

August 2025

# Cardigan Chronicle

Cardigan Nursing & Rehabilitation Center ~ 59 Country Way~ Scituate, MA 02066  
Phone # 781-545-9477 \* Fax # 781-545-8412 \* Web Page: cardigannursing.com



## Cardigan Staff:

### Administrator:

Linda Hilton

### Medical Director:

Dr. Ravinder Soodan

### Director of Nursing:

Sylvia Waitekaitis

### Director of Social Services:

Susan Willette

### Director of Activities:

Karin Paul

### Director of Food Services:

Inez Ribeiro

### Director of Maintenance:

Paul Martin

### Director of Housekeeping:

Kenny DeSousa

### Staff Development &

### Infection Control:

Anita Jacobson

### MDS Coordinator:

Kathy Petroff

### Medical Records:

Anne Marie Marcelino

### Office Manager:

Catherine Baggs

*"...When Summer gathers up her robes of glory,*

*and like a dream of beauty glides away."*

*~Sarah Helen Whitman*

Well, we are not going to exactly glide away this month. There are lots of activities and special events coming up in August.

We are going to celebrate Woodstock on the 14<sup>th</sup> with peace, love, and food, and we will play music from the bands that were there. Don't forget to sport your hippie headband or flowers in your hair.

On the 21<sup>st</sup> we will celebrate Hawaii which became a state on this day in 1959. We invite you to Hele Mai Ai (come and eat) with us. There will be fresh tropical fruit and other treats!

Then we have planned a fundraiser to benefit The Scituate Animal Shelter. On the 19<sup>th</sup> we will make planters containing animal friendly plants. On the 22<sup>nd</sup> we will be baking pup-cakes and dog cookies & treats. We will be selling them throughout the week up until National Dog Day on the 26<sup>th</sup>. Please come by for a visit!

We have also scheduled SINGO on the 29<sup>th</sup>! DJ Melissa Trainer will be running the show. It's great fun. Come and play music bingo with your loved one.

Through out the month we will be making seasonal fruit desserts like Peach Rhubarb Crisp on the 6<sup>th</sup>, Eggplant Crisp on the 13<sup>th</sup> (yes, did you know that eggplant is a fruit)! And of course what is a month without pie. Peaches are a fruit of the month so we shall have peach pie...a la mode of course!

Check the calendar for all the entertainers that will be coming this month and for all the other special activities. Feel free to join us for any activity, anytime! Come and play, come and volunteer, come and visit! We would love to have you.

Karin & Cheri

## Activity Corner

### Dog Days of Summer

July 3 to August 11 are nicknamed the “dog days” of summer, a reference to Sirius, the Dog Star, which rises with the sun during this period. In ancient times, people noticed that Sirius rose just before the sun, and they liked its appearance with extreme heat, drought, and even misfortune.

The dog days of summer don't sound very pleasant but this month offers a special day just for our furry friends.

National Dog Day is on Tuesday, August 26<sup>th</sup>!

We love dogs here at Cardigan. Visitors and staff are always bringing their beloved pets to the facility to visit the residents and the staff as well.

During the second half of this month we are going to have a plant sale and a bake table for our furry friends. The residents are fundraising for the local Scituate Animal Shelter.

So, during the month of August during the dog days and especially during National Dog Day consider bringing your dog in for a visit and maybe purchase some special treats for them or buy a plant to treat yourself while donating to a very worthy cause.



## Oh, By The Way....

### Just a note:

Remember to look for our calendar of scheduled activities on the web site [cardigannursing.com](http://cardigannursing.com)

and click on Our Facility.

Facility Life

News, Events & Activities

Picture Tour

Accommodations

Dining Experience

Discharge Planning

Respite Care

Safety & Security

Social & Recreational Activities

Support Services

Then click on news, events, and activities. Or just ask for a copy when you are here. We will be glad to get you one.

If you need clothing labeled for your loved one please ask at the nurses' station or bring it to the social work office or activities. We will be happy to take care of that for you.



## From the Desk of Susan Willette LSW

Please join us  
FAMILY SUPPORT GROUP

Wednesday, September 16, 2025 at 2:00 pm

In the resident's dining room

This is a nice opportunity to meet other resident's families, to discuss issues and support each other through this process. We look forward to seeing you!

