

August 2026

THE MONTHLY GAZETTE

*"The brilliant poppy flaunts her head
Amidst the ripening grain,
And adds her voice to swell the song
That August's here again."*

~ Helen M. Winslow



Animal of the Month – African Lion

The regal African lion is a powerful hunter that roams the sub-Saharan savannas. These apex predators are the most social of all the big cats. They live in groups called prides that include up to 40 lions, typically consisting of related females, their offspring, and several adult males. The males serve as territorial guardians of the pride and also fight to protect the females from rival males and maintain their own status in the group. Lionesses do most of the hunting, often working together to secure large prey like zebras or buffalo. These nocturnal animals sleep or rest up to 20 hours a day, and both



male and female lions have a powerful roar that can be heard up to five miles away. Adult males sport majestic manes that protect them from bites in battle and are seen as a sign of strength and good health, a draw for potential mates. Male lions weigh an average of 420 pounds, and females are significantly lighter at around 280.

Special Days

Sisters Day
August 2

Purple Heart Day
August 7

Book Lovers Day
August 9

Lazy Day
August 10

Senior Citizen Day
August 21

Women's Equality Day
August 26

Beach Day
August 30

Flower – Gladiolus



The gladiolus gets its name from the Latin word for "sword," *gladius*, and represents strength and integrity. But its flowers are also capable of piercing a heart with their beauty, which explains why the blooms also symbolize infatuation. Gladioli grow from bulbs called corms, which are planted each spring and dug up in the fall. "Glads," as they are commonly called, come in a beguiling range of colors and shapes. The flower blossoms open one by one, from the base on up, making it a long-lasting cut flower.

Birthstone – Peridot



The peridot, August's birthstone, is a stunning green stone that ranges in color from olive to lime green. The birthstone's green color is due to the presence of iron. Stones with a brownish tint have higher levels of iron. Peridot is one of the oldest known gemstones. Ancient Egyptians shaped them into beads, and the Greeks used them to make rings and pendants and believed wearing this jewelry could ward off evil. The largest peridot ever found weighs 310 carats and belongs to the Smithsonian Institution.

Cool Treat for Summer Heat



August is the perfect time to enjoy ice cream. And there are so many delicious flavors—

from mint chocolate chip to Oreo to rocky road to lemon pie—that you could easily sample a new one each day of the month.

However, up until the turn of the 20th century, ice cream was a luxury item. Today, the cool, creamy treat is available in nearly every grocery, corner store, restaurant, and home freezer. And while there are literally thousands of flavor options, the most popular of all is simple: vanilla.

It's unclear when ice cream was invented, but it was eaten in ancient China, where rulers enjoyed a frozen concoction made by packing milk and rice into snow. In ancient Rome, Emperor Nero also had a panache for desserts made with snow and flavored with honey, fruit, and nuts. European kings and queens also served "cream ice" at court.

The first hand-crank freezer was invented in 1846; before that, ice cream was stirred by hand in a bowl nestled over a bucket of salt and ice. In 1851, mass ice cream production began, making it possible for us all to scream for ice cream.

Snow in Summer?

Those in the northern hemisphere may experience August as weeks of sun, sweet corn, fruit cobbler, and splendid warm nights, but in the southern hemisphere, August is akin to February—the apex of winter.

August Zodiacs

Leo (The Lion)
August 1–22

Virgo (The Virgin)
August 23–31

August is the eighth month of the year in the Julian and Gregorian calendars. It was named for Roman Emperor Augustus Caesar, the grandnephew and adopted son of Emperor Julius Caesar, who is honored with the previous month, July. Originally, August was the sixth month in the 10-month Roman calendar. Around 700 BC, Numa Pompilius added two new months: January and February.

In 45 BC, Julius Caesar added two days to August, changing its length from 29 days to 31.

Left or Right?

Celebrate the lefties in your life on August 13, International Left-handers Day. Around 10–12% of the population favor using their left hands, with males more likely to have this trait. About 1% of people are ambidextrous, meaning they use both hands equally well. Being a lefty comes with challenges in a world designed for righties. Famous lefties include da Vinci, Einstein, Oprah, and Paul McCartney.

