Fleer Chewing Gum Company in Philadelphia. When he wasn't working on the books, he spent his free time mixing new recipes for bubble gum. The problem was that current gums were too sticky and would break apart too easily. He wanted to invent a gum that was less sticky and could be blown into a perfect bubble. In 1928, Diemer mixed a successful batch but failed to write down the recipe. He spent four months trying to duplicate it. Then, in August of that year, he succeeded. The only food coloring available at the factory was pink, so that became the color of Diemer's 300-pound batch of bubble gum. Pink has been the standard color ever since. When he brought the first 100 pieces to a candy store, he priced his gum at one penny apiece and sold out in one day. To help sell his gum, Diemer taught store owners how to blow bubbles so they could teach their customers. The Fleer Chewing Gum Company called Diemer's gum “Dubble Bubble,” and in the first year of production, it earned \$1.5 million.

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.”

When Earth Roared

August brings two very ominous anniversaries: the cataclysmic volcanic eruptions of Mount Vesuvius in Italy and Krakatoa in Indonesia.



The eruption of Mount Vesuvius might be the most famous in history. On August 24 in the year AD 79, the volcano began to erupt. Two authors, an uncle and nephew, described the events firsthand. Pliny the Elder, living across the bay from Vesuvius, noticed a cloud of ash spewing from the mountaintop. He sent ships to investigate, but they turned back due to a rain of flaming rocks. Pliny the Elder himself ventured closer to investigate. Sadly, he died the next day, likely from inhaling toxic gases.

Pliny the Elder's 18-year-old nephew, Pliny the Younger, also witnessed the eruption. He described people climbing over waves of ash to escape. He also wrote of how a larger eruption the next day devastated the region. Ash mixed with rain created a sort of concrete that blanketed the town of Pompeii, perfectly preserving its contents for hundreds of years.

Rumblings began on the uninhabited island of Krakatoa as early as May 20, 1883. Over the next weeks, the rumblings grew until the eruption began on August 26. The volcano exploded at 1 p.m., sending ash 20 miles into the air. The next morning, four massive eruptions occurred, the last of which produced the loudest sound ever recorded on Earth. The sound waves ruptured the eardrums of sailors 40 miles away. The blast itself was heard 3,000 miles away.

Enormous floes of volcanic rock plunged into the ocean, triggering massive tsunamis that wiped out hundreds of nearby coastal villages. Waves reached as far away as South America. So much gas was pumped into the atmosphere that global temperatures dropped over 2°F. Weather patterns did not normalize until 1888. Krakatoa left no doubt that volcanic eruptions are some of nature's most awesome events.

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.

Rolling Through History



One of the more striking holidays in August is Bowling Day, which falls on the second Saturday of the month. It's easy to see why more than 60 million people go bowling each year—it appeals to all ages and genders, and evidence suggests that it has been played for thousands of years. British anthropologist Sir Flinders Petrie, upon excavating a tomb in Egypt, discovered a set of children's toys that dates to 3200 BC and looks like a bowling set. A form of bowling was so popular in 14th-century England that King Edward III outlawed the game so that troops would better focus on training. Bowling even debuted as a demonstration sport during the 1988 Olympics in Seoul, South Korea, though it has not yet been included in the Olympic program.

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**Monday-Friday
8:00am-4pm**

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Employee Anniversaries

**Donna Boyer- August 2nd
5 years**

**Taylor Krenik- August 12th
1 year**

**Taylor Jerde- August 19th
1 year**

**Comfort Sonpon- August 24th
3 years**

*Thank you for all the time, care, and
effort you give to make FSL a
WONDERFUL place to live and work.*

FSL Monthly Blood Pressure Clinic

Friday, August 21st

9:00 – 11:00a

2nd floor- Outside Community Room

Come see our nursing team to have
your vitals and weight checked!!



New Neighbors

Marion Madigan- 206

Tom & Joan Dee- 300



In our home, Love, Laughter, and
Friendship are always welcome.

