

Why Are They Called “Dog Days” of Summer?



We often hear about the “dog days” of summer but few know what the expression means. Some say that it signifies hot sultry days “not fit for a dog;” others suggest it’s the weather in which dogs go mad. The Dog Days of Summer describes the most oppressive period of summer, between July 3 and August 11 each year. But where did the term come from? And what does it have to do with dogs?

Why Are They Called the “Dog Days” of Summer?

The phrase is actually a reference to the fact that, during this time, the Sun occupies the same region of the sky as Sirius, the brightest star

visible from any part of Earth and part of the constellation Canis Major, the Greater Dog. This is why Sirius is sometimes called the Dog Star.

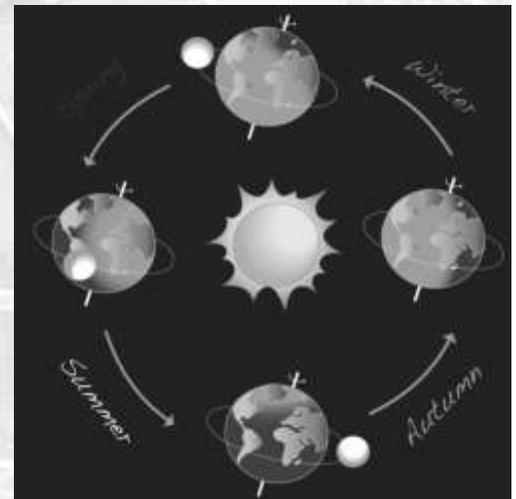
In the summer, Sirius rises and sets with the Sun. On July 23, specifically, it is in conjunction with the Sun, and because the star is so bright, the ancient Romans believed it actually gave off heat and added to the Sun’s warmth, accounting for the long stretch of sultry weather. They referred to this time as *diēs caniculārēs*, or “dog days.” Thus, the term Dog Days of Summer came to mean the 20 days before and 20 days after this alignment of Sirius with the Sun—July 3 to Aug. 11.

Sun: It’s All About the Tilt

While this period usually is the hottest stretch of summer, the heat is not due to any added radiation from Sirius, regardless of its brightness. The heat of summer is simply a direct result of the Earth’s tilt.

During summer in the Northern Hemisphere, the tilt of the Earth causes the Sun’s rays to hit at a more direct angle, and for a longer period of time throughout the day. This means longer, hotter days.

Resources: Farmers Almanac and National Geographic



Founders Ridge Featured in PHS News This Month

Construction is scheduled to begin soon on the new senior apartments and brownstones for our community. Founders Ridge is one of the communities featured in the back page PHS article of this August newsletter. All our sister communities are celebrating with us as we commence on this project and make the original vision for this campus a reality. More details will follow in the coming months...stay tuned!

Remember - please access underground parking from Hampshire Ave S starting in August!

THE RIDGELINE

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Opioid Awareness Month

Prescription opioid drug misuse is a major epidemic in the United States. According to the Centers for Disease Control, the quantity of prescription painkillers prescribed and sold in the U.S. has nearly quadrupled since 1999, with a parallel increase in the number of people becoming addicted to narcotics. In 2017, over 11 million Americans abused prescription painkillers; there were over 19,000 deaths involving prescription opioid pain relievers in 2016 alone. Each day, thousands of people are treated in emergency departments for using these drugs in a manner other than as directed.

The most misused medications are pain relievers (opioids) such as oxycodone, hydrocodone, Percocet, methadone and codeine. Those who misuse prescription narcotics think they are safe because they are not illegal, but once addicted it can be hard to stop.

Here are ten guidelines to help you use opioids in a safe and responsible way if you and your doctor have decided that prescription pain pills are right for you.

THE 10 RULES OF SAFE RESPONSIBLE OPIOID USE

1. Know the active ingredients
2. Understand the risks
3. Use as directed
4. Don't change your dose
5. Don't mix with other medications
6. Don't mix opioids with alcohol
7. Don't use opioids and drive
8. Lock your meds
9. Keep opioids away from children
10. Dispose of opioids properly

-Lisa Teske, Fitness Director

Source: AMA

Summer Celebrations



3-D Picture: Dave, Doug, Duane ▲

THE RIDGELINE

Lament is how you live between the extremities of hard life and trusting God's goodness...

