

Edgeworth Park News

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Sunflowers are Native American plants with an international history.

Native Americans grew and selected sunflower varieties for flour, food, and oil. The Spanish brought this new-world plant to Europe in the 1500s and by the 1700s and 1800s the Russians were growing them in large quantities. It eventually made its way back to North America in the form of Russian varieties that we still grow today, such as 'Mammoth Russian'. Canadian and American farmers now grow sunflowers primarily for oil production, but plant hybridizers also started creating attractive varieties for the garden as well.

Today, there are many versions of the sunflower, some looking very different from the original tall, one-headed annual plant.

Breeders have shrunk varieties to be smaller, and bred them to have colorful, multiple heads per plant. The result is a garden flower that shines throughout the summer and fall. Some newer varieties to try include 'Velvet Queen' with its 6 foot-tall stalk and deep-mahogany colored flowers, 'Autumn Beauty' with its 5 foot-tall plants and a mix of yellow, orange and red flowers, 'Moonshine' with its unique pale-yellow flowers on a 6 foot-tall plant, 'Yellow Spray' that grows only 1 to 2 feet tall and 'Sungold' with its 3 foot-tall plant and fuzzy, yellow blooms. For cut-flower arrangements, try pollenless varieties such as 'Sunrich', to reduce the yellow pollen indoors.



Happy Birthday!



Kim Hanrahan
Concierge

August Birthdays

Residents

Elizabeth M. 8/5
Betty W. 8/7
Susan R. 8/9
John S. 8/10

Staff

Christine C. 8/3
Chris S. 8/3
William T. 8/4
Dymesha H. 8/5
Belinda R. 8/7
Jonathan V. 8/9
Turkessa D. 8/12
Alexis M. 8/18
Jacquelyn R. 8/18
Theresa W. 8/22
Deveda T. 8/27
Janiya C. 8/31



Jonathan Vivero
Sous Chef





Edgeworth Park Enjoying the Dog Days of Summer!



Keeping Our Cool!

The so-called “dog days” of summer stretch from mid-July into mid-August. Today, many people believe that we call these the dog days because we all feel as hot as a dog. But to discover the real explanation behind the dog days, look to the night sky. This period earned its canine moniker during the age of ancient Greece. Mid-July coincided with the rise of the constellation Canis Major, the Greater Dog, which features the brightest star in the night sky, Sirius, also known as the Dog Star. During this time, Sirius rises just before the sun. No wonder the word *Sirius*

means “scorching” in Greek.

The Dog Star was believed to be a harbinger of drought, plague, lethargy, fever, thunderstorms, and bad luck. Lucky for us, modern technologies have given us plenty of ways to beat the heat. Perhaps the Greeks and Romans would have thought differently about Sirius if they had air-conditioning?

