

## Senior Citizen Day Ice Cream Social

2:30 pm  
Saturday  
August 21<sup>st</sup>



## The Golden Age

### August 21 is Senior Citizens Day

a day to recognize the importance of seniors and support them as they age. August 14 marks another significant day for older generations—Social Security Day, which honors FDR's signing of the Social Security Act into law in 1935.

We should honor our seniors all year long, not just in August, but what makes this demographic so special? For one, there are a lot of seniors—over 62 million in America. And research shows that seniors are more satisfied than the young. Perhaps it comes from a confidence born of living through the Great Depression and WWII. Seniors also have time to enjoy the present rather than worry about the future. This may be the most valuable lesson we can learn!

## Aloha Anniversary *(cont. from pg. 1)*

In 1959, Hawaii joined the Union, becoming the first state with a majority Asian population and the only state composed entirely of islands.

Today, Hawaii is celebrated for its breathtaking landscapes—lush rainforests, cascading waterfalls, and pristine beaches with crystal clear waters. The islands are also home to unique flora and fauna found nowhere else on Earth, such as the endangered Hawaiian monk seal and the vibrant hibiscus flower, the state symbol.

Hawaii's cultural diversity is reflected in its cuisine, music, and festivals. Traditional Hawaiian luau feasts, ukulele melodies, and hula dancing are beloved cultural expressions that thrive alongside modern influences. From Hawaii's ancient roots to its modern-day vibrancy, this unique state remains a cherished destination for travelers seeking adventure, relaxation, and the aloha spirit that permeates every corner of the islands.



# Ashley Gardens of Mount Vernon

August 2024



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Executive Director  
Chehara Green

Business Office Manager  
Hannah Lemieux

Wellness Director  
Alison Lee

Dining Services Director  
Vickie Sherwood

Life Enrichment Director  
Deborah Snider

## Join us Friday August 16 to Celebrate Hawaii's Statehood Day



## Aloha Anniversary

### Celebrating August

**Live Music**  
*Thursday August 1<sup>st</sup>*  
*Music of Heart and Soul Band*

*Friday August 16<sup>th</sup>*  
*Luau*  
*Details to be announced.*

Hawaii, a tropical paradise in the Pacific Ocean, is known for its stunning natural beauty, rich cultural heritage, and unique history. This year marks the 65th anniversary of Hawaii's statehood, a significant milestone in its journey as part of the United States.

Before becoming the 50th and final state on August 21, 1959, Hawaii's history is a tapestry of Indigenous Polynesian culture, European exploration, and colonialism.

Captain James Cook's arrival in the late 18th century marked the beginning of significant Western influence on the islands. In the 19th century, Hawaii became a hub for the global sugar trade, attracting immigrant labor from China, Japan, Portugal, and the Philippines.

The road to statehood was not without challenges. Despite the islands' importance during World War II, it wasn't until after the war that momentum for statehood gained traction.  
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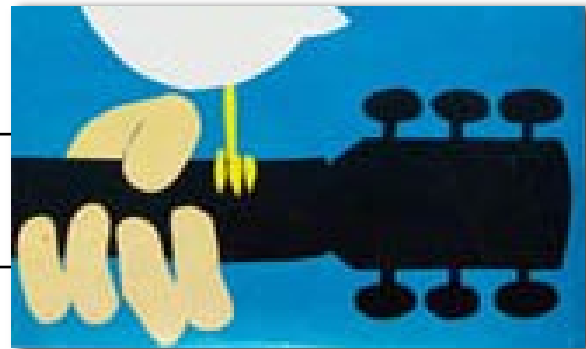


**Appointments:**

**Star Beauty Salon** - Gwen will be here Monday, August 12<sup>th</sup>, 2024. Starting at 9:30 am. Please reach out to Gwen directly to schedule your family members' haircuts. Her number is (360) 424-4816. Haircuts are \$25 plus any gratuity you may want to add. Payments must be made directly to Gwen at Star Beauty Salon. You can drop the check or cash off with me, and I will make sure she gets it!

**Luvonu Foot Care** - Monday August 19 2024 8:00 AM – 2:00 PM

*Music with Lynn.  
Every Monday at 9:45 am*



**BIRTHDAYS**

*Dance to the rhythm of your dreams and embrace the magic of another year added to your journey.*

**Amazing Resident** - Rita  
**Awesome Staff** – Raquel, Melissa, Jocylene & Veronica

**Celebrity Birthdays**

Tony Bennett – August 3, 1926    Neil Armstrong – August 5, 1930  
Julia Child – August 15, 1912    Robert Redford – August 18, 1936



*A look back at July....*  
4<sup>th</sup> of July – Heart and Soul Band  
Gardening club  
Outdoor walking club



In our Employee Spotlight this month, we proudly feature Genesis. Despite her relatively short tenure, Genesis has already made a significant impact through her dedication, enthusiasm, and remarkable work ethic. From the moment Genesis joined our team, she has consistently demonstrated a strong commitment to excellence. Genesis's positive attitude and eagerness to learn have not only contributed to her own growth but have also uplifted those around her. As we celebrate Genesis as our Employee Spotlight of the Month, we commend her for setting a high standard and making a meaningful impact in such a short time. We look forward to witnessing her continued success and contributions to our team. Congratulations, Genesis, on this well-deserved recognition!

***Our Values***  
***Trust & Respect***  
***Kindness & Tolerance***  
***Communication & Collaboration***  
***Accountability & Empowerment***  
***Doing the Right Thing***