

An Attitude of Gratitude

A thankful heart is a happy heart — it may sound cliché, but science says it's true. Making gratitude a regular habit boosts positive emotions and helps you be more resilient when dealing with life's challenges. These exercises in gratitude can lead to a happier you.

Keep a journal — A dedicated journal, in which you write down a few things you are thankful for each day, is a simple and effective tool for cultivating gratitude. Rereading past entries can offer a healthy perspective when you need an emotional boost.

Create a collage — Put together a collage of photos of friends and family members, as well as other items that bring you joy, such as a meaningful postcard or a wise saying from a fortune cookie. Place it where you'll see it every day as a visual reminder of the good things in your life.

Say "thank you" — Express your thanks when interacting with food servers, store clerks, medical staff and customer service employees. Send personal thank-you notes to people who've left lasting impressions.

Give back — Donating your time, skills and money to those in need gives you the chance to reflect on things you may take for granted. Helping others also increases your sense of purpose and overall well-being.

Gobbling Up Turkey for Thanksgiving

Chances are, on Thanksgiving Day, turkey will be on the menu for the holiday meal. How did this bird become the symbol for the day?

The Pilgrims of the Plymouth colony and local Wampanoag Indians marked the first Thanksgiving in 1621. Although written accounts of the food offered mention wild fowl, and turkeys were plentiful in the area, they likely weren't the focus of the spread then.

However, the Pilgrims' tradition of giving thanks for harvests became common, and in 1863, President Abraham Lincoln made Thanksgiving a national holiday. Magazine editor Sarah Josepha Hale had lobbied for such a day, and she wrote about New Englanders serving roast turkey for the festivities. Others then adopted the menu.

Historians point to the fact that turkey is native to North America and widely available across the U.S. The pick is also practical because a turkey can feed a large gathering of people. At the same time, turkey as a main dish on holidays and special occasions was reflected in popular books throughout the 19th century.

All this helped reinforce the turkey's image as a symbol of Thanksgiving, a celebration now nicknamed Turkey Day.



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NOVEMBER 2020

Stay Active in Autumn

As the calendar changes to a new month, let it inspire you to change up your exercise and activities routine. Turn over a new leaf with these options:

Go for a stroll: Take in the fall scenery where you live with a walk outdoors. Savor the fresh air, cooler temperatures and views of nature.

Take your pick: Get some exercise while walking through a farmers' market or local farm or orchard to pick fresh produce.

Warm up to a new workout: If the weather keeps you inside, try a new workout. Tai chi, yoga, dancing, and chair exercises are low-impact and don't require a lot of equipment or space.

Go digital: Older adults are growing fans of video games. Whether it's playing a virtual sport, an arcade game or word puzzles, digital gaming has been shown to provide cognitive and emotional benefits.

Get hands-on: Knitting, painting, woodcarving and other crafts can be both relaxing and engaging. Taking pride in your handiwork boosts self-confidence.

Preserving Veterans' Stories

With thousands of stories of service and sacrifice, the Veterans History Project preserves and shares the firsthand accounts of America's war veterans.

Created in 2000 by the U.S. Congress, the ongoing program is part of the American Folklife Center at the Library of Congress. The personal narratives of men and women who served in all branches of the military from World War I to present-day conflicts are being collected. Their memories help document history and provide a better understanding of the realities of war for future generations.

Veterans are encouraged to share their experiences by submitting video or audio interviews, written memoirs, letters, photos and other historical documents. Families of deceased veterans can also contribute.

To date, the project has collected 108,000 stories, making it the nation's largest archive of oral history of its kind. Some accounts have been digitized and are available for viewing online.

To learn more about the Veterans History Project and how to participate, visit LOC.gov/vets.



