

# Thanksgiving Traditions

Each year Americans in the United States celebrate the Thanksgiving holiday on the fourth Thursday of November. Most families follow traditions begun on the first Thanksgiving, but many have their own traditions that they follow each year. Here are some of the common traditions associated with Turkey Day.

## Travel

Most years, one of the best things about Thanksgiving is spending time with family. Many people live far from family members and travel long distances by car, train or plane to be with their loved ones. Thanksgiving is often one of the busiest travel days of the year!

## The Turkey Pardon

Each year at Thanksgiving, the president of the United States receives a gift of two live turkeys. At a White House ceremony, the president traditionally “pardons” the National Thanksgiving Turkeys so they can live on a farm.

## The Feast

Traditional foods are a large part of Thanksgiving celebrations. Many families include the entire family in the food preparation. Traditional foods include turkey, stuffing, gravy, sweet potatoes, cornbread, mashed potatoes and cranberry sauce. Many people serve pie for dessert at the end of the meal. Popular pie flavors are pumpkin, pecan, sweet potato and apple.

## The Wishbone

Some families include breaking the turkey’s wishbone as part of their celebration. The wishbone is found attached to the breast meat in the turkey’s chest. After the meat

has been removed and the wishbone has had a chance to become dry and brittle, two people each take one end of the bone, make a wish and pull. Whoever ends up with the larger part of the bone gets their wish!

## TV

Many families watch the New York City Macy’s Thanksgiving Day Parade, which includes marching bands, floats, songs and performances from Broadway musicals and giant helium-filled balloons! People like to watch football games — maybe your family likes to play one outside!

## Helping Others

Thanksgiving is a great time to help people who might not be as lucky as you. Some people volunteer to serve food at homeless shelters; others donate to shelters or participate in canned food drives.

## After the Meal

The food is eaten, the dishes are washed ... now it’s time to relax. Some families take bike rides, go on walks or take naps. Others play board or card games together.

## Fun Facts

- A ripe cranberry will bounce.
- All turkeys and chickens have wishbones.
- Abraham Lincoln declared a National Day of Thanksgiving in 1863.
- The first Macy’s Thanksgiving Day Parade was held in 1924.

Article adapted from National Geographic Magazine article on Thanksgiving.

# Celebrating the First Americans

Honoring the first people to live on our country’s soil, National Native American Heritage Month is observed throughout November, with Native American Heritage Day on the Friday after Thanksgiving. The month-long recognition was proclaimed by President George H.W. Bush in 1990.

The desire for a day to recognize the contributions of Native Americans dates back to the early 1900s. Dr. Arthur C. Parker, a Seneca tribe member and the director of the Rochester Museum of Arts and Sciences in New York, was a notable advocate for American Indian rights. Thanks to his efforts, the Boy Scouts of America set aside a day for the “First Americans” from 1912 to 1915.

Formal observances for an American Indian Day occurred in several states throughout the 20th century. The first federal recognition was in 1976, when President Gerald Ford declared a Native American Awareness Week in October.

Each year during November, various tribes, museums, parks and schools hold activities and exhibits to pay tribute to Indigenous ancestry, traditions and culture.

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NOVEMBER 2021

## Hello From the Administrator

May your Thanksgiving be filled with love, laughter, remembrances of good times with family and friends. From our Harbison Shores family to yours, have a magical Thanksgiving. The gift of family and friends is precious.

*Elaine Till*  
Executive Director



## Staff Spotlight

Congratulations to our Employee of the Month — Shi’Quan Stanley!



## How Friends Keep Us Happy and Healthy

Friends laugh with us when things are good and give us support when we are down. They accept us as we are and want only our friendship in return. Besides the warmth and camaraderie that these special relationships provide, research shows they benefit our health, too.

The link between friendship and mental well-being is clear. Friends help reduce stress by offering a listening ear during challenging times. Spending time with a friend, especially when having fun such as playing a game or watching a movie, can provide a welcome distraction from negative thoughts and worries.

Friends can provide the motivation and support we may need to improve ourselves and our health by breaking bad habits and embracing good ones. They also give us a sense of belonging and acceptance, which can boost happiness and increase our self-worth—a natural antidote for depression and loneliness.

Additionally, studies have found that people in strong friendships have lower blood pressure, heart rate and cholesterol, lowering the risk of disease.



**MEMORY CARE**
**NOVEMBER 2021**
**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

John Calhoun, 30th

“Say thanks every night with a full heart. Each day is a precious gift to be savored and used.”

— Regina Brett

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 9:15 Zumba Fitness, TVMC 10:15 Learning the Shag, TVMC 10:30 Snack Time, ARMC 1:30 Devotional Discussion, TVMC 2:30 Snack Time, ARMC 2:30 Baking Club, ARMC	9:15 Zumba Fitness, TVMC 10:15 Learning the Shag, TVMC 10:30 Snack Time, ARMC 1:30 Devotional Discussion, TVMC 2:30 Snack Time, ARMC 2:30 Baking Club, ARMC	<b>ELECTION DAY</b> 9:15 Soothing Yoga, ARMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Bingo, ARMC 2:30 Snack Time, ARMC 3:00 Handbells and Hymns, ARMC	9:15 Balloon Tennis, ARMC 10:30 Snack Time, ARMC 1:30 Puzzles and Card Games, TVMC 2:00 Oceans of Education: Learning about the Sea, ARMC 2:30 Snack Time, ARMC 3:30 Bible Study, TVMC	9:15 Zumba Fitness, TVMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Bingo, ARMC 2:00 Greats of the Westerns: Stars and Stories, ARMC 2:30 Snack Time, ARMC	9:15 Balloon Tennis, ARMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Afternoon Team Sports, ARMC 2:30 Snack Time, ARMC	9:15 Dance Exercise, ARMC 10:30 Snack Time, ARMC 1:00 History of Pirates, TVMC 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC
<b>DAYLIGHT SAVING TIME ENDS</b> 9:15 Soothing Yoga, ARMC 10:30 Snack Time, ARMC 11:00 Virtual Church Service, ARMC 1:30 Summertime Carnival, TVMC 2:30 Snack Time, ARMC	9:15 Zumba Fitness, TVMC 10:15 Learning the Shag, TVMC 10:30 Snack Time, ARMC 1:30 Devotional Discussion, TVMC 2:30 Snack Time, ARMC 2:30 Baking Club, ARMC	9:15 Soothing Yoga, ARMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Bingo, ARMC 2:30 Snack Time, ARMC 3:00 Handbells and Hymns, ARMC	9:15 Balloon Tennis, ARMC 10:30 Snack Time, ARMC 1:30 Puzzles and Card Games, TVMC 2:00 Oceans of Education: Learning about the Sea, ARMC 2:30 Snack Time, ARMC 3:30 Bible Study, TVMC	<b>VETERANS DAY</b> 9:15 Zumba Fitness, TVMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Bingo, ARMC 2:00 Greats of the Westerns: Stars and Stories, ARMC 2:30 Snack Time, ARMC	9:15 Balloon Tennis, ARMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Afternoon Team Sports, ARMC 2:30 Snack Time, ARMC	9:15 Dance Exercise, ARMC 10:30 Snack Time, ARMC 1:00 History of Pirates, TVMC 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC
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