



The Villager Newsletter

Sunflowers

Sunflowers are remarkable plants natively cultivated in the Americas for over 4,500 years. Famous for their bright appearance, these botanical wonders are actually made of thousands of tiny flowers, act as natural soil cleaners, and follow the sun. Here are 5 fascinating facts about sunflowers:



1. They are made of thousands of tiny flowers: What appears to be a single large sunflower is actually a "composite flower" made up of hundreds or thousands of tiny individual flowers called florets. The inner yellow, brown, or purple disk florets mature into the seeds, while the outer ray florets form the bright, sun-like petals.

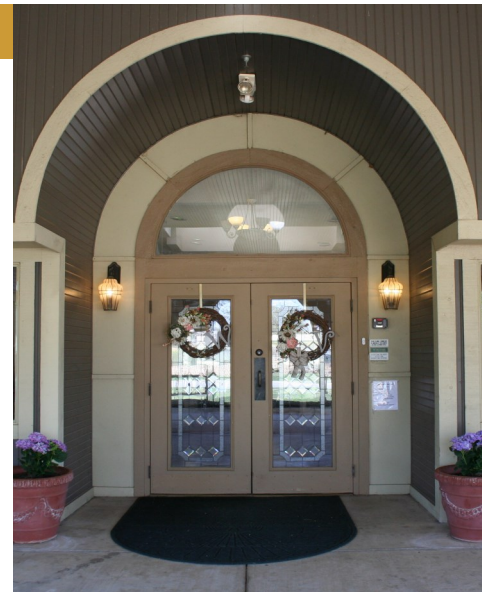
2. Young sunflowers track the sun:

During their budding phase, young sunflower heads follow the sun's movement from east to west throughout the day, and reset to face east at night. This movement is called heliotropism and helps maximize photosynthesis and early growth.

3. Mature sunflowers always face East: Once fully grown, sunflowers stop tracking the sun and permanently face East. Scientists believe this orientation warms the flowers earlier in the day, which helps attract five times more pollinators than westward-facing plants.

4. They can clean up radioactive disasters: Sunflowers are "hyperaccumulators", meaning their root systems can absorb high concentrations of toxic heavy metals and radioactive elements. Because of this, millions of sunflowers were famously planted to help decontaminate the soil and water following nuclear disasters in Chernobyl and Fukushima.

5. They can grow incredibly tall: While average standard sunflowers grow to be 6 to 10 feet tall, some varieties and wild specimens have reached monumental sizes. The Guinness World Records for the tallest sunflower sits at an astonishing 35+ feet.



August Birthdays

Resident Birthdays

7-Brenda Gaddis

12-Ruby Moran

13-Nell Williams



Staff Birthdays

2-Brandon Leon-Cruz

12-Joanna Wadsworth

17-Scott Kullin

27-Karen Slagle

29-Kaylee Hood



Welcome New Residents

Morrisann Bass—Apartment #601

Richard “Dick” Mullins—Apartment #202

Ann Williams—Apartment #701

Zenobia “Ann” Williams was born in Tom, Oklahoma. She graduated from Idabel Gray High School and worked at Oakgrove Nursing Home and Idabel Hospital. She was married to Bob Williams for 63 years. They had 3 daughters and 1 son. She also has one granddaughter that she raised from the age of 17 months, and now 1 great-grandson. Ann enjoys sewing, dominos, music, bingo, visiting with people, the Hallmark channel and Steve Harvey.



Special Activities This Month

- ♦ Monday, August 3, we'll begin a fascinating video series called “Secrets of the Castle” as a crew in France recreates building a medieval castle using medieval tools. Meet in the library at **10 a.m.** each Monday in August for this 5-part series.
- ♦ How many national parks have you been to? Let's find out who's been traveling as we watch “Wonders of America's National Parks.” Come to the chapel at 2 p.m. on Tuesday, August 4 and let's see how many parks we can check off the list!
- ♦ Resident Advisory Committee will meet Wednesday, August 6 at 1 p.m. in the chapel.
- ♦ August 6, we'll begin looking at some chair yoga exercises. Come to the chapel each Thursday afternoon in August at 3 p.m. and let's keep fit.
- ♦ Wednesday, August 12, we'll play “42” in the sunroom at 3 p.m. See James Gaddis if you are interested in playing.
- ♦ Hydration Tips for Seniors will be presented by Chris Casto at 2 p.m. on Tuesday, August 18 in the chapel. Come learn how to stay hydrated during these hot summer months and enjoy a delicious fresh snack.
- ♦ Wednesday, August 19, we'll have a beach party at 3 p.m. in the lobby. Come enjoy some refreshments, some music, and some fun beach games.
- ♦ Music with Mark Wilkins will be August 25 at 3 p.m. in the chapel. Come join us for a great variety of tunes.
- ♦ The Friday movie for August 28 is “Mrs. Harris Goes to Paris.” In the 1950s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure to Paris that will change not only her own outlook -- but the very future of the House of Dior. Come to the library at 2 p.m. for a fun movie and some popcorn!

The sun is new each day!