August 2024

Currents at the Cove

Sunapee Cove Assisted Living & Memory Care | 1250 Rt. 11 Sunapee, NH | 603-763-0566

August Activities

Full activity calendar on our website
www.sunapeecove.com

RESIDENT TRIPS

August 5th
Trip to Colonial Pharmacy

August 12th
Boat Ride (weather permitting)

August 14th
Trip to Hannaford's

August 19th
Boat Ride (weather permitting)

August 20th
Trip to Sanctuary Farm

August 22nd
Trip to Go Lightly Consignment

August 26th
Trip to Sanctuary Farm

ENTERTAINMENT

August 1st
Music w/Joe Jennings

August 7th
Music w/Martha Mitchell

August 10th
Music w/Sueanne Thayer

August 22nd
Music w/Jack

August 28th
Music w/Second Wind

Kindness Club at the Cove

A club was formed here at the Cove to bring kindness to the Sunapee community.
Money was raised by having a raffle and it was decided to help support the food pantry at the town hall.
A shopping trip to Hannaford Supermarket was planned and residents were on a mission to buy as much food as possible with the money that had been raised during the raffle.
At the next Kindness Club meeting it was decided to encourage others to participate in a food drive to grow the donation of food.
Over two weeks the donation box began to fill up and bags were being dropped off beside the box.
It was finally time to make the delivery.
A phone call went out to Laura Trow, the Welfare Administrator for Sunapee and she was very happy to hear from us.
Residents along with the food items were put on the bus.
They were all greeted by Laura and also the Chief of Police Neill Cobb, Lieutenant Tim Puchtler and Executive Assistant Josh Levasseur who wanted to thank the club for what they had decided to do to help those in need.
The Kindness Club will continue to find ways to show kindness to our beautiful community.

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.

Residents continue to enjoy boat rides with Captain David during these hot summer days!

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.

MIND DIET SUMMER RECIPE

Grilled Mediterranean Chicken Kabobs

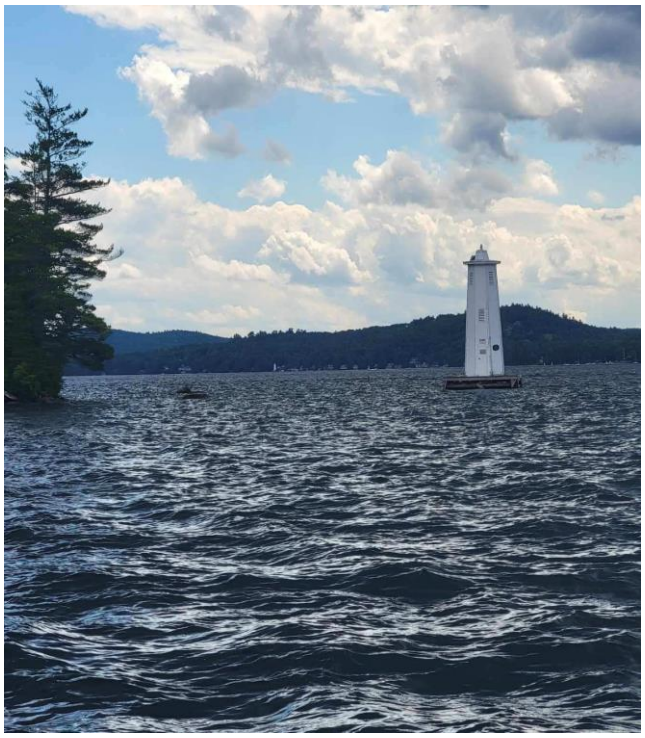
4 Servings/ 30 minutes

Ingredients

1 tbsp Red Wine Vinegar
1 Zucchini(large)
1 Cup Red Onion
1 tbsp Oregano (dried)
1 Yellow Bell Pepper
2 Cups Cherry Tomatoes
2 tbsp Extra Virgin Olive Oil (divided)
8 Barbeque Skewers
1 Lemon (juiced)
1 lb. Chicken Breast (boneless, skinless, diced into cubes)

Directions

1. Combine the lemon juice, red wine vinegar, oregano and 1/2 of the olive oil in a mixing bowl.
2. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.
3. Dice the zucchini, yellow bell pepper, and red onion into large chunks. Toss in the remaining olive oil.
4. Slide the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers.
5. Preheat the grill to medium heat.
6. Grill the kabobs for 8 to 10 minutes per side or until chicken is cooked through. Remove the kabobs from the grill and divide onto a plate



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.

Did someone call a doctor?

Doctor Schmoctor came to Sunapee Cove on July 18th He entertained the residents with fun and laughter! Which is the best medicine after all!

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!