

August 2022

Lake Ridge

Lake Ridge Care Center Buffalo MN



August

**Music Memory and
Balloon Ball for
memory impaired
residents on Tuesday
mornings at 10:00am**

**Music group for anyone
interested Tuesdays at
2pm**

**Bible Study on
Tuesdays at 10:30am**

**Facility Church
Thursdays at 3:30pm**

**Bingo Mondays and
Wednesdays at 2:00pm**

**Java Mentoring on
Thursdays at 1:30**

**Hymn Sings Mondays
and Wednesdays at
4:00pm**

**Discussion Group on
Fridays at 2:00pm**

Java Music and Mentoring groups.

Java music group has been meeting on Tuesdays most of this year and is going well. The group decides on a different topic to discuss each week and listens to music associated with the topic. Each member has opportunity to share, sing, lead, smile, and laugh.

Java Music Memory has been up and running for the past three months. This group is special for our memory impaired residents. Like Java Music, Java Music Memory has topic, music, and opportunities to share, sing, smile, and laugh.

Java is all about connecting with each other and sharing.

This month starts Java Mentoring. For Java mentoring residents that are interested in going out to visit others in their rooms will be able to get training and opportunities to meet new friends.

Arrr-Gust

Shiver me timbers, August is International Pirate Month. Historians consider the Golden Age of Piracy to have occurred between the 1650s and 1730s. It was during this period that the likes of Blackbeard, Captain Kidd, Calico Jack, and Anne Bonny made their notorious reputations.

It is no coincidence that the Golden Age of Piracy coincided with an era punctuated by the shipping of valuable goods across vast oceans to Europe. European kingdoms had laid claim to distant colonies in North America, West Africa, and India. Sea routes used for the shipping of spices, gold, and other goods provided perfect targets for pirates looking for power, riches, and prestige.



A major factor that contributed to the rise of piracy was the rise of naval power. Empires like Spain and England used brutal methods to bolster their navies. Sailors were not so much recruited as kidnapped and forced into conscription. After receiving extensive training and experience on the high seas, many sailors, disgusted with their shoddy treatment and pay, left the navy for piracy. It was common for pirates to be hunted by the very navies they had once served in.

Much of what we know about piracy comes from the book *A General History of the Pyrates*, written in 1724 by Captain Charles Johnson. The true identity of Captain Charles Johnson remains a mystery, as there is no record of such a man ever existing. Despite a certain lack of credulity, Johnson's fanciful accounts of several pirates, including Blackbeard, Charles Vane, and Calico Jack, have defined piracy for centuries. It was this book that introduced the familiar tropes of buried treasure, missing limbs and eyes, and the pirate flag known as the Jolly Roger. This book also inspired Robert Louis Stevenson to write *Treasure Island*. While we may never be able to separate pirate fact from fiction, we can be sure that the romance of piracy will capture our imaginations for many years to come.

Facility Church Services

The Lake Ridge Church is currently being held on Thursdays at 3:30pm in the Friendship Center.

Church will go back to Sunday mornings starting in September.

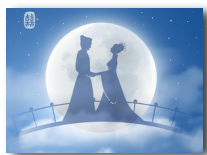
Pastor Joel is also having Bible Study on Tuesdays at 10:30am.

COVID

At Lake Ridge everyone still needs to wear a mask when in the building. Resident should be wearing a face mask when outside of their rooms. Visitors should be wearing masks when visiting.

Remember to stay home if you are sick or have symptoms of COVID.

Star-Crossed Lovers



For over 2,000 years, the Qixi Festival has been celebrated in China on the seventh day of the seventh month, which this year falls on August 4. This holiday is known by several names: the Double Seventh Festival, the Night of Sevens, and the Magpie Festival, but it is perhaps best known in the west as China's Valentine's Day.

The Qixi Festival is based on the romantic folk tale of Zhinu the cloud weaver girl and Niulang the ox herder. Niulang had once saved an old ox when it fell ill. What Niulang did not know was that this old ox was once the God of Cattle, sent from heaven to live on Earth as penance for a former misdeed. To show his thanks, the ox introduced Niulang to Zhinu, the seventh daughter of the Goddess of Heaven and the Jade Emperor. Zhinu had come to Earth to escape the boring routine of heaven.

The two fell deeply in love, married, had two children, and set up a life together, with Niulang herding oxen and Zhinu weaving. When the Goddess of Heaven discovered that her daughter had married a mortal, she descended furiously to Earth and took Zhinu back to heaven.

