

# Arboretum Nursing and Rehabilitation Center of Winnie

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## Administrative Team

Kayla Rose - Administrator  
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Joanna Adams - BOM  
Gloria Avalos - Dietary Manager  
Tonya Vines - BOM in Training  
Mary Henize- Admissions  
Gwen Joseph - Medical Records  
Amy Stewart - Activity Director  
Sherryal Anderson - Social Worker  
Veronica Martinez - Environmental  
Jodie Cammack - Maintenance Supervisor

## Popcorn Pick: 'The Great Escape'

A review in Variety magazine called this World War II classic a movie that "entertains, captivates, thrills and stirs." The 1963 adventure-drama is based on the true account of a massive Allied breakout from an "escape-proof" German prison camp. While under the noses of their captors, the prisoners meticulously plot to smuggle out 250 men using three tunnels. The all-star cast includes Richard Attenborough, James Garner, Charles Bronson and Steve McQueen, whose memorable motorcycle escape scene has become part of cinematic history.

## November 2016



## Favorite Fall Flower

A Chinese philosopher advised, "If you would be happy for a lifetime, grow chrysanthemums." The flower of November has brought delight since it was first introduced to America in Colonial times, becoming the nation's favorite fall flower and among the most widely grown potted plants. Popular for their wide variety of colors and blooms, mums are a familiar seasonal decoration and often used as homecoming corsages.

## Watch Your Step

The autumn foliage is a colorful sight, but it can also create a fall hazard when combined with the season's rainy, cold weather. Be mindful that walkways can become slick surfaces when they fill up with wet leaves.

## Cinnamon Switch

Craving a cup of coffee, but not the extra calories from cream and sugar? Sprinkle some cinnamon in your cup instead. This substitution can save up to 70 calories; plus, the sweet spice has been shown to lower blood sugar and harmful triglyceride levels.

## The Lowdown on Elections

Every four years, Americans head to the polls in November to cast ballots for the nation's president.

Late fall was historically considered a good time for elections because the harvest was mostly over and winter weather hadn't set in yet. The days varied, however, until 1845, when Congress set the first Tuesday after the first Monday in November as the day for presidential elections.

Enjoy these additional facts about elections:

- Prior to 1804, the presidential candidate who received the second-highest number of electoral votes was named the vice president.
- The only bachelor elected president was James Buchanan.
- John F. Kennedy was the youngest elected U.S. president at 43. Ronald Reagan was the oldest at 73.
- The only president and vice president not elected to either office was Gerald Ford. He became vice president after Spiro Agnew resigned and became president when Richard Nixon resigned.
- American astronauts on the International Space Station can vote via secure email.



## A Slice of Pie History

Pies, with their sweet fillings and flaky crusts, are popular desserts at Thanksgiving dinner, but pie hasn't always been the dish we know today.

Dating back to ancient civilizations, the first pies were filled with meat, fish and other savory foods. Crusts, made from various grains, were created to hold the filling, but not eaten. The Greeks were the first to combine flour and water to make a pastry shell.

Historians say pie made its way to England in the 12th century, where it was called *pye*. Beef, lamb and duck often made up the filling, held together by a thick, inedible crust. At royal banquets, "surprise pies" were used for entertainment: Live frogs, rabbits, birds and even people were encased in baked pastry and emerged when the crust was cut open.

English settlers brought their meat pies to Colonial America. Colonists later used berries and other fruits to make sweet pies.

As pioneers moved to the West, new pie recipes were created using regional foods. Then the 20th-century innovations of shortening, canned fillings and ready-made crusts made pie-making easier.

## Global Thanksgiving Traditions

With its historical nod to the 1621 feast between the Pilgrim settlers and American Indians, as well as a focus on food, football and shopping, it may seem that Thanksgiving is a holiday unique to the United States. But several other countries partake in similar festivities.

*Korea.* This Asian nation celebrates Chuseok on the 15th day of the eighth month of the lunar calendar, in September or October. Koreans use this time to honor and give thanks to their ancestors. The main dish is *songpyeon*, half-moon-shaped rice cakes with various fillings.

*Germany.* Areas of Austria and Switzerland join Germany in celebrating Erntedankfest, usually in early October. The centerpiece of the holiday is the *Erntekrone*, or "harvest crown," made of grains, flowers and fruit. Parades, music and church services round out the festivities.

*Ghana.* The Homowo festival takes place each August in the Accra region of this African country. The joyous occasion commemorates the Ga people's historical victory over famine, when they "hooted at hunger" (the translation of the word *homowo*).