What's Lucky in August?

Lucky Color: Green

Lucky Animal: Lion

Lucky Letters: J and L

Lucky Day: Sunday

Lucky Plant: Watermelon



August Birthdays

Maria Mitchell (astronomer) – August 1, 1818

James Baldwin (author) – August 2, 1924

Andy Warhol (painter) – August 6, 1928

Esther Williams (swimmer) – August 8, 1921

Whitney Houston (singer) – August 9, 1963

Antonio Banderas (actor) – August 10, 1960

Don Ho (entertainer) – August 13, 1930

Halle Berry (actress) – August 14, 1966

Orville Wright (aviator) – August 19, 1871

Kenny Rogers (singer) – August 21, 1938

Barbara Eden (actress) – August 23, 1931

Katherine Johnson (physicist) – August 26, 1918

Man Ray (artist) – August 27, 1890

Mary Shelley (writer) – August 30, 1797



As we enter August, we also enter what is commonly known as the "Dog Days of Summer." While the phrase may bring to mind dogs lounging in the shade, it actually dates back to ancient times when Sirius, the "Dog Star," appeared in the morning sky during the hottest part of the year. Whether you're enjoying time outdoors or relaxing inside, I hope you find plenty of opportunities to make the most of the remainder of the summer.

The summer has been a busy and exciting time at Paul's Run. During the past four weeks, we have welcomed seven new residents and 15 new team members to our community. Please join me in extending a warm Paul's Run welcome to each of them. We are delighted they have chosen to become part of our family.

I'm also pleased to share that the A Building HVAC replacement project is nearing completion. Thank you for your patience throughout the project. We appreciate your understanding as we work to improve the comfort and reliability of our community.

You may have also noticed that we continue to expand our digital signage throughout campus. Our newest displays have been installed in the employee break rooms and will be used to share staff announcements, employee recognition through the FISH program, benefits information, educational opportunities, and other important updates. These displays help keep our team informed, engaged, and connected.

Speaking of communication, we continue to use our mass communication system to provide residents with real-time updates by telephone, cell phone, text message, and email. If you would like to change how you receive these notifications, please stop by the Administration Office, and we'll be happy to assist you. I hope you've found this communication tool to be a convenient and effective way to receive important information.

I've also been hearing wonderful feedback about the optional resident name tag program. Many residents and team members have shared how helpful it is to learn and remember one another's names—especially as we welcome new neighbors into our community. While completely optional, the name tags have become another way to strengthen the sense of community that makes Paul's Run such a special place.

As summer begins to wind down, many of our high school and college student employees will soon be returning to school. We are grateful for their hard work and dedication throughout the summer and wish them every success as they continue their education.

A quick reminder for weekends: there is always a Senior Manager on Call, along with an on-duty Staff Liaison available on both Saturday and Sunday. If you need assistance over the weekend, please don't hesitate to ask for the on-duty liaison. We are always here to help.

If you haven't already, I encourage you to use the Happy or Not kiosk located at the entrance to the Liberty Grille. After each meal, your quick rating provides valuable real-time feedback about your dining experience. Every response is compiled into a daily report reviewed by our dining leadership team, allowing us to recognize successes, identify trends, and make improvements based on your feedback. Your opinions truly help shape the dining experience at Paul's Run.

Did You Know?

The first Little League World Series was held in August 1947 in nearby Williamsport, Pennsylvania.

Women's Equality Day is observed each year on August 26, commemorating the certification of the 19th Amendment, which granted women the right to vote in 1920.

Paul's Run Fun Facts

Paul's Run is home to nearly 440 residents and supported by approximately 350 dedicated team members who work together every day to make our community exceptional.

Our community maintains more than 97% occupancy, making Paul's Run one of the most sought-after senior living communities in the region.

Our Health Care Center proudly holds a CMS 5-Star Quality Rating, recognizing excellence in resident care.

