## 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.

## The Great Chicken Dash

It's that time of year again. Every August, plucky competitors converge at the Barley Mow Inn in Bonsall in Derbyshire, England, for the World Hen Racing Championship. While the race in Bonsall has been a community mainstay for 35 years, hen racing as a festive and lighthearted competition between local villages has endured for over a century.

Bonsall hosts a 22-yard track. Hens are given three minutes to cross the finish line. Dozens of hens compete in various heats. Don't have a hen? Rentals are available for those who want to join in the fun. The more serious types are known to train their chickens. These days, organizers typically discourage anything that could stress the hens. The event leans more toward gentle encouragement, like calling the birds or using food, rather than loud, chaotic tactics, like banging pots and pans. These strategies have proven effective, and close finishes are not uncommon in modern races. Organizers proudly note the event's enduring popularity.

## Rolling Through History



One of the more striking holidays in August is Bowling Day, which falls on the second Saturday of the month. It's easy to see why more than 60 million people go bowling each year—it appeals to all ages and genders, and evidence suggests that it has been played for thousands of years. British anthropologist Sir Flinders Petrie, upon excavating a tomb in Egypt, discovered a set of children's toys that dates to 3200 BC and looks like a bowling set. A form of bowling was so popular in 14th-century England that King Edward III outlawed the game so that troops would better focus on training. Bowling even debuted as a demonstration sport during the 1988 Olympics in Seoul, South Korea, though it has not yet been included in the Olympic program.

August 2026

# The Garnet of Casa Grande

510 E. 8th St. Casa Grande, Arizona 85122 | (520) 876-4200



### Celebrating August

**8/1 Rene S.**

**8/2 Sharon M.**

**8/14 Dennis I.**

**8/16 Elmer G.**

**8/17 Angie V.**

**8/18 Cara Lee J.**

**8/18 Ricardo C.**

**8/18 Jeanne F.**

**8/18 Rodney R.**

**8/22 Frank M.**

### Welcome New Residents

**#202 Sylvia Moore**

THE GARNET OF CASA GRANDE
ASSISTED LIVING

## 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.

## A Message from the Executive Director



**Tammy Nash**
**Executive Director**

Financial wellness is an important part of overall well-being at every stage of life. While finances can sometimes feel overwhelming, taking small steps to manage money wisely can help reduce stress and create a greater sense of security and independence.

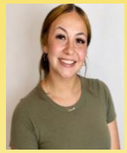
Financial wellness is not about having a large amount of money, it is about understanding your financial situation and making informed decisions that support your needs and goals. Creating a budget, tracking expenses, reviewing monthly bills, and planning for future needs are all valuable habits that can help maintain financial stability.

For older adults, financial wellness may also include protecting yourself from scams and fraud. Be cautious when sharing personal information, verify unfamiliar phone calls or emails, and seek advice from a trusted family member or professional when making significant financial decisions.

It is also important to remember that financial wellness contributes to emotional wellness. Feeling confident about your finances can reduce anxiety and allow you to focus on enjoying meaningful activities, spending time with loved ones, and pursuing personal interests.

At The Garnet, we encourage our residents to continue learning, asking questions, and utilizing available resources to support their financial well-being. By taking proactive steps and staying informed, we can all work toward greater peace of mind and a more secure future.

## Garnet Gem of the Month



**Gabby Gracia, Concierge**

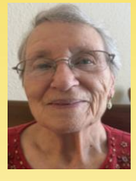
Gabby has been a valued member of The Garnet family for nearly four years, serving as one of our friendly and welcoming concierge team members. She is always ready with a smile and enjoys helping residents, families, and visitors feel right at home. She also enjoys making things organized and running smoothly.

When she's not at work, Gabby loves spending quality time with her family. As a proud baseball mom, you'll often find her cheering on her son from the stands. She also enjoys going to the gym working towards new fitness goals, golfing, attending sporting events and concerts, and, of course, treating herself to her favorite Starbucks coffee.

Next month, she'll be starting an exciting new chapter as she begins school to become a radiology technician.

We are grateful for Gabby's dedication, positive attitude, and the kindness she brings to The Garnet every day. Congratulations, Gabby, on being our August Garnet Gem of the Month!

## Silver Star Resident



**Sylvia Moore**

Sylvia was born in Wisconsin and graduated from high school in Idaho. She has called Casa Grande home since 2011. Sylvia and her husband raised six children together. Her husband proudly served in the United States Marine Corps during the Korean War.

As a homemaker, Sylvia devoted her time and love to caring for her family. Today, she enjoys spending time playing board games and card games.

When asked what she enjoys most about living at The Garnet, Sylvia shared that the staff is "amazing and caring," and she appreciates the kindness and support they provide each day.

We are proud to recognize Sylvia as our August Silver Star Resident. Congratulations, Sylvia!

