

## 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.

## Thanksgiving Favorites Across the Nation

If you look at the dinner tables across the country at Thanksgiving, it's unlikely you'll find any two feasts that are exactly the same. Every family has its own food traditions, but many homes in the same region enjoy similar holiday dishes.

**Ocean offerings:** Historians believe a variety of shellfish was abundant at the original Thanksgiving feast, and the tradition continues today in several regions. In New England, mussels are a popular side dish, as is oyster stuffing, a favorite in the South, too. And you just may find green bean salad with octopus on a holiday table in Hawaii.

**Corn of plenty:** Many New England tables feature corn on the cob as a nod to the first Thanksgiving, while corn casserole or corn pudding is commonly found in the Midwest. Southern cooks often serve cornbread dressing, which is made with blue cornmeal in Southwestern states.

**A berry good idea:** Fruit at Thanksgiving? It has to be cranberries. While jellied cranberry sauce from a can remains popular throughout the country, homemade versions take on distinguishing characteristics: Pure cranberry sauce is a staple in Western states, the Northeast is home to cranberry relish with citrus peel, and cranberry salad can be found in the South and Midwest.

**Praiseworthy pies:** Leave plenty of room on your plate for pie — nearly every region has its own specialty. Pumpkin pie is popular in most states, but in the South, sweet potato pie is king. Southerners also love their pecan pie, which is a favorite in the Midwest, too. Apple pie and Concord grape pie are enjoyed in the Northeast, and a Michigan dessert table isn't complete without cherry pie.



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NOVEMBER 2020

## Acres of Acorn Trivia

Tiny seeds that turn into mighty oak trees, acorns adorn many fall tables as a symbol of the season. When you see them scattered on the sidewalk or decorating a Thanksgiving centerpiece, tip your cap to these acorn facts:

- Though size and shape vary depending on the species of oak, acorns are generally round or oval nuts with a woody cap. When ripe, the green nuts turn brown and drop to the ground.
- An oak tree doesn't form acorns until it's about 20 years old. A tree that is 70 years old can yield thousands of acorns in one year.
- Most oak trees only produce acorns every two to three years.
- Animals that love eating acorns include squirrels, deer, mice and many types of birds, which depend on the nutrient-packed seeds for survival.
- People can eat acorns too, and they were a main source for many native tribes in North America.
- In folklore, acorns represent wealth and protection.

## 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](http://LOC.gov/vets).



**MEMORY CARE**

**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>10:30 Snack Time, ARMC 11:00 TV Church Service, Chan. 9, ARMC 1:30 Indoor Lawn Games, ARMC 2:30 Snack Time, ARMC</p>	<p>2</p> <p>9:30 Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Indoor Lawn Games, ARMC 2:30 Snack Time, ARMC</p>	<p>ELECTION DAY 3</p> <p>10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Puzzles and Games, ARMC 2:30 Snack Time, ARMC</p>	<p>4</p> <p>9:30 Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Read and Talk, TVMC 2:30 Snack Time, ARMC</p>	<p>5</p> <p>10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Arts and Crafts, ARMC 2:30 Snack Time, ARMC</p>	<p>6</p> <p>10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Afternoon Exercise, ARMC 2:30 Snack Time, ARMC</p>	<p>7</p> <p>10:30 Snack Time, ARMC 1:30 Indoor Lawn Games, ARMC 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC</p>
<p>8</p> <p>10:30 Snack Time, ARMC 11:00 TV Church Service, Chan. 9, ARMC 1:30 Indoor Lawn Games, ARMC 2:30 Snack Time, ARMC</p>	<p>9</p> <p>9:30 Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Indoor Lawn Games, ARMC 2:30 Snack Time, ARMC</p>	<p>10</p> <p>10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Puzzles and Games, ARMC 2:30 Snack Time, ARMC</p>	<p>VETERANS DAY 11</p> <p>9:30 Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Read and Talk, TVMC 2:30 Snack Time, ARMC</p>	<p>12</p> <p>10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 10:30 Country Drive w/Ramon, O 1:30 Arts and Crafts, ARMC 2:30 Snack Time, ARMC</p>	<p>13</p> <p>10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Afternoon Exercise, ARMC 2:30 Snack Time, ARMC</p>	<p>14</p> <p>10:30 Snack Time, ARMC 1:30 Indoor Lawn Games, ARMC 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC</p>
<p>15</p> <p>10:30 Snack Time, ARMC 11:00 TV Church Service, Chan. 9, ARMC 1:30 Indoor Lawn Games, ARMC 2:30 Snack Time, ARMC</p>	<p>16</p> <p>9:30 Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Indoor Lawn Games, ARMC 2:30 Snack Time, ARMC</p>	<p>17</p> <p>10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Puzzles and Games, ARMC 2:30 Snack Time, ARMC</p>	<p>18</p> <p>9:30 Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Read and Talk, TVMC 2:30 Snack Time, ARMC</p>	<p>19</p> <p>10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Arts and Crafts, ARMC 2:30 Snack Time, ARMC</p>	<p>20</p> <p>10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Afternoon Exercise, ARMC 2:30 Snack Time, ARMC</p>	<p>21</p> <p>10:30 Snack Time, ARMC 1:30 Indoor Lawn Games, ARMC 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC</p>
<p>22</p> <p>10:30 Snack Time, ARMC 11:00 TV Church Service, Chan. 9, ARMC 1:30 Indoor Lawn Games, ARMC 2:30 Snack Time, ARMC</p>	<p>23</p> <p>9:30 Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Indoor Lawn Games, ARMC 2:30 Snack Time, ARMC</p>	<p>24</p> <p>10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Puzzles and Games, ARMC 2:30 Snack Time, ARMC</p>	<p>25</p> <p>9:30 Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Read and Talk, TVMC 2:30 Snack Time, ARMC</p>	<p>THANKSGIVING 26</p> <p>10:30 Snack Time, ARMC 1:30 Arts and Crafts, ARMC 2:30 Snack Time, ARMC</p>	<p>27</p> <p>10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Afternoon Exercise, ARMC 2:30 Snack Time, ARMC</p>	<p>28</p> <p>10:30 Snack Time, ARMC 1:30 Indoor Lawn Games, ARMC 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC</p>
<p>29</p> <p>10:30 Snack Time, ARMC 11:00 TV Church Service, Chan. 9, ARMC 1:30 Indoor Lawn Games, ARMC 2:30 Snack Time, ARMC</p>	<p>30</p> <p>9:30 Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Indoor Lawn Games, ARMC 2:30 Snack Time, ARMC</p>					