Every department—from Nursing and Dining to Housekeeping, Facilities, Security, Wellness, Transportation, Community Life, and Administration—plays an essential role in creating the outstanding community we all enjoy.

Philadelphia Sports Corner

For our Philadelphia sports fans, it's an exciting time of year! The 76ers have made several exciting offseason moves, giving fans plenty of reasons to be optimistic about next season. Meanwhile, Phillies fans are hoping for another Red October, and Eagles fans are thrilled that training camp is underway as we eagerly count down to kickoff next month.

Go Philadelphia!

As always, thank you for making Paul's Run such a welcoming and vibrant community. Whether you're attending one of our many activities, enjoying a meal with friends, or simply greeting a neighbor in the hallway, each of you contributes to what makes this community feel like home.

I wish you a safe, healthy, and enjoyable August.



Frank Beech
Executive Director

Paul's Run Dining Services is proud to announce a partnership with the Paul's Run Garden Club!

We will be contributing our left over vegetable scraps twice a week for composting. This will help fertilize the garden soil, resulting in bigger, better vegetables and more beautiful flowers!



If Trust Is a Must, Choose Curana Health

At Curana Health®, we believe transparency is one of the strongest ways to build trust. When you understand what's happening with your health – and why – you can feel more confident, more in control, and more connected to your care team.

SERVICES INCLUDE:

- ✓ Primary care and sick visits
- ✓ Medication management
- ✓ Lab work and x-ray coordination
- ✓ Specialist referrals
- ✓ Blood pressure checks, ear cleanings, and more!

To learn more about Curana Health or to schedule an appointment, call **215-856-1415** or visit **CuranaHealth.com**.

ALREADY A PATIENT OF CURANA? We'd be grateful if you shared your positive experience by leaving a Google review. Leave us a review by using your phone to scan the QR code to the right:



CHMG-2026-0475-0710



NATIONAL WELLNESS MONTH:

Your August Tune-Up for Feeling Good

This National Wellness Month give your body, mind and spirit – the trio that keeps you moving, thinking, laughing and living life on your terms – a little extra TLC.

- ✓ **Move a little more.** A short walk, a stretch session, or even dancing in the kitchen counts.
- ✓ **Eat the rainbow.** Bright, colorful foods keep your body fueled and your brain sharp.
- ✓ **Find your calm.** A few deep breaths or a quiet moment outdoors can reset your whole day.
- ✓ **Stay connected.** Phone calls, coffee dates or community events can lift your mood more than you might expect.
- ✓ **Keep your mind engaged.** Try a new hobby, puzzle or book. Curiosity will help keep your mind sharp.

To learn more or to schedule an appointment, call **215-934-3072** or visit **CuranaHealth.com**.



Always consult with your physician before making changes to your diet or exercise routine.



In Memory Of:

Ruth Kligman

By: Gail Schwartz	Marcia Bronstein
Nikki Gaston	Meryl Sussman
Mr. & Mrs. Lester Wurtele	Elva Davis
Barbara Maimon	
Mid- Atlantic Region/Women's League for Cons Judaism	

Anna Lemmo

By: Mr. & Mrs. Ed Wheaton	Thomas Lewis
Suzanne Shay	Rose Mary Berlin
Mr. & Mrs. Eric Barteldes	Joseph Lemmo
Mr. & Mrs. Dan Gever	Meriel Jackson
Mr. & Mrs. Sidney Bernstein	Mr. & Mrs. Charlie Carr
Mr. & Mrs. Richard Shaeffer	Anthony Trolie
Mr. & Mrs. Rodney Lemmo	Rose Oberfeld
Mr. & Mrs. Joseph Longmore	Linda Malis
Mr. & Mrs. J.B. Harwanko	Carolina Longmore
Mr. & Mrs. Nicholas Abramchuck Jr.	
Mr. & Mrs. Nicholas Thomas	Carol Faulls
Mr. & Mrs. Russell Albert	Eleanor Madara
Margaret Ogden	Bette Jane Bronstein
James Lorah Memorial Home Committee	



In Memory Of:

