Birthdays

August 05......................................................Joan Morgan
August 19....................................................RoseMary Bogdan
August 25.....................................................Connie Hallinan
August 30....................................................GiGi Bouyssou
August 31....................................................Lois WoodHouse

Lions and Tigers and Bears! Oh, My!
The MGM Technicolor classic *The Wizard of Oz* was originally released on August 25, 1939. Here’s some unusual facts about this monumental film and its all-star cast.

**Dorothy:** Due to the fact that white does not film well in Technicolor, Garland’s oh-so-recognizable blue-and-white gingham dress was, in fact, pale pink and white. She wore a corset to help her maintain her childlike physique throughout the duration of the film.

**Toto:** Terry, a Cairn Terrier, was cast to play Garland’s companion, Toto. For playing the role of Dorothy’s faithful companion, the dog earned $125 per week. Terry made appearances in more than 12 films.

**The Tin Man:** Haley’s costume was excessively stiff – so much, in fact, that he had to lean against something if he wished to rest. Haley mentioned on multiple occasions that creating the film was not very enjoyable.

**Wicked Witch of the West:** Hamilton endured severe burns while filming the movie following the sequence where she disappears in a cloud of smoke after meeting Dorothy. She missed six weeks of filming.

Management Team

Michelle Woodstock
Associate Executive Director

Marc Rosen
Director of Hospitality

Phyllis Phillips
Life Enrichment Director

Stephanie Newmark
Director of Memory Care

Deirdre Murray
Assistant Director of Sales

Tom Rockwood
Maintenance Director

Lisa Goodspeed
Director of Resident Care

Living the Dream
Civil rights leader Martin Luther King, Jr., took Washington, D.C., by storm when he delivered his famous “I Have a Dream” speech on August 28, 1963. He had organized a march on Washington intending to show America that ending racial problems was of the utmost importance. From the steps of the Lincoln Memorial, King spoke in front of more than 250,000 people who were eager to hear his dreams of peace and change. This speech later became known as one of the most pivotal moments of the American Civil Rights Movement. King and other civic leaders speaking during the March on Washington wanted to promote change through peaceful means, as so many events surrounding the Civil Rights Movement were plagued with unnecessary acts of violence. This speech led to his receipt of the Nobel Peace Prize the following year.

The Heat is On
August is a month in which sweltering heat sweeps across our nation. From the West to East Coast, North to South, many of our bodies are drenched in sweat on a very regular basis. But let’s not dwell on the obvious. Here are some random “cool” facts for the month of August. See how many of them you know.

• Of the major U.S. cities in the lower 48 states, San Francisco, CA has the lowest average temperature for August. It would be easy to stay cool there, with an average high of 68ºF and a low of 55ºF.

• Antarctica reached a new low on Aug. 10, 2010, as the air’s temperature reached its coldest temperature on record: -135.8º F. This temperature was approximated by a satellite reading.

• Of the major U.S. cities, 14 of them stay below 80º F, on average, during the summer: San Francisco, San Diego, Seattle, Buffalo, Milwaukee, Portland (Oregon), Boston, Rochester, Providence, Cleveland, Minneapolis, Pittsburgh, and Detroit.

• The average high temperatures in Alaska during August range from 40º F to 68º F.
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<th>SUNDAY</th>
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<td>8:30 Depart for Holy Cross</td>
<td>10:00 Religious Pictionary</td>
<td>10:30 Our Savior Bible Study</td>
<td>1:00 Songs of Praise</td>
<td>1:00 Most Common Sayings</td>
<td>11:00 Bible Study: Pastor Josh</td>
<td>12:30 Fairest</td>
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<td>3:00 What Would Our Inaugural Readings</td>
<td>4:00 Cream Pie Taste</td>
<td>5:00 Testing Social</td>
<td>7:00 Cinema Classics: Bucket List</td>
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<td>8:30 Depart Holy Cross</td>
<td>10:00 Qi Gong With Janet</td>
<td>10:00 Most Common Sayings</td>
<td>11:00 Songs of Praise</td>
<td>11:00 One-On-One Pet Therapy</td>
<td>12:30 Social Bridge Competition</td>
<td>1:30 Walking With Julia: Cupcakes</td>
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<td>3:00 Discussion: Working</td>
<td>7:00 Movie: How To Steal A Million</td>
<td>7:00 Movie: The Longest Day</td>
<td>7:00 Movie: Sex &amp; The City</td>
<td>7:00 Movie: The Longest Day</td>
<td>7:00 Movie: Sex &amp; The City</td>
<td>7:00 Movie: Infatuation</td>
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*All programs are subject to change due to circumstances beyond our control. Thank you for your understanding.*