Happy
BirthDay



Are you tired of pretending to be okay when you aren't? Maybe you're worn out from pretending you are fine when all you really want to do is cry out to anyone for help. Sooner or later it does get exhausting. I came to realize I was settling for 'fine' in my Christianity, but God doesn't call us to fine, He calls us to abundant living! (See John 10:10)

I'm reading a new book that is out entitled, "Dark Clouds, Deep Mercy," by Mark Vroegop. In it I find this interesting thought, "However, in that journey of lament, many of us are uncomfortable or unfamiliar with lamenting. When people hear of struggles, they quickly move to change of the subject, an awkward silence or even physically excusing themselves to escape the tension. (p.18)

Some years back, after the changes in the rite of funerals, a family I knew lost a child in a boating accident. A lot of pressure was brought to bear to fulfill a "celebration of loved one's life".

About a year later, suppressed grief almost tears families apart. Again, we must not deny honest pain, nor jump too quickly from loss to acceptance and skip over the lamenting process. Christian faith does proclaim a message of hope, but death and grief are still real.

Feelings are real and will not go away and, if we do not recognize and deal with them constructively, they will go underground and pop up later in destructive ways. Lament is a constructive way to deal with intensely difficult emotions.

It is often noted that almost all of the lament psalms (Psalm 88 is an exception) end on a sudden turn to praise (e.g., 6:9-11; 22:23-32). From the viewpoint of prayer, the meaning seems clear. It is only after we lament, after we face and express the pain and negativity and get it all out, that *healing can begin*. In more theological terms, we can say that it is only by facing and going through the death that we can come to new life, to resurrection.

Continued next column.

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☆ Shining Stars! ☆

The **Shining Star Program** is a year-round opportunity for you and your family members to express your appreciation to employees that make a difference in your life. We are honored to have the privilege of serving YOU! If you would like to recognize a "Shining Star," brochures are available at the Town Center Reception Desk.

Amina Warsama: She makes you want to look forward to her coming with her pleasant way.

Hiwot Mulugeta: She is a joy every time she comes.

Megan Iverson: She has patience beyond belief. She has good stick-to-it-ivism.

Naum Cherop: Loyal, she does her best every time she comes.

The pattern in the psalms of lament are 1: Crying out to the Lord. Psalm 6:6; 2: Asking for help. (Psalm 71:12; 3: Responding in trust and praise. Psalm 86:12.

This is just a small taste of what we can learn from studying the pattern that the psalms of lament follow. Learning this pattern and adopting it as our own helps us to cry out to God with our own pain, sorrow, grief, and fear. Following the way of the psalmists turns our gaze from ourselves and toward the One who alone can save us!

Pastor Brad, Campus Pastor

For more information or to schedule a personal tour, please call Linnea @ 952-946-2005



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Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing, and health care.

EQUAL HOUSING OPPORTUNITY.
ALL FAITHS WELCOME.

Refreshed to Serve: PHS Redevelopments & Renovations

In addition to pursuing new communities to fulfill our mission, Presbyterian Homes & Services (PHS) is committed to redeveloping and renovating our existing communities. These projects build on our legacy of service while responding to the changing needs and demands of older adults. Led by Senior Housing Partners, the development arm of PHS, and Senior Lifestyle Design, the PHS interior design team, projects are progressing at these communities:

Langton Place, Roseville, Minn.: The long awaited redevelopment broke ground in December 2018. The first phase will offer transitional care suites with a hospitality focus. Staff and guests in our care will transition to the new campus in January 2020. Once this phase is complete, the former structure will be demolished and we will build senior living apartments and a town center. www.LangtonPlace.org.

Walnut Ridge, Clive, Iowa: Construction of the new care center is on track to open in winter 2020. The addition of 60 private and semi-private long-term nursing care suites will complete the continuum of care on the campus. The construction is also adding a fellowship room, chapel, therapy suite, spa, salon and

administrative offices. A renovation of the memory care common areas is underway as well. www.WalnutRidgeatClive.org

Founders Ridge, Bloomington, Minn.: Construction begins soon to expand the existing campus with new senior independent living apartments and stand-alone brownstone row-style homes, additional community space, new amenities and underground parking. www.FoundersRidgephs.org

Interior renovations complete: Central Towers, St. Paul, Minn.; EagleCrest senior apartments, Roseville, Minn.; SummerWood of Plymouth common areas, Plymouth, Minn.; The Mayfield common areas, Little Canada, Minn.

Interior renovations started (select sites): EagleCrest assisted living and memory care apartments, Roseville, Minn.; GracePointe Crossing village homes, Cambridge, Minn.; Johanna Shores care center, Arden Hills, Minn.; Presbyterian Homes of Bloomington Gideon Pond Terrace senior apartments, Bloomington, Minn.; and common areas at SummerWood of Chanhassen, Minn.