



## PICCADILLY CARE CENTRE

# SEPTEMBER

### TERRY FOX RUN

## “It’s got to keep going without me”

September 1, 1980 – It was a dull day in Northern Ontario when Terry Fox ran his last miles.

He had started out strong that morning and felt confident. The road was lined with people shouting, “Don’t give up, you can make it!” words that spurred him and lifted his spirits. But after 18 miles he started coughing and felt a pain in his chest.

Terry knew how to cope with pain. He’d run through it as he always had before; he’d simply keep going until the pain went away.

For 3,339 miles, from St John’s, Newfoundland, Canada’s eastern most city on the shore of the Atlantic, he’d run through six provinces and now was two-thirds of the way home. He’d run close to a marathon a day, for 143 days. No mean achievement for an able-bodied runner, an extraordinary feat for an amputee.

Terry’s left leg was strong and muscular. His right was a mere stump fitted with an artificial limb made of fiberglass and steel. He’d lost the leg to cancer when he was 18.

He was 22 now; curly haired, good-looking, sunburned. He was strong, wilful and stubborn. His run, the Marathon of Hope, as he called it, a quixotic adventure across Canada that defied logic and common sense, was his way of repaying a debt.

Terry believed that he had won his fight against cancer, and he wanted to raise money, \$1 million perhaps, to fight the disease. There was a second, possibly more important purpose to his marathon; a man is not less because he has lost a leg, indeed, he may be more. Certainly, he showed there were no limits to what an amputee could do.

He changed people’s attitude towards the disabled, and he showed that while cancer had claimed his leg, his spirit was unbreakable. His Marathon of Hope had started as an improbable dream – two friends, one to drive the van, one to run, a ribbon of highway, and the sturdy belief that they could perform a miracle.

PICCADILLY GALLERY



## BIRTHDAYS



- William E.
- Stuart H.
- Henny K.
- Dianna M.
- Marge R.
- Bruno S.
- Raymond T.
- Catherine W.

### Staff Corner.....

Hi Everyone,

Megan G. has been employed with Advocare for 2 years as a Health Care Aide and Med/Rec. She enjoys Hunting, Camping, and Baking.

Her future goal is to make a good happy family.



## MESSAGE TO THE FAMILY.....

- On September 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup> is our biggest Salmon Arm Fall Fair, with lots of entertainment, rides, games, food etc. On the 9<sup>th</sup> we would like to go for a walk over to see the Parade, so we welcome all families and friends to join us to help make it big group walk.
- We are planning a Picnic to the Elk's Park again on September 21, 2017 (depends on the weather and air quality). We encourage families to join with us to help make it a larger group.
- September 17, 2017 we are planning to participate in Terry Fox Run Walk around Blackburn Park. We appreciate your participation and support.
- On September 14<sup>th</sup> we are doing a Staff Appreciation @ 10.30 am in the outside courtyard by the residents. We encourage all families and friends to join with us to give a big thanks to our staff.
- If you play a musical instrument, or know of someone who does please see Gloria in Recreation. We are looking for groups or individuals who would like to come to entertain the residents. Musical programs are usually one hour in length and vary from small to large group. We can adapt to fit your comfort levels.
- Please check the calendar and the posters for day and time changes of some of the recreational programs. All the above mentioned programs may vary on the weather. Yet, we will make sure to keep you up to date of any changes.

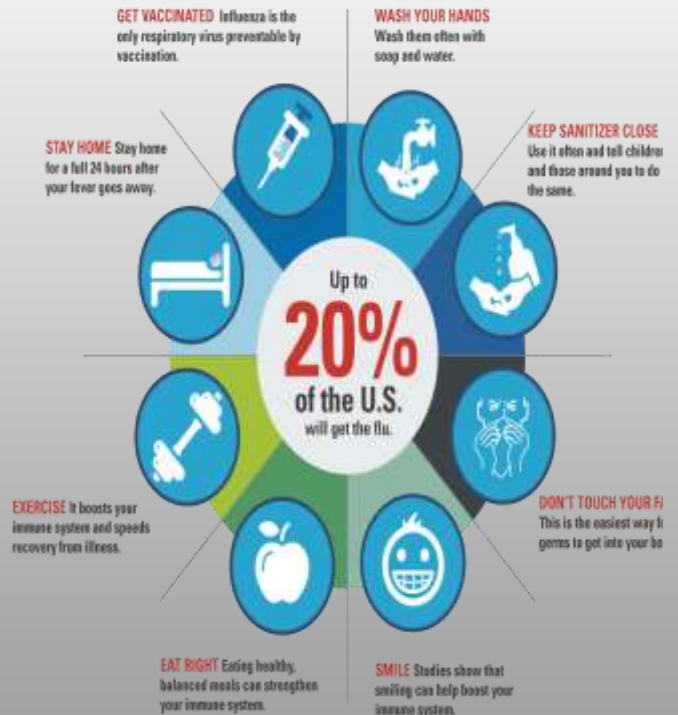
THANK YOU 😊😊😊

## IN REMEMBRANCE...

- Aiko N.
- Terezia B.

Please Note: We would like to introduce our new Foot Care Specialist Marilyn N. In to our facility. She has 12 years of experience with in her profession. She is very welcoming and looks forward to meeting everyone.

## FLU PREVENTION TIPS



PICCADILLY CARE CENTRE

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