



### Welcome to August!

Activities to keep you engaged this month:

8/2 Ice Cream Sandwiches  
8/8 Book Club Enthusiasts  
8/8 Poetry Reading with Mindy  
8/9 Pretzel Taste Testing  
8/9 Documentary- "England—Castles, Cottages, & Countryside"  
8/10 Saxophonist Edde Osborne  
8/11 "Sycamore Short Stories" presented by Centerville Library  
8/15 Water Gun Fun in the Sun  
8/18 Centerville Library presents "Tour Around Ohio"  
8/18 Ice Cream Sundae Social  
8/22 Book Club Enthusiasts  
8/24 Tech Class—*Using Your Phone to Access MyChart*  
8/24 Entertainment—"The King's English" - **A Must-See event!**  
8/25 *Grief & Loss*—led by Chaplain Darryl  
8/29 August Birthday Celebration & Social  
8/31 Whit's Frozen Custard  
8/31 Documentary—"Roadsters, Rumbleseats, & Country Drives"

**\*Every Tuesday evening, classically trained pianist Josiah Yount, grandson of Plaza resident Ruth, will play in the Plaza Lobby at 6:30.\***

**Village Residents are welcome to attend all activities!**

### Grief and Loss Class with Chaplain Darryl

Grief is the normal and natural emotional response to loss, but most of the information we've learned about dealing with loss is intellectual. Grief is emotional, not logical. Did a death, divorce, or the end of a romantic relationship cause it? Or was it caused by any of the forty other losses that a person might experience such as moving, pet loss, or a change in finances? Regardless of the cause, you know how you feel and it probably isn't good. Let's explore some options to help us recover from our grief and move forward with life. The first session is **Thursday, August 25 at 3:00 PM in the Chapel.**



### August Birthdays

Edith W. 8/4  
Gerald S. 8/5  
Maryann D. 8/5  
Elmo W. 8/7  
Wayne B. 8/13  
Vickie L. 8/14  
Dolores A. 8/15  
Nan G. 8/18  
Lone K. 8/18  
Janet F. 8/21  
Barbara G. 8/24  
Virginia M. 8/24  
Marilyn S. 8/26  
Nancy D. 8/26  
Juanita M. 8/28  
Colette R. 8/29  
Robert H. 8/29  
Carol O. 8/31  
Betty V. 8/31

### Tech Class with Crystal

### "Using Your Cell Phone to Access MyChart"

Technology is a part of our lives now in many ways. One way technology affects people is how they connect with their doctors using MyChart. With MyChart, you can do things such as view scheduled doctor appointments, see your list of prescriptions, and send messages to your doctors. On **Wednesday, August 24 at 1:30 PM in the Game Room**, Crystal will help residents set up the MyChart app on their phones, so they can utilize this important way of accessing their medical information.



# *Sycamore Glen Retirement Community Newsletter*

### SGRC Leadership and Support Staff

**William Largo**  
Executive Director

**Darryl Blahovich**  
Chaplain

**Pamela Otto**  
Business Office Manager

**Crystal Rice**  
Administrative Coordinator

**Charles Collins**  
Maintenance &  
Housekeeping Manager

**Tamra Knopp**  
Nutrition Service Manager

**Simo Aggadi**  
Sous Chef

**Misty Shotwell**  
Nurse Manager

**Carrie Wade**  
Transition Coordinator

**Linda Shaver**  
Activity Program Manager

**Vicky Evans**  
Marketing & Admissions Coordinator



### Celebrate August

#### August is:

- Bargain Lovers Month
- International Peace Month
- Golf Month
- Read-a-Romance Month
- Eat Dessert First Month
- Popsicle Month
- Relaxation Month

#### Special Days:

- Ice Cream Sandwich Day 8/2
- Watermelon Day 8/3
- American Bandstand Day 8/5
- Root Beer Float Day 8/8
- Book Lovers Day 8/9
- You're on Candid Camera Day 8/10
- National Bowling Day 8/12
- National Relaxation Day 8/15
- Tell-a-Joke Day 8/16
- Anniversary of Women's Right to Vote 8/18
- Go On an Adventure Day 8/23
- National Park Service Anniversary 8/25
- Trail Mix Day 8/31