

## August Horoscopes and Birthdays

In astrology, those born between August 1–22 are Leo’s Lions. Lions are the “kings” of the zodiac: dramatic, ambitious, confident, and hard to resist. Leos are also generous and loyal, putting both their family and friends first. Those born between August 23–31 are Virgos. Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical. As such, Virgos

make perfect humanitarians.

Joseph	Curley	08/01
Nwakaego	Okoye	08/05
Ennigier	Rivera	08/05
Estelle	Mancini	08/05
John	O Brien	08/12
Gisela	Tucker	08/17
Catherine	Persico	08/18
Elizabeth	Maugeri	08/18
Susan	Barrow	08/30



### Notable Quotable

“This is one small step for man, one giant leap for mankind.”

~ Neil Armstrong, astronaut

## The Art of Art Appreciation *continued from pg. 1*

and empty bottles, your creation will take on a life of its own as a form of creative self-expression.

If you’re still looking for inspiration as an artist, you can spend the month of August enjoying the work of others, for August is American Artist Appreciation Month. Georgia O’Keeffe painted flowers. Norman Rockwell illustrated idyllic scenes of American life. Aaron Douglas created inspiring murals. And these are just visual artists. There is an

endless wealth of writers, singers, and dancers to awe and inspire you.

Are you intimidated by art? Does visiting a museum or jazz club scare you? Just as creating art is an individual expression, enjoying art is also a personal experience. There are no right or wrong ways to enjoy art. If you’d rather stay at home, then grab your box of crayons and a coloring book on August 2, Coloring Book Day. For many, this type of artistic expression is just the right fit.

Some of the notable events that took place in July:

Prof. Eleonora Munaretto visited us with the Italian Lasallian students who spent time with our residents. They had a wonderful time sinning and doing arts & craft projects with the residents.

A group of our residents spent some time at the NY Botanical Gardens and enjoyed a special exhibit by artist Dale Chihuly

As part of our Summer Celebrations we have continued with the Fridays BBQ for all floors.



**Wilma Francis Leader & Ms. Maria Perez**



**We want to welcome Edward Velez who joined our Housekeeping department.**



# Methodist Home for Nursing & Rehabilitation

## August 2017



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### Celebrating August

**Read-a-Romance Novel Month**

**What Will Be Your Legacy? Month**

**International Clown Week**  
*August 1–7*

**Lighthouse Day**  
*August 7*

**Social Security Day**  
*August 14*

**Bad Poetry Day**  
*August 18*

**Kiss and Make Up Day**  
*August 25*

**Love Litigating Lawyers Day**  
*August 31*

## The Art of Art Appreciation

August 11 is Worldwide Art Day, so whether you paint, draw, sculpt, take photographs, play a musical instrument, write, or dance, this is a day to revel in the beauty of art. For centuries, people have asked, “What is art?” Early critics believed that art was simply imitation—a painting of a flower or sculpture of a dancer—but art is much more than that. It is beauty, harmony, a revelation of truth, a communication of feeling and self-expression. Truly, art is as diverse as its definition. So what is art? You’ll know it when you see it—and may surprise yourself when you make it.

While not everyone may be a famous artist, anyone can create art. And August 8 is the Date to Create.

### First in Flight?

Orville and Wilbur Wright are widely credited for inventing modern powered flight in 1903 on the sandy beaches of Kitty Hawk in North Carolina. The interesting story of German aviator Gustave Whitehead throws a wrench into the gears of this lauded history.

Whitehead emigrated to America in the late 1800s and spent much of his adult life building and experimenting

We consume every day: we eat food, watch television, and buy clothes and other goods. This is the day to not be a consumer but a creator. Creation is the bringing of something new into existence, and it is an empowering experience. Whether you paint a masterpiece or construct a makeshift centerpiece out of tissue paper

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with airplanes. His supporters claim that he performed the first powered flight on August 14, 1901, two years before the Wright brothers. When, in 1935, the magazine *Popular Aviation* published an article detailing the possibility of Whitehead’s achievement, experts set out to verify these claims—but no hard evidence was ever discovered. Thus, the Wright Brothers have secured their spot in aviation history.



