

August 2020

Day Program News

Pilgrims Hospice Society, #104 15023 123 Ave, 780-413-9801



Celebrating August

**Read-a-Romance-Novel
Month**

Happiness Happens Month

International Clown Week

August 1-7

Watermelon Day

August 3

Elvis Week

August 8-16

Creamsicle Day

August 14

Go Topless Day*

August 23

National Waffle Day

August 24

Matchmaker Day

August 31

**be careful with this one!*

Kings Inspirational “Dream”

On **August 28, 1963**, before a crowd of 250,000 Americans, Martin Luther King Jr. gave his “I Have a Dream” speech at the Lincoln Memorial in Washington, D.C.

King and his thousands of followers had come to the capital for their March on Washington for Jobs and Freedom. The march was attended by civil rights leaders, the United Auto Workers Union, and the American Jewish Congress, all of which were united in their calls for desegregating public schools, expanding federal works programs to train workers, and addressing violations of citizens’ constitutional rights.

King’s mention of his “dream” was not in his prepared remarks. Gospel singer Mahalia Jackson was there to perform and prompted King to “tell them about the dream,” and so King improvised the most famous part of his speech on the spot.

“I have a dream that one day this nation will rise up and live out the true meaning of its creed : “We hold these truths to be self-evident, that all men are created equal.”

I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character. I have a dream today.

I have a dream that one day down in Alabama, with its vicious racists with its governor having his lips dripping with the words of “interposition” and “nullification” one day right there in Alabama little black boys and black girls will be able to join hands with little white boys and white girls as sisters and brothers. I have a dream today.

I have a dream that one day every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight, and the glory of the Lord shall be revealed, and all flesh shall see it together.

This is our hope. And when this happens, when we allow freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God’s children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual: **“Free at last! Free at last! Thank God Almighty, we are free at last!”**



Greetings from Sheila-Anne



Hello!

I wanted to touch base with you all. How I miss our Day Program and all your smiling faces. I know that someday soon we will see each other again.

I thought I'd give you an update on what I've been up to this summer! My sister-in-law, brother-in-law, husband, and I went up to Dunvegan Provincial Campground for a socially-distanced visit on the Peace River. It is a wonderful valley where moose, bear, and all kinds of birds live. We saw plenty of colorful canaries, Canadian geese, white swans and their sweet goslings. Fishing at a lake called Figure Eight was very good. You could literally see the fish jumping!



Back at home, we enjoyed a concert where the musician played on a raft in the middle of our lake!

I passed an IV course through Grant MacEwan University and now am an employee of Alberta Health Services on casual relief for front line work at the Covid-19 Assessment Center in the Millwoods Grey Nuns Hospital area.



I wanted to cheer you on and let each of you know how very precious you are. I will be returning to you when it is safe to do so but in the meantime, I wish for you an amazing summer.

It seems like life has made us slow down and enjoy the simple most important things. I will keep in touch and send

pictures. Here is one of my grandkids at the park!

Do you like Piña Coladas?

I think you do.

Today we bring you our famous Day Program recipe. Try it at home for a great way to stay hydrated during those hot August afternoons.

Virgin Piña Coladas

- 2 cups ice
- 1 cup fresh pineapple, diced and frozen
- ½ cup pineapple juice
- 1 cup coconut cream
- Sweetener to taste (sugar or artificial sweetener)



Add ingredients to blender and blend to combine!

Brain Teasers

LETTER SCRAMBLE

- ROSHST _____ Item of Clothing
- STAOT _____ Breakfast food
- PERSNAN _____ Tool

Finish the proverb:

- _____ and his money are soon parted
- _____ is no stronger than its weakest link
- _____ travels fast
- _____ is thicker than water
- _____ catches the worm

How's that for Tight Quarters?



Feeling cooped up at home? What if your home was only 2.7 metres wide?