FSL Resident Council



Monday, August 17th 1:15pm

Community Room (2nd Floor)

Want to have your suggestions heard...

Come join this monthly meeting held for
residents by residents, where you can voice
your questions, concerns, opinions etc.

A Friendly Reminder

**Assisted Living residents,
when leaving for an
appointment, paperwork for
you to take is located in black
hanging basket above resident
sign out
(Near Front Desk).
Papers will be in an envelope
with your name on it.**

- Please see Jenafer at front desk before entering offices, as we may be busy or on the phone.
- Post your weekly Activities calendar where you can see it. Try something new this month!
- In the interest of building safety and security, residents should not open doors for people they are unfamiliar with. Visitors may contact a staff member for entry

FSL WIFI

Username: FSL Family

Password: Smiles@843!



Lifestyle Changes to Reduce Triglycerides

Advice from the National Lipid Association Clinician's Lifestyle Modification Toolbox

What are triglycerides?

Triglycerides (TGs) are one form of fat in your blood. High levels of TGs can increase your risk of heart disease, stroke, and pancreatitis. Eating healthy and being physically active can help lower your TG level.

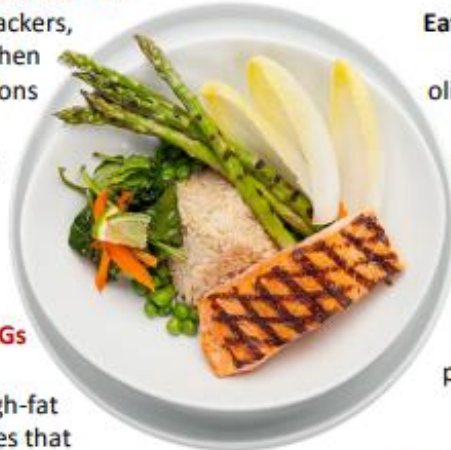
Blood levels of TGs (mg/dL) are:

Normal: less than 150 **Borderline:** 150-199 **High:** 200-499 ***Very High:** more than 500

Helpful Tips to Lower Your Triglycerides

Limit Starchy Foods – Some can Increase TGs

like white breads, cereals, corn, crackers, pasta, potatoes, and white rice. When choosing starchy foods, keep portions small. **Rather than white, choose 100% whole grain** breads, cereals, crackers, pasta, and brown rice. Oats and dried beans and peas are also great choices.



Avoid Alcohol or Consume

Small Amounts – It can Increase TGs

Alcohol can increase your TGs, especially binge drinking with a high-fat meal. Alcohol also has extra calories that may cause you to be overweight. Extra body fat can increase your TGs.

Limit Foods High in Sugar – They can Increase TGs

Try to limit foods high in both natural and added sugar (see box below). The National Lipid Association supports the American Heart Association (AHA) guideline to **limit added sugar to no more than 6 teaspoons for women and 9 teaspoons for men each day.**

Include Healthy Fat at Meals

Eat foods with healthy fats. Choose small amounts of vegetable oil (canola, corn, olive, safflower, or soybean). Within your total daily calories, choose unsalted nuts, seeds, nut butters, or avocado at meals and snacks. **Eat fewer foods with unhealthy fats** like fatty meats, and high-fat dairy foods and desserts.

Aim for a Healthy Weight

If you are overweight, eat smaller portions of high calorie foods and larger portions of vegetables and other low-calorie foods. Even a small amount of weight loss (5-10% of your current weight) may lower your TGs.

Make Exercise Part of Your Day

Get at least 30 minutes of moderate-intensity exercise most days, or **at least 150 minutes** of exercise each week. To better lower your TGs and for weight loss, **work toward 200 to 300 minutes** of moderate-intensity exercise each week.

How Much Sugar are You Eating and Drinking?