ASSISTED LIVING
AL# CRC-2083

NOVEMBER 2020

Locations

Activity Room,
Memory Care, ARMC
Outing, O

TV Room, Memory Care, TVMC

Villas, Upstairs
Gathering Place, VUGP
Villas, Dining Room, VDR

Birthdays

Venice Singletary, 19th
Benjamin Boyd, 21st
John Calhoun, 30th

“Thanksgiving just gets me all warm and tingly and all kinds of wonderful inside.”

—Willard Scott

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>DAYLIGHT SAVING TIME ENDS 1</p> <p>Practice Social Distancing</p> <p>10:30 Individual Snack Social</p> <p>11:00 TV Church Service, Chan 9, VUGP</p> <p>2:30 Afternoon Snack</p>	<p>2</p> <p>Practice Social Distancing</p> <p>9:45 Chair Yoga, VDR</p> <p>10:30 Individual Snack Social</p> <p>2:30 Afternoon Snack</p> <p>3:00 Bingo, VDR</p>	<p>ELECTION DAY 3</p> <p>Practice Social Distancing</p> <p>10:30 Individual Snack Social</p> <p>10:30 Country Drive w/Ramon, O</p> <p>2:00 Book Club, VUGP</p> <p>2:30 Afternoon Snack</p>	<p>4</p> <p>Practice Social Distancing</p> <p>10:30 Individual Snack Social</p> <p>10:30 Virtual Travel Greek Islands, VDR</p> <p>2:30 Afternoon Snack</p> <p>2:30 Dining Experience w/Phil, VDR</p> <p>3:00 Bingo, VDR</p>	<p>5</p> <p>Practice Social Distancing</p> <p>9:30 Chair Yoga, VDR</p> <p>10:30 Individual Snack Social</p> <p>1:30 Bible Study, VUGP</p> <p>2:30 Afternoon Snack</p>	<p>6</p> <p>Practice Social Distancing</p> <p>9:30 Some Good News: Self-Directed</p> <p>10:30 Individual Snack Social</p> <p>2:30 Afternoon Snack</p> <p>3:00 Bingo, VDR</p>	<p>7</p> <p>Practice Social Distancing</p> <p>10:30 Individual Snack Social</p> <p>2:30 Afternoon Snack</p> <p>6:00 Cinema Saturday, VUGP</p>	
<p>8</p> <p>Practice Social Distancing</p> <p>10:30 Individual Snack Social</p> <p>11:00 TV Church Service, Chan 9, VUGP</p> <p>2:30 Afternoon Snack</p>	<p>9</p> <p>Practice Social Distancing</p> <p>9:45 '50s Dance Party, VDR</p> <p>10:30 Individual Snack Social</p> <p>2:30 Afternoon Snack</p> <p>3:00 Bingo, VDR</p>	<p>10</p> <p>Practice Social Distancing</p> <p>9:30 Current Events: Self-Directed, VUGP</p> <p>10:30 Individual Snack Social</p> <p>2:00 Book Club, VUGP</p> <p>2:30 Afternoon Snack</p>	<p>VETERANS DAY 11</p> <p>Practice Social Distancing</p> <p>10:30 Individual Snack Social</p> <p>10:30 Spelling Bee, VDR</p> <p>2:30 Afternoon Snack</p> <p>2:30 Dining Experience w/Phil, VDR</p> <p>3:00 Bingo, VDR</p>	<p>12</p> <p>Practice Social Distancing</p> <p>10:30 Individual Snack Social</p> <p>11:00 Knitting Circle, VUGP</p> <p>1:30 Bible Study, VUGP</p> <p>2:30 Afternoon Snack</p>	<p>13</p> <p>Practice Social Distancing</p> <p>9:30 Some Good News: Self-Directed</p> <p>10:30 Individual Snack Social</p> <p>2:30 Afternoon Snack</p> <p>3:00 Bingo, VDR</p>	<p>14</p> <p>Practice Social Distancing</p> <p>10:30 Individual Snack Social</p> <p>2:30 Afternoon Snack</p> <p>6:00 Cinema Saturday, VUGP</p>	
