



November 2011

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THE VILLAGE ON PHEASANT RIDGE



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Give Gifts to Last a Lifetime

Sometimes the best gifts are free. If you'd like to do something special for a loved one this holiday season, consider sharing your experiences. Have you perfected the greatest chocolate chip cookie recipe? Write it on a pretty note card and pass it along. Do you have a trick for tying the perfect tie every time? Show someone! Do you know the secret to a rewarding marriage? Reveal your wisdom to younger lovebirds. Gifts of good sense cost nothing and last a lifetime.

Positive Thought

"Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same." —Francesca Reigler

Memory Tip

"Chunking" is a technique that makes a long list of numbers or other information easier to remember by dividing it into smaller bits. We already do this with phone numbers, breaking up 10 digits with hyphens to make them more mentally manageable.



Thankful Thoughts

Here's to friends, family, good food and fun!

Drugs Can Trigger Depression

Depression is a side effect of many prescription drugs. Taking multiple medications increases the risk. Older adults are more susceptible to drug-related depression because as we age, our bodies become less efficient at metabolizing medications. If you become depressed after starting a new drug, tell your doctor, who may be able to adjust your dose or prescribe a different medication.

A Figure of Speech

Phrase: Close, but no cigar.
Meaning: To just miss the mark and gain nothing.
Origin: This phrase dates to the mid-20th century, when cigars were a popular prize for winning fairground games.



Laugh Lines

Feast your funny bone on these Thanksgiving riddles:

Q. If the Pilgrims were alive today, what would they be most famous for?

A. Their age.

Q. Why should you keep your eye off the turkey dressing?

A. Because it might make him blush.

Q. How can you tell a male turkey from a female turkey?

A. The male is holding the remote control.

Q. What is your favorite thing to make for Thanksgiving dinner?

A. Reservations.

Q. Can a turkey jump higher than the Empire State Building?

A. Yes. A building can't jump at all.

Q. Why do turkeys go "gobble, gobble?"

A. Because they never learned good table manners.

Q. What kind of music did the Pilgrims like?

A. Plymouth Rock.



Grandma to Grandma

"Mommy blogs" have picked up popularity in recent years. Women around the world seek advice from one another as they bond over the problems and pleasures of parenting. But what about grandmas? As seniors become more tech-savvy, grandmothers are boldly venturing into cyberspace—imparting wisdom, forging friendships and bragging about their incredible grandkids.

Would you like to share your stories but have never blogged before? Several websites offer tutorials on the basics of blogging. One of them, *TheNanaBlogs.com*, provides a starting point for grandmothers new to

blogging, with tips on setting up, writing posts and creating a custom look. The site suggests ideas for blog topics such as hobbies, fun and affordable activities with grandchildren, reviews and humor.

Besides telling your own tales, you can click on links to other blogs and learn how women across the globe navigate the world of grandparenting. Blogging also keeps you connected with far-flung friends and family. Once you start posting, give your loved ones the web address and they can start reading and commenting on your writings.

Welcome to a whole new way of "clicking" with your children and grandchildren!



A Thanksgiving of Activities

This is a month to reflect on all the blessings of our lives, living here at The Village. We are blessed with our spiritual needs being met at the Sunday services with Randy and the Tuesday Bible studies with Alwyn; Blessed to be allowed to vote on Nov. 8; Blessed with good meals here and outings, such as mystery lunch trips; Blessed to have events right here

to make life a little more enjoyable and meaningful, such as a Frank Sinatra impersonator coming on Nov. 9; Blessed by and thankful for our veterans, whom we will honor on Nov. 11; Blessed to be able to go see wonderful musicals such as A Wohlfahrt Haus Christmas on Nov. 18; and Blessed to be able to gather around our tables with family and friends at Thanksgiving and give thanks on Nov. 24. Check your November activity calendar for more blessings coming your way. What a wonderful time of the year.

May you be blessed and thankful during this upcoming holiday season.



September Slides



Our Mystery Lunch trip took us to Tuggles Gap on the Parkway. It wasn't that impressive on the outside, but the food made up for that. It was delicious.



Dig in. One resident was so excited about the desserts that she ordered her dessert before she ordered her meal.



We were stuffed but happy.



Reasons to Be Thankful

- **When was the first Thanksgiving celebration?** Fall 1621 by the Plymouth Pilgrims.
- **What was the reason for holding a Thanksgiving celebration?** Thankfulness. Less than a year after the first Pilgrims (known as Puritans) landed on Plymouth Rock, only half of the original hundred or so passengers were still alive. (Of these, only four were adult women, and almost 40 percent were children.) The survivors, thankful to still be alive, decided to prepare a feast.
- **Who invited the neighboring Wampanoag Indian tribe to the first Thanksgiving?** Governor William Bradford. He invited the tribe—from which about 90 attended—because they had taught the Pilgrims to cultivate the land, making it possible for them to survive.
- **How long did the first Thanksgiving celebration last?** Three days with games as well as food.
- **Which president proclaimed the first "National Day of Thanksgiving"?** George Washington.
- **Who wanted to make the turkey the national bird of the United States of America?** Benjamin Franklin, but he was opposed by Thomas Jefferson. Legend has it that Franklin then named the male turkey a "tom turkey" to spite Jefferson. (The female is a "hen turkey," and the baby is a "poult.")
- **What beverage did the Puritans bring with them on the Mayflower?** Beer.



Wit & Wisdom

"The willingness of America's veterans to sacrifice for our country has earned them our lasting gratitude."
—Jeff Miller



"How important it is for us to recognize and celebrate our heroes and she-roes!"
—Maya Angelou

"It doesn't take a hero to order men into battle. It takes a hero to be one of those men who goes into battle."
—Norman Schwarzkopf

"True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost."
—Arthur Ashe

"I think there is one higher office than president, and I would call that patriot."
—Gary Hart

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 Turn Clocks Back <i>Daylight Saving Time Ends Tonight So Turn Clocks Back One Hour</i>
6	7	8	9	10 Veterans Day	11	12
13	14 	15	16	17	18	19
20	21	22	23	24 Thanksgiving	25	26
27	28	29	30			

"This Month In History" November

1800: President John Adams and his family move into the newly completed White House.

1848: The first medical school solely for women opens in Boston.

1859: Charles Darwin's "On the Origin of Species" is published, selling out quickly.

1906: S.O.S. is adopted as the standard distress signal at sea.

1922: Archaeologist Howard Carter discovers the tomb of child king Tutankhamun more than 3,000 years after King Tut's death.

1931: Irma Rombauer self-publishes America's all-purpose cookbook, "The Joy of Cooking."

1939: Work on the first presidential library begins on New York land donated by President Franklin D. Roosevelt.

1951: Telephone area codes get people talking long distance.

1963: Push-button telephones ring into service as an alternative to rotary-dial phones.

1969: Via a string of local educational TV shows, public television airs across America.

1983: Microsoft releases its computer operating system, Windows.

1989: L. Douglas Wilder of Virginia becomes the first African-American governor elected in the United States.

2000: The International Space Station is inhabited by humans for the first time with the arrival of one American and two Russians.