Nina Orr

By: Mr. & Mrs. Rickey Slocum

Muriel Snyder

By:	Wendy Stahler	Stephanie Marino
	Rhea Budin	Mr. & Mrs. Mark DeCesare
	Faith Halter	Mr. & Mrs. Michael Redman
	Advocare	Mr. & Mrs. Vince Wallace
	Advocare Haddon Pediatric Group	
	Maureen Kaplan	

The Book I Just Heard

By Izzy Sacks & Selma Eizman

Most people read a book page by page, word by word

Others must listen and the words must be heard

For people of diminished vision reading can still be enjoyable

Your ears replace your eyes and the descriptions are very imaginable

If you go to a movie and see a screen

In a single moment you know the scene

In a talking book the dialogue is such

That you can paint a picture in your mind's eye without a brush

People who cannot see needn't be denied the pleasure of a fantasy

You can be a Cow Poke or a Jockey or the fighter named Rocky

I could go on and on. Whatever the case I wish you luck

You'll want to listen from dawn till dusk

If you think that there's a lesson here that I'm trying to teach

It's only because I want you to know what is within your reach

If Sherlock Holmes doesn't tickle your fancy

May "Gone With The Wind" will make you feel romancy

THE HEARTBEAT DANCE

By Izzy Sacks and Selma Eizman

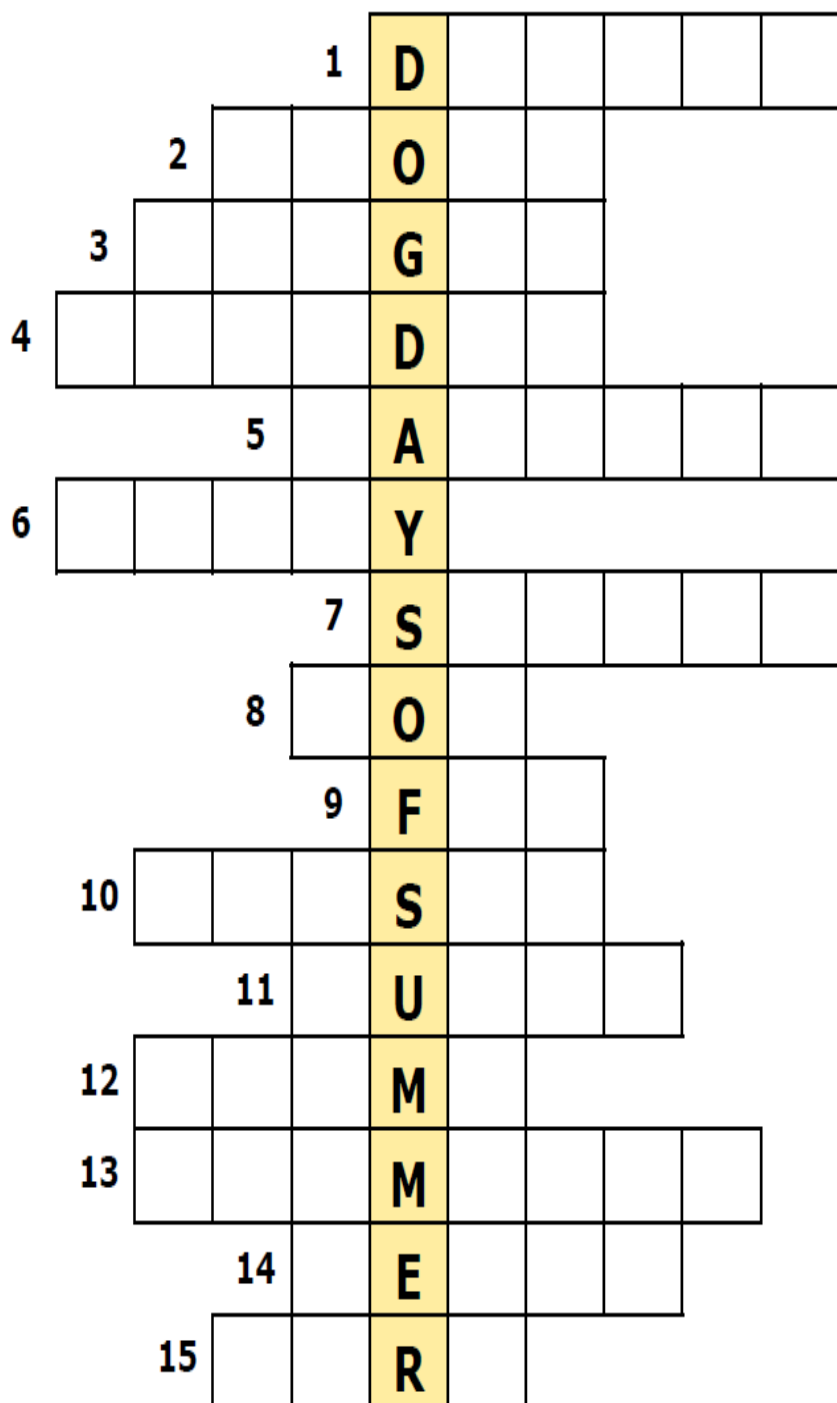
The beat of my heart meets the beat of my drum
Oh how it pleases everyone
Young and old get great delight
They swing left and they swing right
No matter which way they move, they feel the groove, the groove
The groove that leads to the heartbeat dance
The heartbeat of music – That's a drum
Without the drum there is no inspiration
And nowhere to get our rhythm from
Try dancing to this it's really easy
Swing your arms and sway your hips. It's super breezy
Izzy's got the beat !! Izzy's got the heat !!
You go jumpin' and jivin' and you'll have the beat !