Drinks and Foods with Added Sugars	
Sugar-sweetened soda, 12 oz.	10 – 11 teaspoons
Cranberry juice cocktail, 12 oz.	10 teaspoons
Lemonade, 12 oz.	10 teaspoons
Coffee Frappuccino, 12 oz.	9 teaspoons
Regular sports drink, 12 oz.	5 teaspoons
Yogurt, regular, 6 oz.	7 teaspoons
Pudding, ½ cup	5 teaspoons
Ice Cream, regular, ½ cup	4.5 teaspoons
Drinks and Foods with Natural Sugars	
100% grape juice, 12 oz.	13 teaspoons
100% orange juice, 12 oz.	9 teaspoons
Grapes, 1 cup	5.5 teaspoons
Orange, 1 medium	3 teaspoons

Tips to Achieve Your AHA Daily Added Sugar Goal and Lower Your Triglycerides

- Limit high-sugar foods like candy, cakes cookies, cheesecake, ice cream, pastries, pies, pudding, and some yogurts.
- Avoid sugary drinks like regular soda, fruit-flavored drinks, lemonade, coffee drinks, sports drinks, and energy drinks.

Watch for Foods High in Natural Sugars

- Fruit and 100% fruit juices are high in natural sugars, but also many nutrients. Fruit can be part of a healthy eating pattern.
- Choose whole fruits at meals and for snacks.
- Limit fruit juice (even 100% fruit juice); a serving = ½ cup (4 oz.).

*If your TGs are over 500 mg/dL, you will need to follow a special nutrition plan. Please consult your healthcare provider for additional treatment. This will often include a referral to a registered dietitian nutritionist (RDN).

A RDN can help you make a heart-healthy meal plan that works best for your lifestyle, and support you in your journey to change your nutrition habits.

This information is provided as part of the *Clinician's Lifestyle Modification Toolbox* courtesy of the National Lipid Association.



Alzheimer's Pancake Breakfast Fundraiser

Tickets can be purchased from FSL office Mon-Fri 8a-4:30p

Adults \$12

Sunday, August 23rd 8am - 11 am

Ages 4-10: \$6

Faribault American Legion Post #43

Ages 3 and under: Free

Finding a cure starts with a good breakfast.... come join us for pancakes, sausage, orange juice, milk and coffee!



All Proceeds will benefit
Alzheimer's Association



Name: _____

Date: _____

It's time to uncover some summertime words in this word search! Imagine diving into a jumble of letters that captures the spirit of the season. Can you find all the hidden words related to August? Words may lurk in any direction—forward, backward, up, down, or diagonally. When you spot a word, circle it and check it off the list.



AUGUST

BBQ

BEACH

BOATING

CAMPFIRE

CAMPING

FISHING

FLIP-FLOPS

FOREST

HEAT

HIKING

ICE CREAM

LEMONADE

OCEAN

PICNIC

RELAXATION

ROAD TRIP

SAND

SEASHELLS

SUMMER

SUN

SUNGLASSES

R	G	K	M	R	E	L	A	X	A	T	I	O	N	B	K	T	R
E	L	X	R	B	J	T	N	O	I	T	A	C	A	V	D	Q	G
N	K	B	T	N	O	G	V	H	S	L	L	E	H	S	A	E	S
I	G	H	S	L	X	A	Q	R	V	D	F	H	I	K	I	N	G
H	S	N	E	T	H	B	T	G	N	I	N	N	A	T	N	O	M
S	U	L	R	Y	B	W	J	I	T	N	D	D	G	G	B	L	C
N	N	E	O	P	H	S	J	Y	N	C	I	N	C	I	P	E	A
U	G	M	F	X	I	R	P	Z	I	G	M	A	N	S	N	M	M
S	L	O	Q	Y	T	R	S	O	C	C	C	S	U	L	C	R	P
E	A	N	G	R	W	R	T	U	L	C	E	R	W	A	Z	E	F
F	S	A	M	D	E	J	S	D	N	F	F	C	M	L	P	T	I
I	S	D	M	M	T	H	U	P	A	I	P	P	R	Y	G	A	R
L	E	E	M	I	T	F	G	X	N	O	I	I	P	E	M	W	E
D	S	U	W	O	W	G	U	G	G	N	R	K	L	D	A	R	Q
L	S	J	C	P	D	S	A	K	G	J	R	C	M	F	N	M	T
I	X	E	F	G	K	P	L	Q	N	B	E	A	C	H	L	A	V
W	A	D	N	H	H	G	N	I	H	S	I	F	L	F	E	V	J
N	L	N	L	E	V	A	R	T	N	R	Y	T	B	H	K	Q	R

