



SHELBY GARDENS LLC.
SENIOR LIVING

1535 Appling Care Lane • Cordova, TN 38016

August by the Numbers

12. The number of lighthouses in the United States in 1776. Aug. 7 is National Lighthouse Day, when many of the approximately 700 lighthouses standing today are open for tours.

135. Chapters in "Moby-Dick," the epic novel by Herman Melville, who was born Aug. 1, 1819.

Games Are Good for Your Gray Matter

Research shows that these classic games support specific cognitive functions.

One player. Playing cards, including one-player games like solitaire, is linked to better focus and memory, according to research. Winning, even against yourself, triggers a small release of dopamine, a natural mood-boosting brain chemical.

Two players. Studies indicate that playing two-person strategy board games like chess and checkers improves problem solving and empathy, since these games require planning moves and anticipating an opponent's moves.

Three to four players. Games like mahjong and dominoes exercise both pattern recognition and memory; they also can be played with three or four players.



August 2026



Spread Sunshine

"Those who bring sunshine into the lives of others cannot keep it from themselves."

—James Matthew Barrie

Arthritis Relief With Coconut Oil

Using coconut oil as a lotion can soothe dry skin, and it may also help relieve joint pain related to arthritis. Coconut oil contains anti-inflammatory properties, and some research shows that massaging the oil into the skin can increase circulation to the area.



Shelby Gardens Administrative Staff

Jordie Montgomery Director
Priscilla Hughes Business
Angelique Taylor Front Desk
Cindy Hawkins Activities
Lawren Bogard Sales Director
Tonya Churchman Dietary
Delisa Reed DON
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3 Ways to Celebrate Senior Citizens Day

Behind every community is a generation of trailblazers. This National Senior Citizens Day on Aug. 21, we honor the roughly 60 million older adults whose hard work and wisdom paved the way for us all. Here are some ideas to celebrate the day with people of all ages, both in person and virtually.

Make a masterpiece. Visit a local art studio to take a painting class together. If in-person art isn't an option, set a time to watch a painting tutorial online together and make your masterpieces miles apart but close at heart.

Learn something new. Long-distance learners can attend a virtual webinar together and share ideas afterwards. For in-person bonding, find a public lecture to attend at a local library, university or museum.

Bring on the harmony. If you're celebrating in person, attend a concert. Long-distance loved ones can make their own concert by creating a collaborative playlist online and taking turns adding songs. Send messages with favorite lyrics or stories about each other's favorite tracks.

Journey With Joyspan

Aging expert Dr. Kerry Burnight coined the term "joyspan" in her book, "The Art and Science of Thriving in Life's Second Half," asserting that "In a world obsessed with living longer, joyspan is about living better." Kickstart your joyspan journey with just one hour a day, using Burnight's four joyspan pillars: curiosity, adaptability, generosity and connection.

Curiosity. Keep a running curiosity bucket list of topics you want to learn more about. Then, spend 20 minutes each day exploring an item from your list by reading up on it or watching a video online.

Adaptability. Spend 10 minutes each day trying to problem-solve a small annoyance. For example, an avid crocheter with arthritis might look into buying ergonomic hooks, rather than gritting through the pain or giving up the hobby altogether.

Generosity and connection. Give one of your most valuable resources: time. Spend 30 minutes chatting with a friend or loved one. Focus on their life, asking questions and noting events to follow up on later.





The Eyes Have It

Have the foresight to get your routine eye exam. Doctors recommend that adults 65 and older get annual eye exams because early detection of eye diseases can prevent up to 90% of vision loss, according to the American Academy of Ophthalmology.

You may be familiar with the Snellen eye chart to test visual acuity, which eye doctors have

been using since the late 19th century, when the chart with the big E was first designed by Dutch ophthalmologist Hermann Snellen.

Routine eye exams often include several additional tests: eye pressure checks to screen for glaucoma, retinal health exams to inspect the optic nerve and circulation, and refraction tests to evaluate the correct prescription for glasses or contacts.

Good eye care benefits the whole body. Having the right prescription can prevent fatigue, strain and headaches. Talk to your doctor about making sure you're taking the best possible care of your peepers.

Breaking the Bank

Ever wonder why piggy banks came to be shaped like swine?

Historically, pigs were valuable resources to rural families desperate for the meat or money from the pig's sale. The German expression "schwein gabt" translates literally to "got pig," denoting that someone got a lucky break during hard times.

Around the turn of the 20th century, novelty pig-shaped banks hit the market, featuring a stopper-less design. The only way to access the coins inside was to smash the bank, which kept the coins safe for true need.

Today, piggy banks have removable stoppers to make

accessing the stashed cash easier than ever. To move away from a "breaking the bank" habit, financial experts recommend putting savings in accounts that are more difficult to empty: using high-yield savings accounts, a savings account at a separate bank from checking accounts, and restricted retirement accounts like 401(k) plans.



Strutting Through Time With the History of Canes

Take an assisted walk through the history of the cane and its evolution from ancient walking stick to modern mobility aid.

Status, storage and self-defense. Many ancient cultures elevated canes from mobility aid and tool to status symbol. Ancient Egyptian royals, Chinese scholars and African tribal leaders carried canes to showcase their powerful social standing. Some ancient Roman canes were designed with hidden weapons, and Egyptian canes were sometimes made with secret compartments to hold valuables.

The cane's golden age. Walking sticks were used throughout the Middle Ages and Renaissance, but they peaked in popularity during the Victorian era, when canes became a must-have for any self-respecting fashionable gentleman. The walking stick rage was so big that in the 1700s, people had to have a license to carry a cane.

Modern mobility. Technology advances have led to modern "smart canes," which have GPS and sensors to provide the cane carrier with guidance based on movement patterns and even alert loved ones in case of a fall. Today's consumers can also find ergonomic, shock-absorbing and handcrafted canes.

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 National Sunflower Day
2 National Ice Cream Sandwich Day	3 National Watermelon Day	4 National Chocolate Chip Cookie Day	5 	Happy Birthday 6 Mozella Boyd, National Root Beer Float Day	7 	8 National Frozen Custard Day
9 	10 National S'mores Day	11 National Hip Hop Day	Happy Birthday 12 Mable Dixon	13 International Left-Handers Day	Happy Birthday 14 Samuel Robinson	15 National Lemon Meringue Pie Day
16 National Tell a Joke Day	Happy Birthday 17 LaVerne Wooten	18 National Fajita Day	19 National Potato Day	20 National Radio Day	21 National Sweet Tea Day	22 
Happy Birthday 23/30 Helen Morehouse	24/31 National Waffle Day	25 National Banana Split Day	26 National Cherry Popsicle Day	27 World Rock Paper Scissors Day	28 National Bow Tie Day	29 National Lemon Juice Day

