



# The Glendale

— ASSISTED LIVING —

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Although the northern hemisphere summer is coming to an end, we can still sneak in a few more relaxing beach days before autumn sets in. August 30th is “National Beach Day” and gives us an excuse to celebrate before it is time again for winter weather.

Whether we spend time on beaches oceanside, at a lake or river, they provide recreation all summer long. Swimming, water sports, and sunbathing are just a few of the relaxing things that come to mind. We also enjoy floating along in the surf on a hot summer day with friends creates summer memories we remember for years to come.

Sometimes, just packing a few icy beverages and a good book is enough to make a beach day perfect.

## National Beach Day

The Knights of Columbus in Milwaukee, WI, tried to establish National Beach Day way back in the late 1920s, but it didn't really pick up the steam they had hoped for. It wasn't until this Century that it actually took off. We can thank Colleen Paige

Founded by Pet & Family Lifestyle Expert, Conservationist, Author and Artist, Colleen Paige, who is also the brainchild behind a plethora of worldwide trending philanthropic holidays, such as National Dog Day, National Cat Day, National Puppy Day and many more. Her savvy, sought-after advice ranges from animal behavior and animal/environmental conservation to child/pet nutrition and as a former EMT/Paramedic, pet & child safety.

Colleen founded National Beach Day in 2014 to celebrate the place she spent most of her childhood...summer days in sunny Southern California. Coming across a baby Pelican one day in 2009 that was starving to death because of fishing line wrapped around it's wing and beak, after she freed the bird of its death trap, she knew she needed to create a day that helped to highlight the plight of sea birds and ocean mammals due to the deadly trash left on beaches around the globe.

Confusingly, in addition to National Beach Day, there is a World Beach Day on 1 September. The days are not linked, in fact, it seems there may be a little animosity between the two initiatives.

## PRESERVING OUR BEACHES

The easiest way to preserve our beaches is by ensuring that whatever you take with you there, you take home at the end of the day. Picking up your trash and belongings is vital to keep the beaches clean and safe for all who visit or inhabit it. Either take all your trash home with you or dispose of it in the proper receptacles upon leaving. If you don't take your trash with you, with one slight breeze it can end up in the water or into the home of a beach-dwelling animal. So not only would you be littering, but you could potentially be killing the wildlife.

Another great way to preserve the beaches is by using "reef-safe" sunscreen. Most sunscreens have harsh chemicals in them, which can kill plants and animals in the water. By investing in the proper sunscreen you are protecting your skin and the beach. Sounds like a win, win to us.



### Don't Worry, Beach Happy.

3 in 4 Americans reveal that the beach is the place they'd go to alleviate stress. Once at the beach, 4 in 5 people admit they are in a better mood.

### The Perfect Beach Day.

For a day well spent, people prefer to take a leisurely walk along the shore (53%), with activities like listening to the waves crash (47%) and jamming to music (46%) close behind.

### Would You Rather: Coffee vs. the Beach.

The beach is such a good mood-boost that more than half of Americans (54%) said they would rather give up coffee all summer if it meant being able to go to the beach.

### Beach Trip Essentials.

When heading to the beach, Americans have certain essentials they wouldn't dare leave the house without: sunglasses (57%) and a beach towel (57%) both steal the number one spot in the beach bag. People also make sure to check sunscreen (56%) and of course, their sandals or flip-flops (49%) off the packing list.

### Battle of the Sexes.

How men and women perceive their beach experience differs, though. While both genders agree family beaches are the most preferred (28 percent for men and 29 percent for women), a very close second is a "party beach" for men (26 percent) and an empty beach for women (27 percent).

## beach quotes

"An ocean breeze puts a mind at ease."

"May you always have a shell in your pocket and sand in your shoes."

"Sunshine is the best medicine."

"Happiness is a day at the beach."

"The beach is not always a place, sometimes it's a feeling."

"There's no place like home, except for the beach."

## How Beach Sand is Created

The sands of many tropical islands are snow white. Beaches in Hawaii can be white, black, green, or red. In Bermuda, sand is often pink. And most of the world's beaches are a sandy brown. Sand found on a specific beach is created by its surroundings. It's unique to that beach—like a fingerprint.

Most beaches get their sand from rocks on land. Over time, rain, ice, wind, heat, cold, and even plants and animals break rock into smaller pieces. Over thousands of years they break down into smaller and smaller rocks, pebbles, and grains of sand.

Pounding waves and the ebb and flow of tides also make sand. These motions knock rocks, pebbles, and sand grains against each other. This action wears them down. It also smooths the rough edges. The smaller and rounder the grains become, the softer the sand feels.

In areas with volcanoes, sand comes from volcanic rock. Red beaches come from volcanic rock that's rich in iron. Green beaches have lots of the mineral olivine. And black beaches are created from obsidian, or volcanic glass.

Beach sand is more than just minerals from land, however. Some sand also comes from the ocean. Shells and other hard pieces from marine organisms wash up on shore. Pounding waves break them into smaller, sand-sized pieces. In tropical areas with coral reefs, this is the main source of beach sand.

Sand also comes from the remains of tiny creatures called foraminifera (forams for short). When forams die, their shells are left behind as sand. In Bermuda, forams build pink shells, giving beaches there a unique hue.