SUNSHINE

SURFING

SWIM

TANNING

TRAVEL

VACATION

WATERMELON

WILDLIFE

What is there to do at Faribault Senior Living?

As the weather gets cooler, we will be spending more time indoors.

Take a tour of the building and get to know what there is to offer!

A variety of activities are offered daily. You will receive a new calendar each week at your door. Hang it up somewhere you can see it each day. If you need another, they are at the Activities office on the first floor by the Library.

- **-1 (Basement level):** Exercise Room, Vending Machine, garage parking access
- **1st Floor (Main):** Library, Lounge, Dining Room, Front Desk, Activities Office, Back Patio (through the dining room), Front parking lot, “Reflections” Living Area
- **2nd Floor:** Community Room (*Room can be reserved for parties/gatherings*)
- **3rd Floor:** Hair Salon (*Call Kathryn for appt. 507-838-0492*)
- **4th Floor:** Movie Theater & Craft Room

If you need help navigating, you can ask staff, or your neighbors and we will help you find your way.

ALTERNATE Menu Changes!

Starting **8.1.26**

ADDING VEGGIE PLATE

A veggie plate with a variety of seasonal fresh veggies, ranch and cottage cheese.



GARDEN SALAD — WILL CHANGE TO — CHEF SALAD

Adding
HAM/TURKEY



Thank you for your continued support!

WE HOPE YOU ENJOY THESE NEW MENU OPTIONS.

FEELING LONELY?

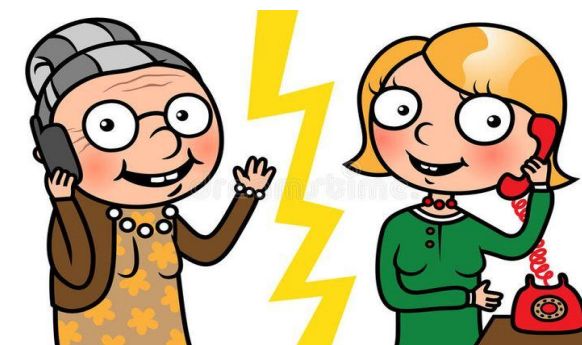


Senior Friendship Line
800-971-0016

The Institute on Aging offers a **Senior Friendship Line** that anyone can call toll free.

The friendship line is available 24 hours a day and you can both call in whenever you like and receive calls from them.

The people on the other end of the line will provide emotional support, check in on your well-being and provide any needed counseling. The main goal of the line is suicide prevention, but it can be a resource worth trying out when you feel lonely, even if you're not at risk of suicide.



Helpful Phone Numbers for Seniors

Buckham Memorial Library 334-2089	Meals on Wheels 800-277-8418 ext. 328
Fashions on Central 334-9242	Rice County Public Health 332-6111
Faribault City Hall 334-2222	Rice County Social Services 332-6115
Faribault Community Center 334-2064	Senior Companion Program 330-1867
Faribault Senior Center 332-7357	Senior Dining 332-7680
Hiawathaland Transit- bus system 866-623-7505	Senior LinkAge Line 800-333-2433
Veterans LinkAge Line 888-546-5838	Social Security 800-772-1213