

August 2024

Evergreen Newsletter

Evergreen Senior Living 1309 14th Street Cloquet, MN 55720



Celebrating August

Goat Cheese Month

Traffic Awareness Month

**What Will Be Your Legacy
Month**

Farmers Market Week

August 4–10

**National Championship
Chuckwagon Race**

*August 24–
September 1*

Professional Speakers Day

August 7

Bowling Day

August 10

World Honey Bee Day

August 17

Mail Order Catalog Day

August 18

Kiss and Make Up Day

August 25

Pony Express Day

August 25

Eat Outside Day

August 31

Aloha Anniversary

Hawaii, a tropical paradise in the Pacific Ocean, is known for its stunning natural beauty, rich cultural heritage, and unique history. This year marks the 65th anniversary of Hawaii's statehood, a significant milestone in its journey as part of the United States.

Before becoming the 50th and final state on August 21, 1959, Hawaii's history is a tapestry of Indigenous Polynesian culture, European exploration, and colonialism. Captain James Cook's arrival in the late 18th century marked the beginning of significant Western influence on the islands. In the 19th century, Hawaii became a hub for the global sugar trade, attracting immigrant labor from China, Japan, Portugal, and the Philippines.

The road to statehood was not without challenges. Despite the islands' importance during World War II, it wasn't until after the war that momentum for statehood gained traction. In 1959, Hawaii joined the Union, becoming the first state with a majority Asian population and the only state composed entirely of islands.

Today, Hawaii is celebrated for its breathtaking landscapes—lush rainforests, cascading waterfalls, and pristine beaches with crystal clear waters. The islands are also home to unique flora and fauna found nowhere else on Earth, such as the endangered Hawaiian monk seal and the vibrant hibiscus flower, the state symbol.

Hawaii's cultural diversity is reflected in its cuisine, music, and festivals. Traditional Hawaiian luau feasts, ukulele melodies, and hula dancing are beloved cultural expressions that thrive alongside modern influences.

From Hawaii's ancient roots to its modern-day vibrancy, this unique state remains a cherished destination for travelers seeking adventure, relaxation, and the aloha spirit that permeates every corner of the islands.

The Language of Victory

Navajo Code Talkers Day, observed on August 14, commemorates the invaluable role played by Navajo servicemen during World War II. These brave individuals utilized their native language as an unbreakable code, significantly contributing to Allied victories in the Pacific Theater.



Code talking, the use of obscure languages to transmit secret messages, dates back to World War I. However, it wasn't until World War II that the concept gained widespread recognition. The Navajo language, with its complex syntax and unique phonology, proved ideal for this purpose. Navajo Code Talkers developed a code based on their language, using common words, such as Navajo bird names, to represent military terms. This created an unbreakable cipher that may be the only code used by the American military that was never broken during the conflicts in which it was used.

The success of Navajo code talking can be attributed to several factors. The Navajo language itself was unwritten and spoken by only a small population, making it virtually impossible for the enemy to decipher. Additionally, Navajo Code Talkers underwent rigorous training to memorize the code and communicate effectively under pressure.

Navajo Code Talkers Day was created by President Reagan in 1982 as a holiday to honor the courage, ingenuity, and patriotism of these remarkable individuals. Their contributions helped turn the tide of war and secure victory for the Allied forces, leaving a lasting legacy of bravery and service. Their story continues to inspire generations, reminding us of the power of language, unity, and sacrifice in times of conflict.

Angel for a Day

The clouds may part and a radiant light shine down on someone you know on August 22, Be an Angel Day. The word *angel* comes from the Greek word *anglos*, which means "messenger." Many people believe that angels do exist, acting as messengers of God, and the Catholic Church has documented over 490,000 specific angels of nine different types: seraphim, cherubim, thrones, dominions, virtues, powers, principalities, archangels, and angels. Angels also figure prominently in Judaism and Islam.

How can we emulate angels here on terra firma? Perhaps we, too, can be messengers of truth, justice, and love. Another way is to be a guardian angel, a selfless defender of those who cannot defend themselves, a guide and protector of those who have lost their way. A more modern twist is to become an angel investor. These investors offer money or capital for a promising business venture. While it may be impossible to embody the characteristics of a heavenly angel, Be an Angel Day can still inspire us to be better people.

To Buzz or Not to Buzz



World Mosquito Day may fall on August 20, but what reason do we have to celebrate this annoying pest of an insect? Researchers are beginning to ask that very question. What would a world without mosquitoes look like? Would anyone miss them? Would ecosystems suffer? Mosquitoes, after all, have lived on Earth for hundreds of millions of years. Many animals rely on mosquitoes as a source of food. However, many scientists believe that any ecological disaster produced by their eradication would be worthwhile. The world would learn to live without the mosquito, and humans would suffer fewer diseases... although we'd have one less holiday to celebrate.

