

August 2026

# Oakwood Village

Oakwood Village Assisted Living & Memory Care | 3388 Bell Rd. Auburn, CA 95603 | (530) 889-8122 | RCFE# 317000237



Beryl T. - August 3

Robert S. - August 9

Art C. - August 19

Joyce G. - August 27



## 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.

## AUGUST RESIDENT SHOUTOUT



**MARY M.**

*We are so happy to have you as  
part of our Oakwood Village family, Mary!*

### ★ Resident Spotlight: Mary M.! ★

Mary is such a sweet, fun, and friendly part of our community! She loves spending time talking and laughing with her friends, relaxing with a good book, and joining everyone for a lively game of bingo. 📖💬🎲

Mary's warm personality and wonderful sense of humor make her a joy to be around. She always brings a welcoming presence to our activities and reminds us how special the simple moments, good conversations, shared laughter, and time with friends, can truly be.

We are so happy to have you as part of our Oakwood Village family, Mary! ❤️

## 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 flocs 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.



**Want to have your voice heard and stay connected with your community?**

Join us for an open discussion on key local issues!

- Share your thoughts and concerns
- Learn about upcoming community events
- Talk about the quality of local services
- Offer your suggestions and ideas
- Ask questions and engage with others
- Work together for positive change

**When:** Wednesday, August 26<sup>th</sup>, 2026

**Where & Time:** Poppy Room at 2:15p.m.



# Meet our Team

Executive Director



Patty Uclaray

Business Office Manager



Destiny Moore

Housekeeping Director



Joshua Ochinerio

Interim Maintenance Director



Ben Calderon

Dietary Director



Maria Hernandez



Life Enrichment Director



David Collison

Maintenance Director



Ryan Risdal

Resident Care Director



Malina Meador

Wellness Director



Heather Mendoza

## Where Buses Beat the Jam



in the fast-growing region.

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.