## A Quick Guide to Charitable Giving

Giving is a huge aspect of the holiday season, and many people use this time of year to extend their generosity to charities. But it can be tricky to navigate the vast number of nonprofit groups. Follow these tips to determine where your donated dollars should go.

*Get the facts.* No matter how you first hear of a charity, before you give any money, visit its website to gather crucial information, including its exact name, address and telephone number; its mission; and how funds are distributed.

*Resist pressure.* Reputable charities will not rely on

heartbreaking stories to pressure you into donating. Instead, they should focus on the specific work their group is doing. Simply say no if you feel suspicious or uncomfortable. And when an organization sends you a free gift, you don't have to return the favor.

*Don't respond to cold calls.*

Some charities hire telemarketers to solicit donations. If you're interested in the charity, ask for information to be mailed to you.

*Never send cash.* Dropping a few coins in a donation jar is OK, but for larger contributions, send a check or use a credit card. Unlike cash, these methods are traceable.



## Army vs. Navy: America's Game

The annual Army-Navy football game, known as "America's Game," kicked off as a simple challenge back in the late 1800s, but remains today as one of the greatest rivalries in sports.

The first gridiron matchup between the Army Black Knights of the U.S. Military Academy at West Point, N.Y., and the Navy Midshipmen of the U.S. Naval Academy at Annapolis, Md.,

took place Nov. 29, 1890, after Navy issued a challenge to Army's newly formed football team. Navy won that first meeting with a score of 24-0.

Except for a few occasions, the two service academies have squared off annually since 1899, traditionally on the second Saturday in December. Because crowds for the game are so large, the game is held at a neutral host stadium.

Along with the intense rivalry, the game is known for its traditions, such as the pre-game March On, where the Army's Corps of Cadets and the Navy's Brigade of Midshipmen march in formation across the field to take their seats.

## Wit & Wisdom

"I am grateful for what I am and have. My thanksgiving is perpetual."

—Henry David Thoreau

"If you are really thankful, what do you do? You share."

—W. Clement Stone

"Best of all is it to preserve everything in a pure, still heart, and let there be for every pulse a thanksgiving, and for every breath a song."

—Konrad von Gesner

"If a fellow isn't thankful for what he's got, he isn't likely to be thankful for what he's going to get."

—Frank A. Clark

"Gratitude is the inward feeling of kindness received.

Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse."

—Henry Van Dyke

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."

—Oprah Winfrey

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."

—William Arthur Ward



**"Then & Now"**

## Flight Highlights

From the Wright brothers' first flight in 1903 to the thousands of planes that crisscross the globe today, air travel has soared to new heights. Cruise through these milestones of the past century.

<b>Year</b>	<b>Air Travel Milestone</b>
1914	The first passenger airline offers service from St. Petersburg to Tampa, Fla.
1930	Nurse Ellen Church is hired as the first female flight attendant.
1952	The de Havilland Comet, the first commercial jetliner, is introduced.
1961	TWA debuts regular in-flight movie service.
1970	The Boeing 747 makes its first commercial flight.
1976	Concorde jets take off with supersonic passenger service.
1981	A frequent flier program is offered by American Airlines.
1995	Alaska Airlines is the first carrier to sell tickets over the internet.
2003	Internet service begins on flights.
2007	The Airbus A380 becomes the world's largest passenger jet.

## "This Month In History"

### NOVEMBER

**1800:** Congress holds its first session in the partially completed U.S. Capitol building.

**1872:** Suffragist Susan B. Anthony is fined for voting in the presidential election.

**1919:** President Woodrow Wilson declares the first Armistice Day. It would later become a federal holiday and its name changed to Veterans Day.

**1927:** Linking New York City and New Jersey under the Hudson River, the Holland Tunnel opens to the public.

**1939:** The cornerstone is laid for the Jefferson Memorial in Washington, D.C.

**1947:** Business tycoon and aviator Howard Hughes flies his massive wooden airplane, the Spruce Goose, over California's Long Beach Harbor. It would be the aircraft's only flight.

**1955:** Muppets creator Jim Henson registers the copyright for Kermit the Frog.

**1969:** Apollo 12 completes NASA's second manned mission to the moon.

**1982:** Michael Jackson's album "Thriller" is released. It stands as the best-selling album of all time.

**1995:** The national maximum speed limit of 55 mph is repealed, allowing individual states to set their own speed limits.

**2004:** Condoleezza Rice is nominated to be secretary of state by President George W. Bush. She was the first African-American woman to serve in the Cabinet position.

**2007:** Amazon introduces the Kindle, a portable electronic device for downloading and reading digital books. It sold out in five hours.