Ireland's Mountain Monarch



For 400 years, residents of Killorglin, Ireland, have been celebrating their famous Puck Fair from August 10–12. The “Puck” of the fair is actually a *poc*, which is the Irish term for a male goat. Every year, a group

climbs into the mountains and returns with a goat that is crowned King Puck, and a local schoolgirl is pronounced the Queen of Puck Fair.

The most beloved legend surrounding this fair's origins begins with Oliver Cromwell, the English military leader who led his armies into Ireland in the 17th century. Cromwell was leading his army across the Irish countryside when the soldiers scared a herd of grazing goats. The *poc*, or he-goat, broke away from the rest and fled to the village of Killorglin. When the goat arrived, exhausted from his flight, the locals discovered that danger was coming. They armed themselves in defense against Cromwell's army. Every year since then, the people of Killorglin have honored a he-goat by making him king for the three days of the fair. While no one is certain of the fair's true origins or the date it was first celebrated, there is a written record from King James I that mentions it being celebrated in Killorglin in the year 1613.

August 10 is known as Gathering Day. The town conducts a traditional horse fair, and King Puck is paraded through town to the village square, where he is crowned by the queen. The Queen of Puck Fair is chosen based on her submission of an essay related to the Puck Fair. August 11 is Fair Day, when vendors sell their wares and entertainers provide amusement for the thousands of fair visitors. On August 12, Scattering Day, the king and queen are paraded one last time through town, and King Puck is released back into the mountains. Of course, the revelry continues into the wee hours.

The Puck Fair is a testament to the tenacity and good character of the residents of Killorglin, who look forward to this special time each year when “the cares of everyday living are put on hold.”

The Mane Event

August 10 is World Lion Day, a day to marvel at the majesty of the king of the jungle. Ironically, most lions do not roam the jungle but rather live on the dry plains of Africa. These expert predators grow to be four to six feet long and can weigh as much as 400 pounds. The females are the hunters, working together to feed the entire family of lions, called a pride. The male lions, with their shaggy manes, have the job of defending the pride against attack.

There is one small population of lions that does live in the jungle. Deep within the Gir Forest Reserve of India, alongside the Bengal tiger and the Indian rhino, lives the Asiatic lion. Smaller than their African cousins, Asiatic lions once roamed from Asia to the Middle East. Fewer than 600 of these lions exist today.

A Slice of Heaven



Braham, Minnesota, is the Homemade Pie Capital of Minnesota, and they aim to earn that reputation on the first Friday of August.

There are plenty of pies to eat, either at your leisure or competitively during the pie-eating contest. There are pies for sale and pies to bid on in the pie auction. There are pie-baking lessons and contests. There is even a Pie Art Show with art in two categories: 2D (drawings or paintings of pies) and 3D (pie sculptures).

While Braham was declared the Pie Capital in 1990, the city first became famous for its pie in the 1930s and 1940s, when travelers would take a “shortcut” through Braham on the way to Duluth and stop at the Park Cafe for its famous pie. You'll still find a huge variety of pies on the menu today. Dutch apple, banana cream, blueberry cream, strawberry, and coconut cream are local favorites. Which one is the best? There's only one way to find out—visit Braham on an empty stomach!

A Striking Hobby



The first matchbook was invented by a Philadelphia lawyer named Joshua Pusey, who wanted a way to light his cigar while riding the train to work. By the early 1900s, businesses were printing matchbooks as advertisements. During the 1933 World's Fair in Chicago, matchbook

enthusiasts started gathering to show off their collections. And in 1940, a collector named Henry Rathkamp decided that he would hold a collectors' convention at every World's Fair. In this way, the Rathkamp Matchcover Society was born, and its 83rd Annual Convention is meeting in Cincinnati, Ohio, this August 25–30.

A matchbook cover collector is called a *phillumenist*, and they collect unused matchbook covers with the matches stripped out of them. Generally, the covers are worthless, but what makes the hobby exciting is finding interesting or unusual pictures on the matchbook cover. Some covers also feature an “odd striker,” which means that the striker for lighting the match is located in an unusual area, such as on a picture of the seat of Hitler's pants. Matchbook covers span a variety of themes, including patriotic, railroad, national parks, colleges, and sports teams. Some matchbook covers are contoured with interesting and atypical shapes.

