

FAIRVIEW NEWS

BEST
NURSING HOMES

USNews
& WORLD REPORT

2016 - 2017



Center For Medicare and Medicaid Services

5 Star Facility Rating

NOVEMBER, 2017

The Latest Fairview News,
Announcements, Special
Event Dates & much more.





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THE FRONT EDITOR

Dear readers, welcome to the month of NOVEMBER!

In this issue, you will find many interesting articles and information regarding our incredible program. Fairview Nursing Care Center is a 24-hour rehabilitation and nursing care facility located in the heart of Forest Hills, New York. Our dedicated team provides skilled nursing and outpatient rehab care to adults and seniors in the region. We focus our services on restoring individual independence in our residents, using specifically tailored plans to help them develop skills essential for complete rehabilitation.

With our top quality clinical services, exceptional rehabilitation activities and award-winning recreation therapy program – we aim to restore physical independence to our Nursing Home residents one patient at a time. We provide a warm atmosphere for health, wellness and superior care.

Avi Pleshtiyev

Fairview Rehabilitation & Nursing Care Center offers excellent services to individuals coming from an acute-care setting. We also put a special emphasis on reducing the number of hospital re-admits through our unique Re-Hospitalization Prevention Program.

Our Forest Hills based rehabilitation center is equipped with the latest technology that is used by our physical therapists, occupational therapists and speech therapists to restore patients' basic motor skills and the ability to perform daily activities.

We are very passionate about providing the best care achievable for our patients. Their high-quality care and comfort is our main priority. Contact us or visit our facility to become part of the Fairview Family.



Contact Our Admissions Office Today!

718-263-4600 Extension: 218



Thanksgiving Dinner

Please RSVP by 11/20/17

EVERYONE IS WELCOME

WE'RE ON THE WEB
WWW.fairviewrehab.com

A Note from The Desk of the Administrator - Ms. Bein

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What is teamwork? There are several ways to define teamwork. As the French say *esprit de corps*. This means a sense of unity, of enthusiasm for common interests and responsibilities, as developed among a group of persons closely associated in a task, cause, enterprise, etc. Teamwork can be likened to two compounds, almost essential to modern life. It's the glue which keeps a team together, a bond which promotes strength, unity, reliability and support. Teamwork is also the oil that makes the team work. It can enable smoother movement towards targets, can prolong forward momentum, and can help teams to overcome obstacles. Teamwork has the potential to underpin so much of what is valuable in work. In fact, the benefits to be gained from teamwork synergies are essential for the effective management of resources.

Why is Teamwork Important?

1. Creates synergy – where the sum is greater than the parts.
2. Supports a more empowered way of working, removing constraints which may prevent someone doing their job properly.
3. Promotes flatter and leaner structures, with less hierarchy.
4. Encourages multi-disciplinary work where teams cut across organizational divides.
5. Fosters flexibility and responsiveness, especially the ability to respond to change.
6. Pleases customers who like working with good teams (sometimes the customer may be part of the team).
7. Promotes the sense of achievement, equity and camaraderie, essential for a motivated workplace.
8. When managed properly, teamwork is a better way to work!

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**Director of Nursing
Nadene Lewis-McCook, RN, MSN.**

Dear Team,
Welcome to the month of November, where most Americans celebrate the gift of Thanksgiving. Happy Thanksgiving to all of you and I wish you continuous blessings and favor in the months and years ahead.

In our dynamic workplace, we have the privilege to work with different talents and skills required to meet the ever-changing health care system. On November 28, 2017 there will be numerous changes made to the regulations that govern our facility. In the upcoming weeks and after, you will recognize more in-services and enforcement of strict guidelines. These systems are being enforced so that we can transform our facility into a competitive advantage in the healthcare marketplace. One of those enforcements will be handwashing! Please invest in hand moisturizers to keep your hands soft from the constant cleansing. Infection control is everyone's responsibility. Another will be documentation especially for A/I's.



“Education is the most powerful weapon which you can use to change the world.”

- Nelson Mandela

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The nursing profession demands that we possess leadership and management skills paralleled with evidence base knowledge to enhance our delivery systems and produce positive patient/resident outcomes. Continuous education is mandatory for this to occur, and will be an important component of our culture change here at Fairview. We look forward to interacting with you in these sessions, and creating a phenomenal learning environment.

