



KINSHIP POINTE

McCook

1500 E 11th Street • McCook, NE 69001 • (308) 345-2100

August 2023



Resident Birthdays

Harlow Daffer-1st Marlene Rogers-1st
 Mary Fredrick-2nd Duane Henn-10th
 Phillip Goodenberger-10th Marilyn Rider-13th
 John Darling-20th

Associate Birthdays

Shelby Straub-21st Cynthia Ward-24th
 Kyrie Decoteau-27th Mindy Schmitz-28th
 Morgan Hackenkamp-31st



SUPERHERO FATHERS. Residents and associates celebrated Father's Day by dressing up as Superheroes!

Try This Happiness Challenge

The New York Times issued a "7-Day Happiness Challenge" to their readers, and one of the challenges was to try an 8-minute phone call. Hearing someone's voice while conversing, rather than reading their written messages, eases loneliness and provides a sense of belonging; it also regulates your nervous system and drops stress levels. A short, effortless call with a loved one can boost your overall happiness, and it won't take much time out of your day. Sounds like a win-win!



"This Month In History"

AUGUST

1901: Louis Armstrong is born. His rich, gravelly voice and jazzy trumpet-playing made him one of the most influential figures in his genre and generation.

1911: The "Mona Lisa" is stolen from the Louvre! All Vincenzo Peruggia had to do to steal the Leonardo da Vinci painting was hide out in a closet and wait for the museum to close. The famous artwork was recovered two years later.

1936: The Berlin Olympics open with 3,963 athletes. The "hero of the games," African American Jesse Owens won four gold medals in track and field.

1944: The Forest Service authorizes Smokey Bear as the new face of fire prevention.

1955: A trusty source for wonderful, wacky and wild achievements, "The Guinness Book of Records" is published for the first time.

1965: "I Got You Babe" by Sonny & Cher hits No. 1. The duo's signature song would stay there for three weeks.

1978: Ben Abruzzo, Maxie Anderson and Larry Newman complete the first successful transatlantic balloon trip! Piloting the helium balloon Double Eagle II, it took them 137 hours to fly from Maine to Miserey, France, just northwest of Paris.

1981: MTV shows its first music video, "Video Killed the Radio Star" by the Buggles.

2006: Pluto is demoted. The International Astronomical Union voted to change Pluto's official label from ninth planet from the sun to dwarf planet.