The old ox instructed Niulang to kill him and wear his hide so that the mortal could ascend to heaven to find Zhinu. Niulang wept for the loss of his ox but did as he was told and took his children to find Zhinu. The Goddess of Heaven, divining the plot, created a massive, uncrossable river to forever separate the lovers.

Niulang and his children wept in their grief. Magpies were so moved that they flew to heaven and formed a bridge over the river. The Goddess, too, was moved, and so she decreed that once a year, on the seventh day of the seventh month, the two lovers should meet on the Magpie Bridge. During the Qixi Festival, if we look to the night sky, we see Niulang and Zhinu as the stars Altair and Vega, separated by the river of the Milky Way.

Hot Season

If you take your loved one outside please be mindful of the heat. Many of our residents have conditions that make them more sensitive to heat and humidity.

Use sun screen, hats, or sit in the shade as able, and be careful to not be out too long.

Please let staff know if you take your loved one out.

God's Unchanging Word

All Scripture is God-breathed, and is useful for teaching, rebuking, correcting, and training in righteousness. 2 Timothy 3:16

This confidence in God's Word not only gives authority to one's ministry; it provides a solid foundation for one's life. We who trust in God's Word aren't living according to what someone says about the Bible, or on some human philosophy. We are basing our faith, our ministry even our life itself on God's unchanging truth as it is presented in His unchanging Word. Is God's Word the foundation of your life?

(This devotion was taken from, *Wisdom for Each Day*, by Billy Graham)

The Wonder Drug

The ancient Egyptians used willow bark as a remedy for aches and pains. The ancient Greek physician Hippocrates wrote that willow bark could relieve pain and reduce fevers. It wasn't until the 18th century that the remedy was rediscovered by Edward Stone, a cleric of the Church of England who wrote a report detailing how powdered willow bark seemed to relieve the symptoms of patients in his care. In 1829, a French chemist named Henri Leroux finally isolated willow's magic and medicinal ingredient, salicylic acid. With such a long and documented history, why is it that the German chemist Felix Hoffmann is credited with the discovery of aspirin on August 10, 1897?

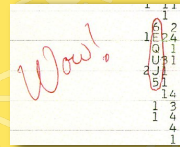


Sure, prior to Hoffmann's discovery, salicylic acid had been discovered, isolated, and even synthetically manufactured. But no scientist had yet discovered how to deliver it in reliable medicinal doses. Too much of the stuff could make you horribly sick or possibly put you in a coma. It was Hoffmann who, while working at the Bayer company to find a treatment for his father's rheumatism, first synthesized a less acidic and less harmful version of the medicine by combining salicylic acid with acetic acid. This pure and stable form was known as *acetylsalicylic acid*, or ASA.

ASA was tested and proven to be an effective analgesic (pain reliever), antipyretic (fever reducer), and anti-inflammatory. By 1899, Bayer was manufacturing the new medicine and shipping it out to doctors in glass bottles under the trade name Aspirin. By 1915, it was sold over the counter in tablet form and was widely hailed as a wonder drug.

Today, aspirin is known as a pain reliever, heart attack preventer, and possible cancer preventer. 120 billion pills of the stuff are consumed every year, and it is on the World Health Organization's List of Essential Medicines. While aspirin is not suitable for every patient or every ailment, it certainly lives up to its billing as a wonder drug.

Wow!



On August 15, 1977, astronomers at the Big Ear Radio Observatory in Ohio detected a signal that they had never encountered before. It was so unusual that astronomer Jerry Ehman circled a printout of the data and wrote "Wow!" next to it. The cause of the *Wow!* signal was inexplicable, and some claimed that the only plausible explanation was that it was sent by extraterrestrial life. The signal has not been repeated in the 40 years since it was picked up, perhaps providing further evidence that it had an extraterrestrial origin.

Only recently have scientists attempted to decipher the skies that night. Two comets could have been picked up by the Big Ear in 1977. One theory is that the signal was transmitted by a hydrogen cloud attached to a passing comet, but some scientists doubt this explanation, still favoring the ET hypothesis.

What do you call a hippy's wife?
Mississippi.

How does Darth Vader like his toast?

On the dark side!

Why couldn't the gnome pay the rent?

He was a little short.

Why is it dangerous to do math in the jungle?

Because if you add 4 and 4 you get ate.

Why shouldn't you writer with a broken pencil?

Because it is pointless.

What kind of bagel can fly?

A plain bagel.