NURSING DEPARTMENT HIGHLIGHTS

Congratulations to our “Frontline Employee” for the month of November:

- **Ana-Kay Henriques, LPN** who was reported by her Registered Nursing Supervisor Diane DiSalvo, MSN for going above and beyond for her residents/patients and staff. Ms. Henriques, we appreciate and celebrate you. Keep up the great dedication to the nursing profession. You are awesome!
- **Yvonne Inting, RN** for embracing new responsibilities and exhibiting increased proficiency in her critical thinking skills. Ms. Inting, we celebrate and appreciate you for your willingness to learn and evolve as a Registered Professional Nurse. You are awesome!

Sending “Get Well Soon” wishes to our co-workers who are out on FMLA/MLOA. We wish you a speedy recovery back to good health.

We welcome all our new employees to our Fairview Team, and wish you a long professional journey with us.

See you in the classroom and on the units!

Warm Regards,



Nadene Lewis - McCook, RN, MSN.

Your #1 Fan



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Flu Season Ahead **GET YOUR FLU SHOT**

Immunizing strengthens 5 generations!

Schedule your Appointment Today in the Nursing Office if you are unable to make our Wednesday Clinic on the 4th floor.



Hello everyone,
This is your Nurse Educator/ICP. Flu season for 2017-2018 is here. Please come and have your flu vaccine, it saves lives. The facility consists of 368 employees and many of them have taken the vaccine without any reported side effects. According to the Centers for disease Control (CDC) mild side effect from the flu shot include soreness, redness or swelling at the injection site, low-grade fever and aches. Only 1-2 percent of people who get the flu shot will have fever as a side effect.

Fairview Nursing Care Center Provides The Flu Vaccine To All Residents, Employees and Contractors.

Please think about your children (in 2016-17 flu season: 77 pediatric flu deaths through April 15) grandmother, grandfather, mother, father the people you work around. Please protect them and yourself by taking the flu vaccine.

Please bear in mind all declinations for the flu vaccine mandates the wearing of a mask during the flu season. Strict surveillance and monitoring will be implemented for compliance with mask protocol. Your compliance is mandatory.





OCCUPATIONAL THERAPY



Our Occupational Therapy Program in Fairview Nursing Care Center is a treatment that involves helping residents live more independently and productive lives by incorporating meaningful activities to promote participation in everyday life. It is focused on improving life skills which can lead to better quality of life.

Our occupational therapists work with residents after they have been affected by illness, memory loss or injury. They are often elder-care advocates, working to help seniors maintain their independence. One of their most important roles is promoting self-reliance among their patients. This means helping them overcome their physical challenges or limitations, enabling them to return to a normal life at home where they may continue activities of daily living (ADLs), including

cooking, feeding themselves, dressing and grooming. Occupational therapy for seniors takes a somewhat unique stance by focusing on what the person can do. Occupational therapy is also key during the early stages of memory loss. Therapists are trained to assess a patient's cognitive ability and use behavioral modification to help address change in their personalities. Occupational therapists can also help adapt a patient's home for safety, allowing them to maximize their remaining skills to help them maintain their independence. They also educate the family caregivers and connect them with support groups. In later stages of memory loss, the therapist can focus on simplifying activities or providing sensory stimulation like soothing music to help improve quality of life. Occupational therapy, while beneficial to those of all ages, is especially helpful to seniors who are regularly faced with physical, mental or psychological challenges. Therapists collaborate with both the senior and their caregivers to ensure a plan is set that works for everyone and allows all involved to reach their own individual goals.

8 WAYS TO MAKE A GOOD FIRST IMPRESSION

Director of Psychotherapy & Communications
Avi Pleshtiyev, LMSW



Avi Pleshtiyev, LMSW

The first seven seconds in which you meet somebody, is when you'll make a "first impression." So, whether it's for an event, a business meeting, or any other professional setting, you have to act quickly in order to make the proper first impression. If you're not quick-witted or well-versed in certain subjects, you can still make a great impression. Just focus on the other person. This in turn will take the pressure off you. However, avoid interrogating a new acquaintance. If you're jittery, control movements such as leg twitching. And remember to speak slowly, nervousness makes us talk too fast.

