

Fiddick's Forum

Fiddick's Nursing Home and Retirement Home 437 First Ave, Petrolia ON (PH) 519-882-0370



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

Senior Citizens Day

August 21

National Park Service Day

August 25

Matchmaker Day

August 31

Keeping Our Cool

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. During this time, Sirius rises just before the sun. No wonder the word *sirius* means “scorching” in Greek. The Dog Star was believed to be a harbinger of drought, plague, lethargy, fever, thunderstorms, and bad luck. Lucky for us, modern technologies have given us plenty of ways to beat the heat. Perhaps the Greeks and Romans would have thought differently about Sirius if they had air conditioning?

It is no coincidence that Air Conditioning Appreciation Days overlap with the dog days of summer, because for many this invention is the greatest source of relief from the oppressive heat. It was during the dog days of 1902 that Willis Carrier invented 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. It may be much easier to enjoy Relaxation Day on August 15 with the air-conditioning on!

Message From Michael Fiddick, Owner/Administrator

Dear Residents, Families, Team Members & Friends,

Summer is upon us and as much as we wish life could return to normal, we are far from that place. We have just entered stage 3 in Sarnia Lambton as means to get the economy back on its feet, some normalcy to life and to move a little forward. With stage 3 comes many challenges that must be focused on, in keeping our residents healthy and safe. There has been little progress in the scientific movement toward a vaccine for Covid-19. We have done such an incredible job as a community adhering to safety protocols. Within our facility the highest safety precautions have been put in place and maintained for the well-being and safety of our residents, team members and our community as a whole.

As you are aware, when visits were opened up we set in place a procedure to keep our residents safe and comfortable. Requiring a recent Covid-19 test as part of the safety measures was and is part of our protocol. As I completely understand how inconvenient this may be to some, it is absolutely necessary in keeping your loved one safe.

We have received criticism in our procedures, and it is disheartening at times as our reason for being is that we keep our residents healthy, safe & happy.

In the present climate of horrific conditions of Nursing and Retirement facilities having been found and highlighted during this very difficult time. Some find it easy to paint every facility with the same brush or in farmers terms, one bad apple....

That is not the case in many Nursing and Retirement facilities, we at Fiddicks Nursing and Retirement Home strive each and every day to surpass your expectations in us. I am grateful for your compassion and patience in this very difficult time. You can rest assured that as always, our residents are our top priority. Our team members are called upon in these difficult times to maintain their small bubbles, have regular testing, and show up each and every shift with the purpose to make our residence life a little better.

Fiddicks Nursing Home and Retirement Home Welcomes...

Earl Napper

Gary Kroesbergen

Edward Molzan

William Mandeville

Daniel Schieman

Joan Reid

Raymond Frydrych

Arlene Casier

Norman Vaillant

Mourns the Loss of....

Marion Millar

Jane Pardy

Morris Bucke

Shirley Colledge

I thank you for your ongoing support and patience with us in this unprecedented time. I am grateful for the words of encouragement, for our hardworking and devoted team members, to our wonderful residents and their families. May we continue to move forward together, communicating supporting and caring for one another.

Please continue to social distance, wear a mask, wash your hands, keep your bubble small and continue to get your Covid-19 test, to keep our residents and team members safe.

I am available every hour of the day by phone.
Humbly Yours,

Mike Fiddick



August Special Events

August 4th: Resident Council

August 11th: Spa Day

August 17th: Pop and Chip Social

August 25th: Banana Split Social

August 26th: Smores and Campfire Stories

***Retirement Home has baking bee every Monday and Movie Matinee(s) every Friday!**

Family Council Update

Although family council is not meeting “face-to-face”, we are holding monthly meetings. Our next meeting will be **Wednesday, August 26th @ 4pm via Zoom.** For more information, please contact one of the following members:

Tami Langstaff: 519-918-0052

ktlangstaff@gmail.com

Marje Crowe: 519-671-2029

Marje13@outlook.com

Jazz Milestones

On August 17, 1959, the world experienced what many consider to be the greatest and most innovative jazz recording of all time, Miles Davis' *Kind of Blue*. To support his trumpet, Davis gathered some of the best musicians in the business: saxophonists John Coltrane and Julian “Cannonball” Adderley, pianists Bill Evans and Wynton Kelly, bassist Paul Chambers, and drummer Jimmy Cobb. Up until this point in jazz music, bebop, with its traditional chord changes, was the norm. Davis and composer George Russell threw precedent out the window. They chose to improvise not by following chord changes but to instead use scales, chords, and melodies. This opened up their music to almost endless possibilities. It was a new musical movement that would change jazz forever. The musicians recorded a mere three reels of tape—not much by recording standards—over just two days of recording. Davis called for almost no rehearsal, and musicians did not even know what they were recording until they showed up at the studio. Even during those sessions, Davis gave almost no instruction. The result of those brilliant improvisations became the best-selling jazz album the world has ever known.

Around Fiddicks!



August Birthdays

Ruby Hall

Judy Gower- August 9th

Doug Phippen- August 11th

Victoria Way

Glenn Simpson- August 4th

Iva Andrew- August 13th

Majorie Fleck- August 28th

Barclay Lane

Bill Anderson- August 30th

Fairbanks Court

Elaine Butler- August 5th

Margaret Dawson- August 20th

Goldie Spinks- August 21st

Rosa Recchia- August 26th

Mary Curtis- August 29th

Brian Mclauchlin – August 23rd



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. Those born between August 23–31 are Virgo's discriminating Virgins. Virgos pay attention to detail and are highly organized, making them curious and intelligent learners who can get the job done without complaint.

Jerry Garcia (musician) – August 1, 1942
James Baldwin (writer) – August 2, 1924
Barack Obama (president) – August 4, 1961
Matthew Henson (explorer) – August 8, 1866
Alex Haley (writer) – August 11, 1921
Lillian Evanti (singer) – August 12, 1890
Julia Child (chef) – August 15, 1912
Coco Chanel (designer) – August 19, 1883
Ray Bradbury (writer) – August 22, 1920
Althea Gibson (athlete) – August 25, 1927
Ted Williams (athlete) – August 30, 1918

Billiken on Parade



Every August since 1929, the Bud Billiken Parade has marched through Chicago, Illinois, and is the longest-running African American parade in the United States. Bud Billiken was a fictional character created by Robert Abbott, the founder and editor of *The Chicago Defender* newspaper, the foremost black newspaper of the early 1900s. In 1921, Abbott created the Bud Billiken persona to give hope and happiness to Chicago's black youth. He ran a Bud Billiken youth page that even featured a Bud Billiken cartoon. He got the name from the Billiken charm doll, a mythical creature that supposedly brought good luck to children. Abbott's first Bud Billiken parade honored hardworking newsboys, but it soon grew into an annual celebration of African American greatness and has drawn the likes of Muhammad Ali, Aretha Franklin, and presidents Harry Truman and Barack Obama.