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ACROSS  
1. A devilish side dish  
4. Keep the fire going with a bag of  
8. Baste the meats with _____  
10. Protect your skin from harmful rays with  
11. Keep items cold in a ________  
12. Spare, baby back, St. Louis  
13. Favorite baked dish

DOWN  
1. Balloons & streamers  
2. Often served with relish  
3. Ketchup, mustard, pickles, etc.  
5. Meat & veggies on sticks  
6. Grill inside the stalk or without  
7. These come with cheese or without  
2. These come with cheese or without  
9. Meat of the feathered kind
Women, Men, and Health

Are you male or female? The answer to this seemingly simple question can have a major impact on your health. While both sexes are similar in many ways, researchers have found that sex and social factors can make a difference when it comes to your risk for disease, how well you respond to medications, and how often you seek medical care. That’s why scientists are taking a closer look at the links between sex, gender, and health. Here’s a list of quick facts and differences between men and women:

• Women and men have different symptoms of heart attack.
• Women are twice as likely as men to experience depression.
• Men are less likely than women to admit to negative moods and seek treatment for mental health issues.
• Men are more likely than women to have gout, a type of arthritis. Female risk for gout increases after menopause.
• Osteoporosis is more common in women than men, yet it still poses a risk to men as they age.
• Some medicines affect women and men differently, such as aspirin and some sleep medications.
• Females are more likely to injure their knees playing sports.
• Males are more likely than females to develop autism spectrum disorders and certain other neurodevelopmental conditions.
• Two-thirds of people age 40 and up who are visually impaired or blind are women.
• Pain disorders like chronic TMJ are more common in women.

Taking Stock of Woodstock

“Three days of peace and music” turned into a historic movement like no other. The Woodstock festival, more than 400,000 in attendance, began on Aug. 15, 1969, and ended with the sounds of Jimi Hendrix on August 18. This legendary Bethel, New York, music and arts festival occurred at a pivotal time in history, as the Vietnam War was in full force, and the Civil Rights and Women’s Movements were at the forefront of societal issues.

The upstate New York town had no idea what it was in for when the festival took shape. The weekend was welcomed by some, and shunned by others. Barefoot beauties danced in the grass. Long-haired, bell-bottom wearing hippies were everywhere. A host of volunteer nurses and medics tended to the wounded, with cuts to the feet being among the chief injuries at the concert. Tales of Woodstock births have circulated, but proof is minimal. Whether viewed as inspiring or angering, the Woodstock festival remains a climactic, influential and memorable point in American history.

A Dynamic Discovery

What can you buy with $7.6 million? Try the largest Tyrannosaurus rex fossil available to date. This 40-foot long fossil better known as “Sue,” named after its discoverer paleontologist Sue Hendrickson, was unearthed on Aug. 12, 1990, on the Cheyenne River Indian Reservation in South Dakota. It was unquestionably well maintained for its age, with a skull measuring roughly 5 feet in length. A dispute erupted over the land in which Sue was discovered, as several parties claimed rights to the enormous dinosaur’s bones. Many believed this find belonged in a museum, for all the world to see. Therefore, multiple donors and charitable organizations joined together in 1997 to purchase Sue at a Sotheby’s auction on behalf of Chicago’s Field Museum of Natural History. The fossil’s safekeeping was ensured, and Sue, teeth and all, can currently be found resting comfortably in her home at the Field Museum.

National S'mores Day

August 10, 2017

Cost: Just $7.6 Million!