<p>15</p> <p>Practice Social Distancing</p> <p>10:30 Individual Snack Social</p> <p>11:00 TV Church Service, Chan 9, VUGP</p> <p>2:30 Afternoon Snack</p>	<p>16</p> <p>Practice Social Distancing</p> <p>10:30 Individual Snack Social</p> <p>10:30 Trivia, VDR</p> <p>2:30 Afternoon Snack</p> <p>3:00 Bingo, VDR</p>	<p>17</p> <p>Practice Social Distancing</p> <p>9:30 Current Events: Self-Directed, VUGP</p> <p>10:30 Individual Snack Social</p> <p>10:30 Country Drive w/Ramon, O</p> <p>2:00 Book Club, VUGP</p> <p>2:30 Afternoon Snack</p>	<p>18</p> <p>Practice Social Distancing</p> <p>9:15 Morning Walk, O</p> <p>10:30 Individual Snack Social</p> <p>2:30 Afternoon Snack</p> <p>2:30 Dining Experience w/Phil, VDR</p> <p>3:00 Bingo, VDR</p>	<p>19</p> <p>Practice Social Distancing</p> <p>10:30 Individual Snack Social</p> <p>1:30 Bible Study, VUGP</p> <p>2:30 Afternoon Snack</p> <p>3:00 Zumba Class, VDR</p>	<p>20</p> <p>Practice Social Distancing</p> <p>9:30 Some Good News: Self-Directed</p> <p>10:30 Individual Snack Social</p> <p>2:30 Afternoon Snack</p> <p>3:00 Bingo, VDR</p>	<p>21</p> <p>Practice Social Distancing</p> <p>10:30 Individual Snack Social</p> <p>2:30 Afternoon Snack</p> <p>6:00 Cinema Saturday, VUGP</p>	
<p>22</p> <p>Practice Social Distancing</p> <p>10:30 Individual Snack Social</p> <p>11:00 TV Church Service, Chan 9, VUGP</p> <p>2:30 Afternoon Snack</p>	<p>23</p> <p>Practice Social Distancing</p> <p>9:30 Morning Drawing, VDR</p> <p>10:30 Individual Snack Social</p> <p>2:30 Afternoon Snack</p> <p>3:00 Bingo, VDR</p>	<p>24</p> <p>Practice Social Distancing</p> <p>9:30 Current Events: Self-Directed, VUGP</p> <p>10:30 Individual Snack Social</p> <p>2:00 Book Club, VUGP</p> <p>2:30 Afternoon Snack</p>	<p>25</p> <p>Practice Social Distancing</p> <p>10:00 Thanksgiving Centerpiece Making, VDR</p> <p>10:30 Individual Snack Social</p> <p>2:30 Afternoon Snack</p> <p>2:30 Dining Experience w/Phil, VDR</p> <p>3:00 Bingo, VDR</p>	<p>THANKSGIVING 26</p> <p>Practice Social Distancing</p> <p>10:30 Individual Snack Social</p> <p>1:30 Bible Study, VUGP</p> <p>2:30 Afternoon Snack</p>	<p>27</p> <p>Practice Social Distancing</p> <p>9:30 Some Good News: Self-Directed</p> <p>10:30 Individual Snack Social</p> <p>2:30 Afternoon Snack</p> <p>3:00 Bingo, VDR</p>	<p>28</p> <p>Practice Social Distancing</p> <p>10:30 Individual Snack Social</p> <p>2:30 Afternoon Snack</p> <p>6:00 Cinema Saturday, VUGP</p>	
<p>29</p> <p>Practice Social Distancing</p> <p>10:30 Individual Snack Social</p> <p>11:00 TV Church Service, Chan 9, VUGP</p> <p>2:30 Afternoon Snack</p>	<p>30</p> <p>Practice Social Distancing</p> <p>10:00 Town Hall Meeting, VDR</p> <p>10:30 Individual Snack Social</p> <p>2:30 Afternoon Snack</p> <p>3:00 Bingo, VDR</p>						