## THE BUSINESS OF SAND

Sand is an incredibly valuable commodity, more so than oil, and second only to water as a global resource. It's used in virtually all our everyday products, and we're surrounded by it: in water filtration, in brick and glass, it's used in golf courses, the tarmac on roads, and of course, in construction because sand is a key ingredient for concrete. We extract 50 billion tons of sand a year.

The demand for sand is fueling environmental and socioeconomic wars, resulting in a global sand crisis. In India, sand mafias control mines. Singapore was recently accused of stealing sand from Indonesia beaches for massive urban development—resulting in the disappearance of 23 islands.

Sand constitutes 40% of concrete by weight. In short, the world is desperate for sand. Unfortunately, desert sand is too fine for construction and so it must be bought or stolen from beaches and rivers.

The extraction of sand from rivers causes a cascade of environmental problems: the river banks erode and eventually collapse, causing landslides; the water table drops, causing wells and tributaries to run dry for miles around.



## **CASTLES IN THE SAND**

There is no beach activity more beloved than building sand castles, which isn't surprising in the least. Constructing sand castles can provide hours of entertainment and offers plenty of bonding time together in a beautiful setting. Designers in Denmark created the world's biggest sandcastle, it stood **more than 69 feet tall**, using 5,000 tons of sand. This simple pleasure takes little more than a bucket, shovel, sand and some imagination. Many people's most cherished memories of when they were young include this endearing ritual because it involved the people they love the most. If you are ready to create special new memories, follow these tips for the most epic sand castle designs ever:

### **Teamwork is Essential**

Assemble a group of friends and family members and set to work on your sand castle. Depending on how ambitious you're all feeling, you may want to assign a leader. Outline the plan of your design and have everyone tackle a portion they feel comfortable with. Working as a team builds character and can be a whole lot of fun, too.

### **Location and Conditions Matter**

Ideally, you can locate an unoccupied stretch on the beach where you can set up shop. This will allow you to have adequate space to work without disturbing any neighboring beachgoers. A sunny day without the threat of rain or wind is the perfect climate for building a sandcastle masterpiece.

### **Sand Type is Important**

Fine sand has a texture that is easier to work with than coarser sand. You also need sand that is wet, but as anyone who has built a sand castle too close to the shore knows, it's only a matter of time before your artwork is taken down by a wave. To avoid that tragic outcome, you will need to carry some water from the sea to your chosen work space away from the shoreline to wet down the sand so that it sticks together.

### **It All Starts With a Solid Foundation**

If you want to build a strong sand castle, you must begin by creating a solid foundation that you construct in small layers of sand. Each layer should be adequately wet without giving it the chance to dry out before you add on the next one.

Make sure the sand is as compact as you can possibly get it before moving onto the next layer.

### **Watch it Take Shape**

After you have built a solid mountain of wet sand, you can begin to mold it with tools such as brushes, knife or shovel edges, or even cookie cutters. Stay away from extremely narrow designs because they are likely to collapse. Scour the beach to find some finishing touches such as seashells, driftwood, flowers or other found objects that will make your sandcastle truly unique.



### Glass Beach – California, USA

As nice as it is to look out across a pristine white sand beach, it's just as magical to see the multicolored shores of Glass Beach in California. Located just down from MacKerricher State Park by the small city of Fort Bragg, Glass Beach is one of the more interesting beaches out there. Rather than being a natural creation, Glass Beach had its origins in years of garbage, particularly glass, being dumped by the coast at several local spots.

In 1906, Fort Bragg residents established an official water dump site behind the Union Lumber Company onto what is now known as "Site 1". Most water-fronted communities had water dump sites discarding glass, appliances, and even vehicles. Locals referred to it as "The Dumps." Fires were often lit using Molotov cocktails to reduce the size of the trash pile. In 1998, the private owner of the property began a five-year process of working with the California Coastal Conservancy for cleanup.

Over the years the discarded glass was gradually worn down and smoothed, creating three "Glass Beaches" outside the city, each littered with a kaleidoscope of colored glass. It is illegal to collect glass at this state park.



Sandbar  
Underwater  
Beach  
Sandcastle  
Towel  
Lagoon  
Vacation  
Family  
Cove

Lakeshore  
Island  
Kelp  
Shore  
Starfish  
Sun  
Lake  
Seagull  
Ocean

Bay  
Water  
Dock  
Coral  
Sunglasses  
Tide  
Currents  
Boardwalk  
Coast



### Beach Jokes That Shore-ly Will Make You Laugh

- Why is the beach always so confident?  
*It's 100% shore.*
- What is the best thing to eat on the beach?  
*A sandwich.*
- What did the shovel say to his friend on the beach?  
*Are you okay?*  
*You're looking a bit pail.*
- Why is the sand under the dock so resistant?  
*It doesn't give into pier pressure.*
- How much does it cost to spend a day at the beach?  
*Just a few sand dollars.*
- What did one rock pool say to the other?  
*Show me your mussels.*

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***FAMILY MEETING NIGHT***

*August 23, 2022*

*Tuesday at 6:30pm*

We are excited to bring our  
***Residents and Families***  
together for a Family Night!

Please join us for  
Desserts and Beverages.

Get the latest news  
and updates at the Glendale.



Mark your calendars for  
National Assisted Living Week!

September 11th-17th

*Family Picnic - September 13th*

Mary C.	8/7
Dorothy H.	8/14
Philip H.	8/23

Happy  
Birthday!