



Notable Quotable

“The secret of staying young is to live honestly, eat slowly, and lie about your age.”

~ Lucille Ball, born Aug. 6, 1911



August Horoscopes and Birthdays

In astrology, those born between August 1 and 22 are Leo’s Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is Leo’s mascot. Those born between August 23 and 31 are Virgos. Virginal Virgos are considered shy, pure of spirit, and self-sufficient.

Hinds, S 3-Aug
Maldonado, C 5-Aug
Hamm, P 6-Aug

Pratts, F 8-Aug
Diaz, A 9-Aug
Paulino, A 10-Aug
Williams, D 11-Aug
Nunez, O 12-Aug
Jones, J 13-Aug
Morgan, C 16-Aug
Rodriguez, H 17-Aug
Zayas, O 17-Aug
Johnson, M 20-Aug
Wayans, P 21-Aug
Diaz, J 21-Aug
Simms, B 24-Aug
Yashin. B 26-Aug

Squeeze the Day (cont. from pg. 1)

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.

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.

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 suburban region.

First opened in March 1986, the O-Bahn is actually a cross between a railway and 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 at up to 55 mph over the nearly 8-mile length. The busway is cheaper than a rail line to build, offers a smoother ride, and has less impact on the environment. It’s a wonder more cities don’t build their own O-Bahns.

Each year, drivers keen to avoid traffic attempt to drive their cars onto the O-Bahn, but the track’s design prevents them from navigating it, and they have to be removed from the track by crane.

Eastchester Rehabilitation & Health Care Center

August 2026

Celebrating August

Read a Romance Month

Golf Month

Root Beer Float Day
August 6

Purple Heart Day
August 7

Bargain Hunting Week
August 10–16

Social Security Day
August 14

Senior Citizens Day
August 21

Kiss and Make Up Day
August 25

Eat Outside Day
August 31

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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 (cont. on p. 4)



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 regularly enjoy the sport—it appeals to all ages, 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 looking like a bowling set that dates to 3200 BC. A form of bowling was so popular in 14th-century England that King Edward III outlawed it so that troops would 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.

When Earth Roared



Lava can move surprisingly fast—flows from Mount Nyiragongo have reached speeds of up to 60 mph.

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

The eruption of Mount Vesuvius might be the most famous in history. On August 24, 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. Sadly, he died the next day, likely from inhaling toxic gases.

Pliny the Elder's 18-year-old nephew, Pliny the Younger, 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. At 1 p.m., the volcano exploded, sending ash 20 miles into the air. Four massive eruptions occurred the next morning, the last of which produced the loudest sound ever recorded on Earth.

Krakatoa triggered massive tsunamis that wiped out hundreds of nearby coastal villages. So much gas was pumped into the atmosphere that global temperatures dropped over 2°F. Weather patterns did not return to normal until 1888.

The Great Chicken Dash



Many hens refuse to run at all, making the race unpredictably funny.

Every August, competitors converge at the Barley Mow Inn in Bonsall in Derbyshire, England, for the World Hen Racing Championship. The race in Bonsall has been a mainstay for 35 years, and hen racing as a 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. Don't have a hen? Rentals are available.

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.

Summer Fun at Eastchester Rehab! ☀️🍦🍩



Our residents enjoyed our **biweekly summer BBQs**, filled with great food, music, and plenty of smiles! These special gatherings gave residents and staff an opportunity to enjoy the summer weather and spend quality time together.

Our staff were also treated to some well-deserved relaxation with **portable massage chairs**, providing a chance to unwind and recharge.

To top it all off, Administration showed appreciation for our hardworking staff with visits from the **Mr.**

Softee ice cream truck and the **Carnivale Donut Bar**. 🍦🍩

It was a wonderful summer filled with **good food, fun, relaxation, and appreciation for our residents and staff!**