

Riverside

Nursing and Rehabilitation Center, LLC

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Remember When: Sea-Monkeys

These popular pets of the past have a misleading name: Though they have a long tail, they're not monkeys, and they aren't even found in the sea! In nature, these teeny-tiny brine shrimp live in saltwater lakes, not the ocean. First introduced under the name Instant Life, adding a packet of these dormant eggs to water allows them to hatch within 24 hours. Remarketed as Sea-Monkeys in the '60s and widely advertised in comic books, they appealed to kids as both a science experiment and easy-to-raise pets. As the shrimp grew to their full size of half an inch, kids could interact with them by shining a flashlight into their tank to make them swim and jump. Fun habitats like a magic castle, circus or shipwreck added to the entertainment. Still sold today, Sea-Monkey kits continue to bring smiles and amazement to folks of all ages.

Did You Know?

In the U.K., a zucchini is called a courgette.

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A Peek at a Popular Plant

Recognized by its rubbery, round leaves, *Pilea peperomioides* is one of today's trendiest houseplants. As a nod to the flat leafy circles, common names for the species include Chinese money plant, pancake plant and UFO plant. A healthy *Pilea* will happily sprout many babies that are easy to divide and give away to loved ones, inspiring another nickname: the friendship plant.

Juggling for Mind and Body

We're not clowning around—juggling is a mental and physical workout that anyone can do! The focus involved in keeping objects in the air boosts brainpower, improves hand-eye coordination and relieves stress. Tossing, catching and picking up dropped props works muscles in the arms, shoulders, back and legs. Juggling even counts as cardio, burning around 280 calories per hour, similar to walking.

Wow! Pow! Superhero Wonders

Superheroes all have the same goal—to fight off bad guys and restore peace. Enjoy these fantastic facts about a few phenomenal favorites:

- First appearing in 1929, Popeye—who gained enormous strength by eating spinach—is seen as a prototype for many of the superheroes who came after him.
- Superman, who debuted in 1938, was the first superhero born with superpowers.
- Spider-Man’s creator Stan Lee intentionally placed a hyphen in the hero’s name to make him stand out from Superman.
- Though he doesn’t have his own powers, Batman does have an IQ of 190—higher than Albert Einstein’s estimated 160.
- Since his 1966 debut, Black Panther has assisted multiple Marvel teams.
- Psychologist William Moulton Marston not only created Wonder Woman, but he also invented an early model of the polygraph, aka the lie detector test.
- Superhero action figure Buzz Lightyear, from the “Toy Story” franchise, got his name from the second man to walk on the moon, Edwin “Buzz” Aldrin.



At the Movies With Elvis

The King of Rock and Roll wasn’t only a singer: The well-rounded performer also starred in 31 films. Grab your favorite movie snack and settle in for an Elvis movie marathon with these favorite flicks:

“Love Me Tender.” In his first film, released in 1956, Presley plays Clint Reno, the brother of a Confederate soldier who participated in a train robbery. What happens when the federal government comes looking for the stolen loot?

“King Creole.” This black-and-white movie is largely considered Presley’s best. The 1958 musical crime-drama stars other famous names, such as Walter Matthau and Carolyn Jones. Nightclub singer Danny Fisher (Presley) just wants to earn a living to help his father and sister, but trouble arises when he gets involved in New Orleans’ organized crime circuit.

“Jailhouse Rock.” In this 1957 movie, Presley plays ex-con Vincent Everett, who—just like the King—finds fame as a pop star but soon sees that the record business isn’t as he expected. The dance sequence set to the title song is one of Elvis’ ultimate on-screen moments.

Be Careful in Summer Heat

Sunlight is vital to our health, providing energy, vitamin D and serotonin, but it can also come with damaging effects. Spending too much time under the sun can lead to heat-related illness.

Dehydration. Heat causes the body to lose fluids quickly, and if you lose too much, you’re at risk of dehydration. You may start feeling dizzy or tired or have a headache. Before you feel thirsty, make sure to drink water or an electrolyte-rich sports drink to stay hydrated.

Heat exhaustion. Dehydration plus prolonged heat exposure can equal heat exhaustion. Some symptoms include a body temperature between 98.6 and 104 degrees Fahrenheit, headache, dizziness, sweating, nausea and weakness. Immediately move to a cool place, use cold compresses and hydrate. If symptoms don’t improve within 15 minutes, seek medical attention.

Heatstroke. Heatstroke can follow heat exhaustion or it may come on suddenly. It can cause damage to major organs—such as the heart, kidneys and brain—if left untreated. If your body temp is above 104 degrees Fahrenheit, you feel hot but aren’t sweaty, are struggling to breathe or are experiencing confusion after being in the heat, seek medical attention immediately.