## Chaplain's Corner

Greetings,

This month, I would like to lift up the feeling of sadness which comes with grief. Grief comes in many forms and affects us in different ways. There is not a right or wrong way to grieve our losses. We can grieve the death of a loved one, be it a person or animal. We can grieve the death of a dream, the loss or the use of our limbs, or our sight, hearing, taste or memory. We can grieve the loss of our independence, our home, a job or lifestyle. What is important is that it is happening to YOU and it hurts. There are feelings of sadness. There is the search for meaning with the "why me" questions. Sometimes our faith and belief system can be challenged.

Specifically with the death of a loved one, many emotions and feelings are experienced. I find that the poem "On Grief" by John O'Donohue really expresses well the state of grief. He takes us through the range of feelings. He reminds us it is alright to have happy times and memories. It is alright to talk about the loved ones and to keep their memories alive in our hearts. Our loved ones walk the life journey with us as footprints in the sand beside ours. Upon their death or loss due to distance or disagreement, they are footprints on our hearts and bound to us forever in our soul. Time does heal all wounds, sorrows and losses. Talking and sharing feelings together do help bind us together to heal. Along with the caring staff and medical team of Methodist Home, Fr Luke and I are here to share life journey with you and to help you as you experience the happy as well as sad times on the journey of life. Please reach out to us. We are only a phone call or hello away.

Blessings

Chaplain Janet Martin CT, CDP

### For Grief By John O'Donohue

When you lose someone you love,  
Your life becomes strange,  
The ground beneath you becomes fragile,  
Your thoughts make your eyes unsure;  
And some dead echo drags your voice down  
Where words have no confidence  
Your heart has grown heavy with loss;  
And though this loss has wounded others too,  
No one knows what has been taken from you  
When the silence of absence deepens.

Flickers of guilt kindle regret  
For all that was left unsaid or undone.

There are days when you wake up happy;  
Again inside the fullness of life,  
Until the moment breaks  
And you are thrown back  
Onto the black tide of loss.  
Days when you have your heart back,  
You are able to function well  
Until in the middle of work or encounter,  
Suddenly with no warning,

You are ambushed by grief.

It becomes hard to trust yourself.  
All you can depend on now is that  
Sorrow will remain faithful to itself.  
More than you, it knows its way  
And will find the right time  
To pull and pull the rope of grief  
Until that coiled hill of tears  
Has reduced to its last drop.

Gradually, you will learn acquaintance  
With the invisible form of your departed;  
And when the work of grief is done,  
The wound of loss will heal  
And you will have learned  
To wean your eyes  
From that gap in the air  
And be able to enter the hearth  
In your soul where your loved one  
Has awaited your return  
All the time.



## Drinking the Stars



*Approximately  
49 million bubbles  
are in one bottle of  
champagne.*

It was on August 4, 1693, that a young Benedictine monk named Dom Pierre Pérignon discovered that his batch of wine was filled with bubbles. This was the undesired byproduct of refermentation. As the weather cooled in the fall, fermentable sugars in the bottles would go dormant, only to awake in the warming weather and begin to referment. It was Pérignon's job as cellar master of his abbey in the Champagne region of France to mind the wine cellars and rid the wine of bubbles. Often, the pressure would grow so great inside a bottle that one would explode, leading to a chain reaction of exploding bottles, which could ruin an entire cellar. The wine in these explosive bottles was dubbed "le vin du diable," or "the devil's wine." But after tasting the ruined wine, Pérignon exclaimed to his fellow monks, "Come quickly! I am drinking the stars!" On that day, legend has it, French champagne was born.

Leave it to the English to try and steal the French's thunder. Some contend that in the 17th century, 20 years before Pérignon, an English doctor named Christopher Merret recorded the recipe for a champagne-like beverage in a paper presented to the Royal Society. Apparently, English cider makers had been purposefully adding sugar to their wine, simulating the refermentation process, to create sparkling, crisp drinks almost identical to the French champagne.

Regardless of history, French champagne and the name *Dom Pérignon* dominate the market. Yet many other countries continue to produce their own sparkling wines. Italy has Prosecco. Spain has Cava. Germany has Sekt. America has its own sparkling wines. But no one is likely to pop a bottle of English *Merret* on New Year's Eve. So the next time you take a sip of the bubbly, think of young Dom Pérignon "drinking the stars."