Light refreshment will be served

Susan Willette, LSW and John Franchitto, MSW

## Birthday Treats

### August 1-7: Ice Cream

If you're born in the first week of August, you are sure to be friendly, intelligent, and charismatic. You are a social butterfly who is always in the know. Cool under pressure, you're often called on to be a leader and problem solver.

### August 8-15: Cookie

You are kindhearted with a flexible but pragmatic mindset and a positivity that shines no matter what life throws at you. Your compassionate and caring personality is second to none, and no one is better at comforting a friend.

### August 16-22: Pie

A nature lover at heart, you have a green thumb, a need for fresh air, and a prowess for baking. Sometimes silly, always sweet, fun, and smart, your social calendar is consistently full. Still, you also enjoy solitude and time with pals one-on-one.

### August 23-31: Cupcake

Well-known for your engaging personality, you are the life of the party. Friends call on you when they need a laugh, a hug, or a shoulder to cry on. You also offer caring, practical, sage advice that your loved ones have learned to count on.

## Flower - Gladiolus

The gladiolus represents strength and moral integrity-fitting given that its name comes from the Latin word for "sword," *gladius*. But while its sword-shaped stems might convey Roman gladiators, its flowers are capable of piercing a heart with their beauty. Because of this, the gladiolus symbolizes infatuation. Although beautiful in the garden, its chief value is for cut flowers. The flower's wide range of colors and sizes makes it ideal for flower arrangements.

## Birthstone – Peridot

Peridot is a lovely green gemstone. Often mistaken for an emerald, it is also known as "the poor man's emerald." Peridot is one of the few gems found in only one color. The intensity of peridot's greenish hue can vary slightly, however, depending on how much iron it contains. Aside from being the birthstone for August, the peridot is also valued as the national gemstone of Egypt. In fact, some scholars believe that the emeralds worn by Cleopatra were actually peridots.



## Cardigan BIRTHDAYS THIS MONTH

### Residents

Beverly B 8/03

Janice S. 8/29

### Staff

Karin P. 8/12

Dawn G. 8/19

Johanne M. 8/19

### August 3<sup>rd</sup> ~ Happy Birthday Beverly B.!

Beverly was born and raised in Cohasset. She graduated from Cohasset high school and went on to hairdressing school. She worked as a hairdresser in Quincy for many years. She married and raised four children. Beverly stopped working when her children were young. She went back to work as a teacher's aide at Deer Hill middle school, she loved her work. Beverly has enjoyed needlepoint and knitting, and is a huge dog lover.

### August 29<sup>th</sup> ~ Happy Birthday Janice S. !

Janice was born in Ohio. She was one of four. The family lived in Westwood where Jan graduated high school. She continued her education at Ohio State University where she studied music. She earned her bachelor's degree. She taught music at Curry College for over 40 years. She is a pianist. Her father was a cellist who played for the Glenn Miller Band. He also played for the Boston Symphony Orchestra for 42 years as well as the Boston Pops. Jan loves the symphony and had season tickets each year. Jan met her husband at Curry College where he also taught. The couple lived in Wollaston Beach Quincy. Jan continues to enjoy music and loves animals!

## August Zodiacs

Leo (The Lion)  
August 1-22

Virgo (The Virgin)  
August 23-31

Cardigan Nursing &  
Rehabilitation Center  
59 Country Way  
Scituate, MA 02066

Postage  
Information

**August** was named for Emperor Augustus Caesar, the grandnephew and adopted son of Roman Emperor Julius Caesar. Originally, August had only 30 days. However, legend has it that when the Roman senate decided to name the month in honor of Augustus Caesar, they wanted it to have as many days as July, the month that was named after Julius Caesar. Therefore, one day was taken from the month of February and added to August, giving it 31 days.



*August is the slow, gentle month that stretches out the longest across the span of a year. It yawns and lingers on with the light in its palms.*

*~ Victoria Ericson*

## Special Days

**Sandcastle Day**  
August 2

**Sisters' Day**  
August 3

**Purple Heart Day**  
August 7

**S'mores Day**  
August 10

**Left-Handers Day**  
August 13

**Tell a Joke Day**  
August 16

**Women's Equality Day**  
August 26