Yahtzee! A Delightful Dice Game

A roll of the dice—five, to be exact—can turn up lots of combinations ... and a high score. In Yahtzee, that's the goal! Players have 13 rounds to rack up the points by rolling combinations, including the elusive Yahtzee, where all five dice are the same.

It's said that Yahtzee was invented in 1954 by a Canadian couple, who called their creation "The Yacht Game." They'd play with friends while hosting gatherings on their yacht, and the pastime proved so popular that everyone wanted a copy for themselves. In 1956, the couple went to game maker Edwin S.

Lowe, who had popularized Bingo in the U.S., to place an order. In exchange for 1,000 game sets, Lowe bought the rights to the Yacht Game.

Lowe first used the name "Yahtzee" on April 3, 1956, and obtained a patented trademark on April 19. The game struggled to sell until he started hosting Yahtzee parties, which allowed the nuanced game to be enjoyed and understood in action. Now, decades later, 50 million copies of Yahtzee are sold each year.



Simple Ways To Support Schools

It's back-to-school time again! Community support is a key element of a thriving school district. Even if you have no connection to a current student, you can find lots of ways to help local schools. The experience can be as meaningful for you as for the families and teachers you serve.

Donations. Supply drives are popular ways to give back; you can also donate things like snacks, clothing and tissues. Teachers, counselors, nurses and librarians can provide a list of specific needs.

School spirit. If you enjoy watching sports, why not attend

student games? Tickets and concessions are affordable, and young athletes will appreciate smiling faces in the stands. Plays, concerts and art shows are also common events held throughout the school year.

Mentoring and tutoring. Intergenerational relationships offer proven benefits for all ages. Whether reading with a student, giving guidance or quizzing with flashcards, you can make a difference.

Financial support. Various organizations and teams will likely hold fundraisers throughout the school year. You can also join a booster club for a specific group to provide steady resources.

Wit & Wisdom

"My connection to the Earth is reinforced through the rhythm of the waves."

—Mike Dolan

"Life is strong and fragile. It's a paradox ... It's a particle and a wave at the same time. It all exists all together."

—Joan Jett

"If you want to enjoy good music, watch the faces of those who are listening to it, and try to compute the thousands of memories that never ride anything but sound waves."

—Henry Stanley Haskins

"Life is a series of waves to be embraced and overcome."

—Danny Meyer

"Meditation is like going to the bottom of the sea, where everything is calm and tranquil. On the surface there may be a multitude of waves, but the sea is not affected below."

—Sri Chinmoy

"I pray to be like the ocean, with soft currents, maybe waves at times. More and more, I want the consistency rather than the highs and the lows."

—Drew Barrymore

"Beauty sleeps on the calm dreamy bosom of the ocean, or lives in the dance of its wild waves."

—Thomas Clark Henley



A Portrait To Remember

Portrait photography has been around for decades and remains a classic way to preserve family history, as well as the trends of the times! Capture some memories with this snapshot of photography fads.

Time Period	Trend
Mid-1800s	Hidden mother photographs kept children still during long exposure time.
1890s	All about the back, subjects often faced away from the camera to incite intrigue.
1920s	A time-honored tradition was born when the first school portraits were taken.
1970s	Shake 'em out! Instant Polaroids were all the rage.
1980s	Wacky portraits featured looming floating heads.
1990s	Glamour Shots, featuring big hair, heavy makeup and fancy attire, were taken at malls across America.
2010s	Snap a selfie! Switching your smartphone camera to reverse mode made it easy to take flattering self-portraits.

"This Month In History"

AUGUST

1901: Louis Armstrong is born. His rich, gravelly voice and jazzy trumpet-playing made him one of the most influential figures in his genre and generation.

1911: The "Mona Lisa" is stolen from the Louvre! All Vincenzo Peruggia had to do to steal the Leonardo da Vinci painting was hide out in a closet and wait for the museum to close. The famous artwork was recovered two years later.

1936: The Berlin Olympics open with 3,963 athletes. The "hero of the games," African American Jesse Owens won four gold medals in track and field.

1944: The Forest Service authorizes Smokey Bear as the new face of fire prevention.

1955: A trusty source for wonderful, wacky and wild achievements, "The Guinness Book of Records" is published for the first time.

1965: "I Got You Babe" by Sonny & Cher hits No. 1. The duo's signature song would stay there for three weeks.

1978: Ben Abruzzo, Maxie Anderson and Larry Newman complete the first successful transatlantic balloon trip! Piloting the helium balloon Double Eagle II, it took them 137 hours to fly from Maine to Miserey, France, just northwest of Paris.

1981: MTV shows its first music video, "Video Killed the Radio Star" by the Buggles.

2006: Pluto is demoted. The International Astronomical Union voted to change Pluto's official label from ninth planet from the sun to dwarf planet.