BEAT IT IZ !! BEAT IT !!!! GIVE IT ALL YOU GOT

Spelling DOG DAYS OF SUMMER

Use the clues to fill in the grid.



1. Lemonade and iced tea
2. Low rumble from a dog
3. Snoopy's breed
4. Wrinkled, stout dog breed
5. Relaxing bed between two trees
6. Full of bright daylight
7. Tennis and cargo
8. Opposite of cold
9. Device that cools a room
10. Day's colorful ending
11. Young dog
12. Lady's beau; Disney dog
13. Poolside attire
14. Take it easy
15. Dog sound

Spelling DOG DAYS OF SUMMER

(solution)

				1	D	R	I	N	K	S
		2	G	R	O	W	L			
	3	B	E	A	G	L	E			
4	B	U	L	L	D	O	G			
			5	H	A	M	M	O	C	K
6	S	U	N	N	Y					
				7	S	H	O	R	T	S
			8	H	O	T				
				9	F	A	N			
10	S	U	N	S	E	T				
			11	P	U	P	P	Y		
12	T	R	A	M	P					
13	S	W	I	M	S	U	I	T		
			14	R	E	L	A	X		
		15	B	A	R	K				

MAIL ISSUES

RESIDENTS ARE ASKED TO RETURN TO THE RECEPTIONISTS ANY MISDIRECTED DELIVERY FROM THE UNITED STATES POST OFFICE.



THE RECEPTIONISTS WILL ASSURE IT IS RETURNED TO THE POSTAL WORKER FOR DELIVERY TO THE CORRECT RECIPIENT



215-934-3055



A Request from
Maintenance:

As much as we like to hear from you about repairs you need, we ask that you contact the front desk and put in a work order so the repair request gets recorded and not forgotten about



THE HOUSEKEEPING
DEPARTMENT IS ASKING
FOR YOUR
COOPERATION IN
MAINTAINING A
SANITARY
ENVIRONMENT FOR ALL
OF OUR RESIDENTS.

REMEMBER TO WASH
YOUR HANDS
FREQUENTLY WITH SOAP
AND WATER OR WITH
HAND SANITIZER WHEN
AWAY FROM SOAP AND
WATER.



THE GENERAL STORE
HOURS OF OPERATION

MONDAY - FRIDAY
10:30AM-3:30PM

SATURDAY -SUNDAY
11AM-3:30PM

FRIENDLY REMINDER

Our lobby is so
beautiful. Please
refrain from eating or
drinking in that area.

Thank You