The Mite Block in Edmonton was once proclaimed by Ripley's Believe It Or Not to be the smallest two-storey building on earth. Real estate agent Arthur Bloomer built this curious little brick building in 1913, making it only 2.7 meters wide. The Mite was located at 9701 Jasper Avenue in Edmonton and housed a jewelry store, a candy store, and the dispatch office of a taxi company until its destruction in the early 1960s.

The Grass is Always Greener...



...when you're cutting it with a homemade mower! Ernie Kobbert had a proud smile for the camera as a student of electronics in Hines Creek who built a lawnmower with his own hands.

Riding High!

The penny farthing is making a comeback in Edmonton with a group of cyclists taking to the streets every Tuesday night.



But some may wonder, is it a good idea?



The penny farthing was taken out of production in 1880 because it was considered dangerous. Extremely top heavy, the front wheel is more than triple the size of the rear. Riders must use a step to mount the bike and the bars are usually moustache-shaped. Besides that – the bikes do not have gears or brakes. To stop a rider must pedal backwards and hope for the best! High winds are a challenge and potholes will all but ensure a crash with the rider flying over the handlebars. Would you try it?

A Can-Do Attitude



The first of August is International Can-It-Forward Day, a day to extol the virtues of preparing for winter by canning all types of foods. With careful planning, summer's bounty of fruits and vegetables can be enjoyed throughout the winter. The canning of foods was invented by Frenchman Nicolas Appert, a Parisian chef who successfully preserved the first soups, juices, jellies, vegetables, and syrups in jars. His process was simple; he sealed jars with cork and sealing wax and then boiled them to cook the contents, destroy bacteria, and make the jars airtight. In many ways, our modern methods of canning foods are no different from Appert's methods of a century ago.

Those Sweltering Dog Days of Summer

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, or that the heat of the day is enough to make a dog go crazy. 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.



The Dog Star was believed to be a harbinger of drought, plague, lethargy, fever, thunderstorms, and bad luck.

But don't despair! It was during the dog days of 1902 that Willis Carrier invented the greatest source of relief from oppressive heat – the first air conditioner. He did not set out to create artificial cooling but rather a machine that could lower humidity. A printing company came to Carrier with a problem. During summer, high humidity would wreak havoc with their color printing. Carrier designed a system of chilled coils, fans, ducts, heaters, and temperature controls that not only lowered the humidity inside the printing plant but created cool artificial breezes! Carrier's new industry changed the world.

Air conditioners did not become widely available to the public until the 1960s, but once they became common in homes, heat-related deaths decreased by **80%**. Talk about life-changing! Air-conditioning cools more than air; it cools our tempers, too. Research shows that heat increases aggression, while air-conditioning actually helps calm us down.

August Birthdays

In astrology, those born between August 1–22 are Leo's Lions, the natural-born leaders of the zodiac. Dramatic, confident, and humorous, Leos are adept at rallying people to a common cause and finding creative solutions in the trickiest of situations.

A joyous happy birthday to our Day Program friend:

Charlie Campbell – August 7

Other August Birthdays:

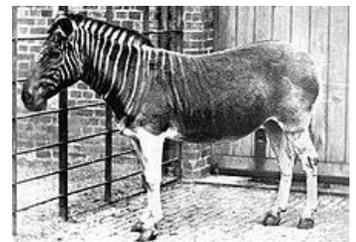
- Barack Obama (president) – August 4, 1961
- Lucille Ball (comedian) – August 6, 1911
- Julia Child (chef) – August 15, 1912
- Robert Redford (actor) – August 18, 1936
- Coco Chanel (designer) – August 19, 1883
- Sean Connery (actor) – August 25, 1930

Remember – “You are only young once, but you can stay immature indefinitely”.

On this Day – August 12, 1883

On this day in 1883 the last known specimen of the Quagga, a subspecies of the Plains zebra, died in captivity in Amsterdam.

A native of South Africa, quaggas were a subspecies of zebra that had stripes on the front part of its body and brown on the back half.



Though it went extinct 100 years ago, scientists have recently succeeded at bringing it back using DNA and selective breeding!