# August 2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | | | | | 1<br>10:00 Quarter Bingo<br>1:00 Rummikub<br>2:30 Chair Volleyball<br>3:00 Residents Choice<br>5:30 Movie Time<br>6:30 Puzzles |
| 2<br>10:00 5 Crowns<br>12:30 Movie Time<br>2:30 Church at Garnet<br>5:30 Indep. Mini Golf<br>6:30 Indep. Billiards | 3<br>10:00 Quarter Bingo<br>12:30 Outing: Nail Salon<br>1:00 Indep.<br>2:30 Mexican Train<br>2:30 Indep. SkipBo<br>5:30 Movie Time<br>6:30 Puzzles | 4<br>10:00 Pool<br>1:00 Uno<br>2:30 Social Hour<br>5:30 Movie Time<br>6:30 Checkers | 5<br>10:00 Wii Bowling<br>1:00 Canasta<br>2:30 Creative Coloring<br>5:30 Movie Time<br>6:30 Puzzles | 6<br>10:00 Mexican Train<br>1:00 Jokers & Marbles<br>2:30 SkipBo<br>5:30 Puzzles<br>6:30 Indep. Mini Golf | 7<br>10:00 Pool<br>1:00 Pretty Nails<br>2:30 Chair Volleyball<br>5:30 Movie Time<br>6:30 Indep. Billiards | 8<br>10:00 Quarter Bingo<br>1:00 Mexican Train<br>2:30 Chair Volleyball<br>5:30 Movie Time<br>6:30 Indep. Cards |
| 9<br>10:00 Rummy<br>12:30 Movie Time<br>2:30 Church at Garnet<br>5:30 Indep. Billiards<br>6:30 Puzzles | 10<br>10:00 Quarter Bingo<br>1:00 Rummikub<br>2:30 Chair Volleyball<br>5:30 Movie Time<br>6:30 Creative Coloring | 11<br>10:00 Pool<br>1:00 Afternoon Workout<br>2:00 Social Hour<br>5:30 Movie Time<br>6:30 Indep. Dominoes | 12<br>10:00 Skyjo<br>1:00 SkipBo<br>2:30 Concentration<br>5:30 Movie Time<br>6:30 Indep. Games | 13<br>10:00 Dominoes<br>1:00 Rummikub<br>1:30 Aggravation<br>4:30 Dinner & Music<br>5:30 Movie Time<br>6:30 Creative Coloring | 14<br>10:00 Pool<br>1:00 Pretty Nails<br>2:30 Craft<br>2:30 Chair Volleyball<br>5:30 Movie Time<br>6:30 Indep. Mexican Train | 15<br>10:00 Quarter Bingo<br>1:00 Hangman<br>2:30 Wii Bowling<br>5:30 Movie Time<br>6:30 Games & Puzzles |
| 16<br>10:00 SkipBo<br>12:30 Movie Time<br>2:30 Church at Garnet<br>5:30 Indep. Mini Golf<br>6:30 Checkers | 17<br>10:00 Quarter Bingo<br>1:00 Outing: Ice Cream<br>1:00 Indep. Mexican Train<br>5:30 Movie Time<br>6:30 Indep. Cards | 18<br>8:30<br>10:00 Pool<br>1:30 Resident Council<br>2:30 Social Hour-<br>Resident Birthday<br>Karaoke w/ George Hickman<br>5:30 Movie Time<br>6:30 Indep. Dominos | 19<br>Coffee & Chat<br>10:00 Wii Bowling<br>1:00 Skyjo- Social Area<br>2:30 Indep. Uno<br>5:30 Movie Time<br>6:30 Puzzles | 20<br>10:00 Phase 10 Tiles<br>1:00 SkipBo<br>2:30 Rummikub<br>5:30 Movie Time<br>6:30 Indep. Uno | 21<br>10:00 Pool<br>1:00 Craft<br>2:30 Chair Volleyball<br>5:30 Movie Time<br>6:30 Games & Puzzles | 22<br>10:00 Quarter Bingo<br>1:00 Mexican Train<br>2:30 Chair Volleyball<br>3:00 Resident Choice<br>5:30 Movie Time<br>6:30 Word Search |
| 23<br>10:00 Rummikub<br>12:30 Movie Time<br>2:30 Church at Garnet<br>5:30 Indep. Billiards<br>6:30 Puzzles | 24<br>10:00 Quarter Bingo<br>1:00 Canasta Cards<br>2:30 Chair Volleyball<br>5:30 Movie Time<br>6:30 Indep. Games | 25<br>10:00 Pool<br>12:00 Dimensions of Wellness: Financial<br>1:00 Chair Yoga<br>2:30 Social Hour<br>5:30 Movie Time<br>6:30 Indep. Uno | 26<br>10:00 Yahtzee<br>1:00 Mexican Train<br>2:00 Aggravation<br>5:30 Movie Time<br>6:30 Word Searches | 27<br>10:00 5 Crowns<br>1:00 Concentration<br>2:00 Creative Coloring<br>5:30 Movie Time<br>6:30 Independent | 28<br>10:00 Pool<br>1:00 Jokers & Marbles<br>2:30 Uno<br>5:30 Movie Time<br>6:30 Sudoku | 29<br>10:00 Quarter Bingo<br>1:00 Aggravation<br>2:30 Chair Volleyball<br>5:30 Movie Time<br>6:30 Indep. Dominoes |
| 30<br>10:00 5 Crowns<br>12:30 Movie Time<br>2:30 Church at Garnet<br>5:30 Indep. Mini Golf<br>6:30 Word Searches | 31<br>10:00 Quarter Bingo<br>12:30 Outing: Goodwill<br>1:00 Indep. Uno<br>2:30 Chair Volleyball<br>5:30 Movie Time<br>6:30 Independent Uno | | | | | |