

King's Inspirational "Dream"

On August 28, 1963, before a crowd of 250,000 Americans, Martin Luther King Jr. gave his "I Have a Dream" speech at the Lincoln Memorial in Washington, D.C. The speech remains one of the most memorable ever made, ranking alongside Lincoln's "Gettysburg Address" as one of the most moving and most analyzed in American history. King's mention of his "dream" was not in his prepared remarks. Gospel singer Mahalia Jackson prompted King to "tell them about the dream," and so King improvised the most famous part of his speech on the spot.



King and his thousands of followers had come to the capital for their March on Washington for Jobs and Freedom. The march was attended by civil rights leaders, the United Auto Workers Union, and the American Jewish

Congress, all of which were united in their calls for desegregating public schools, expanding federal works programs to train workers, and addressing violations of citizens' constitutional rights. The march was not strictly business. Musicians such as Joan Baez, Bob Dylan, and Mahalia Jackson were scheduled to perform. Jackson, especially, was a mainstay at King's rallies. Their relationship was such that she had no qualms in interrupting King during his remarks and suggesting that he "tell them about the dream."

For many attendees of the march and many in the media, King's speech was the highlight. The fact that it was televised also helped the civil rights movement gain mainstream acceptance. Indeed, King's triumphant speech at the feet of Lincoln helped secure the passage of the Civil Rights Act of 1964 and paved the way for the passage of the Voting Rights Act of 1965. Both the image of King at the podium and his refrain of "I have a dream" have become defining moments of the civil rights era. Not only was King's speech added to the Library of Congress' National Recording Registry in 2002, but its words were forever etched into the marble steps of the Lincoln Memorial in the exact place where King stood on August 28, 1963.

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

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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!

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

Larry Kelly Beats COVID-19

At one-point Larry Kelly was considered the sickest patient at Mount Sinai hospital in New York. A day after being admitted, he was put on a ventilator as Covid-19 ravaged his lungs. He suffered seizures, and when his condition worsened his wife had to stop doctors from pulling the plug. But his brother didn't nickname him "Miracle Larry" for nothing. After 128 days in the hospital, 51 on a ventilator, Kelly was released from a medical facility on Thursday, allowing him to return home and embrace his family. When Kelly, a retired high school assistant principal, tested positive for the coronavirus in March, he said it simply "felt like I had a cold." After his hospital admission, however, his condition deteriorated rapidly. "While I was in a coma, I had pneumonia in both lungs," the 64-year-old told CNN. "I was agitated so they gave me fentanyl to calm me down. I got addicted to the fentanyl so they had to wean me down on methadone, and I had a massive brain bleed, which they say covered my entire brain." The doctors called in Kelly's wife, daughter and brother to the hospital, strongly suggesting that they agree to take him off life support and say their last goodbyes. When they arrived and his wife, Dawn Kelly, set eyes on Larry's frail body, she said her knees gave way. "He was attached to a lot of monitors. Tubes everywhere. EEG on his brain. He looked awful," his daughter, Jackie Kelly, said. But as doctors insisted on pulling the plug, his wife remembered the last text that Kelly had sent her before he was placed on a ventilator: "I promise I'll never stop fighting." "I said he would want to live," Dawn Kelly recalled telling the doctors. "We all said that."

With the support of his family and hard work of the medical staff, Kelly finally opened his eyes on Easter Sunday. "I am very lucky," Kelly said. "But on Easter Sunday in New York 527 people died, so people were dying all around me and I didn't die. Is that a miracle? I don't know, but this disease affects not only individuals but their entire families." "I feel so much for the people who lost loved ones, and it's on everybody to wear their mask," Kelly said tearfully. "You don't want this. It was not easy to get here." At the end of May, Kelly continued his healing process at the New Jewish Home, an assisted living facility, where he worked with three different therapists -- speech, physical and occupational -- to get his body back to normal, according to the New York Times. And on Thursday he finally exited the facility's doors to cheers from his family, friends and caretakers. The first thing he said he's looking forward to after spending 128 days in the hospital is his first meal at home. "I don't know if you've ever had nursing home food but..." Larry said jokingly to CNN affiliate WCBS.



Flower Power

August 28 is Daffodil Day, a day celebrating this beautiful flower. The ancient Greeks, who called the flower a narcissus, acknowledged its beauty in their myths. A man named Narcissus was so taken with his own beauty that, after seeing his reflection in a pool of water, he stopped to admire himself. He was so obsessed with his beauty that he could not pull himself away from his own reflection. Alas, he died at the waterside, and in his place grew the first daffodil. It is from this myth that we get both the flower's name and the word *narcissist*, a word for those who admire themselves too much. But why shouldn't daffodils admire themselves? They are beautiful, after all. And because they are some of the first flowers to bloom in the spring, they are also associated with rebirth, renewal, new beginnings, and hope. For this reason, daffodils have become a potent symbol of hope in the fight against cancer. Cancer councils around the world use Daffodil Day to raise funds to support life-saving cancer research.

Welcome to Our New Residents!

Please welcome Deanna Aughenbaugh, Carolyn Pado, alongside of her husband, Ed Pado and, last, but not least, Chuck Sower. We are excited to get to know each of them. We are currently taking people, if you or someone you know would like to join the Townehall Place, please let Kim Bora at (248) 683-1010. Current residents get a discount for each referral that moves in. Thank you!



Only You

During World War II, Japanese submarines bombed a California oil field and nearly triggered a massive forest fire. This prompted the Forest Service to run ads in conjunction with the War Advertising Council that read, "Another Enemy to Conquer: Forest Fires" and "Careless Matches Aid the Axis." Disney had just released the hit *Bambi* and allowed the young animated deer to be used as a mascot. Then, on August 9, 1944, the U.S. Forest Service retired Bambi and adopted Smokey Bear as its new mascot, wearing his trademark Ranger's hat and blue jeans and carrying a shovel. Soon, every camper in America knew about Smokey and his mission to prevent forest fires.



In 1950, a manmade fire swept through Lincoln National Forest in New Mexico. While trapped by the flames, twenty-four firefighters found a lone black bear cub clinging to a smoldering tree. All survived, and the rescued cub was named Smokey. He was moved to the National Zoo in Washington, D.C., where visitors could meet the real-life Smokey Bear, learn his story of survival, and understand the horrible dangers forest fires pose to both wildlife and society.

Over the decades, Smokey's message has sunk into the consciousness of America. The average amount of forest consumed by fire fell steadily each year, from 22 million acres in 1944 to 6.6 million in 2011. Americans understood the dangers and destructiveness of forest fires and that fires could often be prevented.

But has all this fire suppression been counterproductive? Some argue that fire suppression has led to a buildup of dead trees and dried underbrush, creating a fuel to feed catastrophic blazes. We now know fires are a natural part of a forest's life cycle, important for its growth and renewal. What does this mean for Smokey Bear and his messaging? Perhaps it means that the best way to help our forests is to keep learning about them.

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.

A Can-Do Attitude



The first of August is International Can-It-Forward Day, a day to extol the virtues of preparing for winter by canning all types of foods. With careful planning, summer's bounty of fruits and vegetables can be enjoyed throughout the winter. The canning of foods was invented by Frenchman Nicolas Appert, a Parisian chef who successfully preserved the first soups, juices, jellies, vegetables, and syrups in jars. His process was simple; he sealed jars with cork and sealing wax and then boiled them to cook the contents, destroy bacteria, and make the jars airtight. In many ways, our modern methods of canning foods are no different from Appert's methods of a century ago.