As with most hobbies, the rarer covers are the most coveted. Perhaps the rarest matchbook cover is from a matchbook given to guests attending Charles Lindbergh's luncheon at the Astor Hotel in New York in 1927 to honor his crossing of the Atlantic. The Lindbergh cover sold in 2015 for \$6,000 at auction, becoming the most valuable matchbook cover in the world. Only 11 of these covers are known to exist. Of course, one needn't own a rare matchbook cover to enjoy this hobby. Even the simplest matchbook cover may strike your fancy and ignite your passion for collecting.

August Birthdays

If you were born between August 1–22, you are a Leo, the Lion. Creative and ambitious with a magnetic personality, Leos enjoy the spotlight. Warm, loving, and kind, they make loyal and honorable friends. Those born between August 23–31 are Virgos. Virgos are considered shy and sometimes naïve, private, and tidy. They are curious explorers who are incredibly loyal.

Happy Birthday Evergreen Resident's!

Dennis Anderson August 1st
 Carol Risdon August 2nd
 Lois Kolodge August 8th
 Delores Walli August 10th
 Eileen Eliason August 16th
 Donna Mecl August 19th
 Shirley Wirtanen August 19th
 Winnie Erlanson August 20th
 Doris Denton August 27th

The Golden Age



August 21 is Senior Citizens Day, a day to recognize the importance of seniors and support them in their endeavors as they age.

August 14 marks another significant day for older generations—Social Security Day, a day honoring FDR's signing of the Social Security Act into law in 1935.

We should honor our seniors all year long, not just in August, but what makes this demographic so special? For one, there are a lot of them—over 62 million in America, or about 18 percent of the population. And research shows that seniors are more satisfied than the young. Perhaps it comes from a confidence born of living through the Great Depression and WWII. It may be that seniors finally have time to focus on enjoying the present rather than worry about the future. This might be the most valuable lesson we can learn from our senior friends!

A 3-Part Series: Elder Fraud: Common Elder Scams
Written By: Dementia Consultant Theresa Klein, OTR/L

Each year thousands of Americans are impacted by fraud and scams that threaten them, their personal information and finances. Seniors, 60+ and older, are often the main target of these scams with over 101,000+ complaints filed in 2023 and over \$3.4 billion dollars lost to scammers. Both healthy seniors and those with cognitive impairment can fall victim to this fraudulent activity. Join us over the next 3 months for a 3-Part Series on Elder Fraud & Common Scams.

Part 1: Common Elder Scams

Why are seniors vulnerable? First, they are perceived as having money. Second, the scammers often use fast paced, high pressured, fear-based tactics that can catch people off guard. Third, they tend to have less digital literacy (i.e. knowledge and use of the internet, digital devices, social media, etc.).

Common Elder Scams include:

1. **Government/Business Impersonation:**

- What appears to be a reputable source, contacts an individual (i.e., IRS, Medicare, Social Security, police, bank, credit card company, etc.) with two goals: 1. Obtain personal information that can be used to steal identity and 2. To get money. They ask an individual to give or verify their personal information to “update their data base” or “send out a new card.”
- These communications use fear tactics claiming an individual owes money and if they don’t pay it now, they may lose coverage, be arrested or sued.

2. **Robocalls/sales calls/phone scams:**

- Individuals call and ask, “Can you hear me?” when an individual says “yes” they record the individual saying “yes”, later using the recording to authorize fraudulent activity.
- Individuals call to sell extended warranties, magazines, investments, and sweepstakes or lotteries. All use high pressure sales techniques and require an individual to pay up front before they can receive the promised product, which they never receive.

3. **Computer Technical Support:** A message appears on an individual’s computer that says their computer has a virus. They are instructed to call a number or visit a website from which bad actors work to gain access to one’s computer to gather personal information or infect the computer with malware in order to lock the computer and hold the contents for ransom.

4. **Internet related: fake websites, apps, social media accounts:**

- Fraudulent websites are set up selling items that are “too good to be true.” Individuals think they are purchasing items, enter their personal information including a credit card and their personal information but no purchase is made, and no items are ever received.
- Fake social media accounts are used to develop relationships with vulnerable individuals who will eventually ask for personal information and/or money.
- Social media accounts like Facebook encourage people to play games and answer questions publicly. Most of the questions asked are often security questions used for passwords and account verifications.

5. **Grandparent Scam:** An individual calls an elder and claims to be their grandchild or an authority such as the police, doctor, etc. who claims the individual’s grandchild is in danger and they need help now in the way of money. They are asked to send payment in the form of gift cards or a money transfer.

For more information on common types of scams which target Seniors go to the AARP website to view these videos: <https://states.aarp.org/virginia/aarp-fraud-videos>:
<https://www.youtube.com/watch?v=Y2OwiTUKOI8>

Join us next month for Part 2 of Elder Fraud: Common Elder Scams
“How To Prevent Falling Victim to Elder Scams.”