



Notable Quotable

"During the gold rush it's a good time to be in the pick and shovel business."

~ Mark Twain, humorist



August Horoscopes and Birthdays

In astrology, those born from August 1–22 are Leo's Lions. As lions are kings of the animals, Leos are strong and charismatic leaders. Proud and confident, Leos enjoy performing and the attention it brings. Those born from August 23–31 are Virgo's Virgins. Often symbolized by the goddess of agriculture, Virgos are deeply connected to the material world. They are logical, practical, and aware of every detail.

Jerry Garcia – August 1, 1942
 P.D. James – August 3, 1920
 Meghan Markle – August 4, 1981
 Leslie Odom Jr. – August 6, 1981
 Whitney Houston – August 9, 1963
 Viola Davis – August 11, 1965
 Don Ho – August 13, 1930
 Halle Berry – August 14, 1966
 Angela Bassett – August 16, 1958
 Usain Bolt – August 21, 1986
 Kobe Bryant – August 23, 1978
 Mother Teresa – August 26, 1910
 Richard Gere – August 31, 1949

The Gold Rush *cont. from pg. 1*

It is estimated that 100,000 people attempted the trip into the Klondike between the summers of 1897 and 1898. Many gold seekers had no experience whatsoever in mining or prospecting. Mass resignations occurred across the country as people left their livelihoods behind to search for riches. Even Seattle's mayor left his post to try his luck. Of the 100,000 aspiring gold miners, only 30,000 eventually made it to the Klondike.

Travel to the Yukon proved treacherous thanks to mountainous terrain and unpredictable weather. Of the 30,000 who made it to the Yukon, only 4,000 struck gold. And of these 4,000, only a few hundred became rich. By the summer of 1898, the word *Klondike* was spoken with scorn. As rumors of gold found in other northern locales spread, the Klondike was abandoned, and the gold rush was over.

Welcome David!

Please give a warm welcome to our new chaplain, David Colantonio, who officially started on July 12th, 2022. Our previous chaplain, Marilyn Elphick will continue on with us on a casual basis with a monthly communion service to assist us with the transition of the new chaplain and her continued support of our residents and staff.

David has included a few words to address the residents, family and staff here at West Park Long Term Care:

"Hello everyone! I am looking forward to getting to know you all. Whether you need a listening ear, a safe space to talk or a place to hangout and laugh, I want you to know that my door is always open. I hope to not only provide spiritual care but to ensure that your spiritual well being becomes a meaningful part of your psychological and emotional health. I believe that simple, ordinary moments of life become sacred when we choose to experience them together. Life is meant to be shared and I am excited to share it with you."

West Park LTC

August 2022

Celebrating August

Read-a-Romance Novel Month

Happiness Happens Month

Archie Bunker (All in the Family) Day
 August 2

International Beer Day
 August 5

Vendor Fair
 August 10

Elvis Week
 August 9–17

National Lemonade Day
 August 20

Staff Summer BBQ
 August 24

National Dog Day
 August 26

The Gold Rush

On August 16, 1896, prospector George Carmack and his family were looking for gold along Rabbit Creek, a tributary of the Klondike River in Canada's Yukon Territory. Gold was discovered in vast quantities, and Carmack immediately filed claims to mine the land. Word of the find quickly spread, and by the end of August, the length of the entire creek had been claimed by gold miners. Not even winter could stop the miners, and prospectors raced by dog sled to the Klondike and the newly renamed Bonanza Creek.

It wasn't until July of 1897 that the first shipments of Klondike gold arrived in the cities of Seattle and San Francisco. The gold

shipments were valued at \$1.13 million. (That's over one billion of today's dollars!) Word of the gold spread like wildfire, and soon prospectors from all over the world were flooding the West Coast and preparing for the journey north. A great economic boom hit cities like Seattle and San Francisco, which birthed outfitting and supply industries for the prospectors.

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Vendor Fair 2022

This summer we are opening our doors once again for our Vendor Fair 2022 on **Wednesday, August 10th**. The drop-in event runs from 2:00pm until 7:00pm so that families, residents and staff may get to meet our amazing vendors who help to provide the best care in our home!

Currently we are expected to have visitors from Hunt's Healthcare, TENA, Alzheimer's Society, Freestyle Libre, Achieva Health and many more! We are even welcoming our very own pet therapist Joanne and her dogs JD and Kahlua for some extra support for the day.

Please stop by if you can and we hope to see many of you there!

New Beginnings for Recreation

Last month we said farewell to our long-time Programs Manager, Elise Robertson and welcomed Karla Ting as the newly appointed Programs Manager. Karla has played a large role in the Recreation Department's continued success as an activity aide on Humber York and continuing on to become Programs Supervisor. You may have noticed her amazing poster boards for multiple monthly events since the beginning of this year, such as Black History Month, and Seniors Month. You may find her on the Weston Mulholland unit beside the Recreation Office.



With Karla's promotion to Programs Manager, her former role as Recreation Supervisor has been taken over Ashley Owens.

"Hello West Park Residents, family and friends. I am so excited to be your new recreation supervisor. I have been working at West Park LTC since 2017 as a Recreation Assistant. For the past 2 years I have worked mostly on the Weston and Mulholland unit but I have gotten to know so many lovely residents & their loved ones, unit staff and administrators. I hope to get to know you all now that I will be moving around the home some more, I have some pretty big shoes to fill so please don't hesitate to let me know if I can help.

Peace, Love & Recreation
- Ashley Owens



"Hi everyone! Thank you for the amazing opportunity to lead a wonderful group of people. I hope that I may continue Elise's hard work as well as forge my own path as the new programs manager. We are very excited for our upcoming Vendor Fair and hope I can meet many of you in person! Feel free to drop by my office any time for a friendly chat with some coffee and snacks! I am always available to lend a helping hand to our residents, family and staff."

- Karla Ting

Summer BBQs

July's summer BBQs have been going great with the residents on Weston Mulholland, Glenwyde Raymore, Kingsway Ilaali and Humber York enjoying the summer weather outside on the Courtyard Patio. Hughes and Prittie is set to have their BBQ on August 11th and we would like to end the summer off with the Staff Summer BBQ on August 24th.

Thank you to all the staff for helping to put on a great event for our residents and special thanks to Dietary and Recreation Teams for supplying and cooking the hamburgers and hotdogs for all to enjoy!



MLK's Dream



The night before Martin Luther King Jr. made his historic speech, the sound system was sabotaged.

Organizers of the March on Washington for Jobs and Freedom expected 100,000 people to attend their demonstration on August 28, 1963. In the end, 250,000 showed up, making it the largest demonstration in U.S. history. A speech by Martin Luther King Jr. was set to cap the march. King had used the phrase "I have a dream" in

several speeches leading up to the event, and his advisors cautioned him against leaning too heavily on the theme. But when the gospel singer Mahalia Jackson said, "Tell them about the dream, Martin," King abandoned his drafted speech and launched into what is now one of the most famous and quoted speeches in American history.

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 Magpie Festival, but it is perhaps best known in the west as China's Valentine's Day.



A popular Qixi Festival custom is for women to skillfully thread a needle by moonlight.

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.

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 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.