Here Are Some Important Tips:

Introductions

You want your first seven seconds with somebody to be productive, so it's great to throw in a verbal introduction as you meet with people. Even something as basic as "great to meet you." If you have a hard time remembering names, the intro is a great place to reinforce the name of the person you just met. It doesn't have to be too involved: when your contact says, "Hi, I'm Amelia," reply with a simple, "Great to meet you, Amelia. I'm Jonah," instead of just saying, "Hi, I'm Jonah," in response.

The Right Handshake

A handshake is accepted internationally as a professional sign of politeness. A proper handshake can convey confidence. You want to walk the line between a squeeze that comes across as incredibly tight and the dreaded weakling.

Smile

"Be yourself" is solid first-impression advice from cognitive scientists and self-help gurus alike. But it's worth suppressing a bad mood when you meet someone new. While you know you are just experiencing a momentary state, a new acquaintance will take you for a full-time complainer. A bad mood will bring the other person down too, it's a contagion effect. Try to start off well, and then share what's bothering you. Facial expressions are very important when it comes to making a good first impression. While smiling is important, you probably don't want to have a cheesy and inauthentic grin plastered across your face. Smile too widely and it's going to look like you're covering up nervousness. Or you might come across as arrogant. Even a small grin can go a long way. Not only does smiling make others feel more comfortable around you, but it also decreases stress hormones that can negatively impact your health. Smiling is highly correlated with longevity. Since the need to make a positive first impression can increase your stress level, smiling is a way to take the edge off.

The Power of Eyes - Make Eye Contact

If you want to get to know a stranger, break with body language conventions by catching his/her eye for more than a second. When you first meet someone, focus on your eye contact, your smile and your posture. Looking someone in the eye conveys that you are confident and interested in what they have to say.

FACT



WITHIN **7** SECONDS...

...the person you've just met has formed a judgement of who you are based on the first impression.

"What do I want someone to **remember** about me?"

"How do I want to be **perceived**?"



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In Western countries like the U.S., eye contact shows respect to the person you're meeting with. It also conveys a sense of interest in the conversation; likewise, looking away too much will make you appear distracted. Like with most things, it's a good idea to not overdo it; if you don't take breaks now and again, your eye contact could be viewed as staring, which has negative connotations.

Get in Sync Using Body Language

Adjusting your posture, voice, words and gestures to match those of a new acquaintance is critical because we are attracted to others who are just like us. People respond when you speak at their pace. To establish an instant rapport, mirror your new friend's head nods and tilts. One interesting thing about human psychology: most of us instinctively mirror each other's body language. Think about how infectious a yawn is in a group of people. A smile between friends is contagious, too. In fact, there's a neuron that affects the part of the brain responsible for recognizing faces and reading facial expressions. This neuron causes the "mirroring" reaction. So, when another person sees you smiling, the neuron fires and causes them to smile in response. Mirroring goes both ways; if you pick up on and reflect back the non-verbal cues of the person you're speaking with, it sends a non-verbal message that you feel what they feel. Research shows that people who experience the same emotions are likely to experience mutual trust, connection and understanding. Mirroring body language is a non-verbal way of saying "we have something in common." When people say that someone gives off good energy, they're not just indulging in some New Age beliefs; they're describing mirroring and other synchronous behaviors they're not consciously aware of.

Fluffing Feathers

People like to be flattered. Even if they suspect you are brownnosing, they still like it. But use flattery carefully. Focus on the other person's accomplishments or achievements. This works best when a person believes you don't say ingratiating things to just anyone.

Speak Clearly

Many people have wonderful things to say but don't speak with any confidence. Unfortunately, that's a great way to wind up getting overlooked. You want to be able to portray yourself in a positive light and give whomever you're meeting a reason to listen to you. Don't overcorrect and get too loud, either. Studies have indicated that those who talk in a deeper voice, and more calmly, are taken more seriously.

The Do-Over

You arrive at a party fuming over a parking ticket. A cheery guest introduces him/herself, but you brush him/her off and head for the bar. You've made a bad impression, but you can recover if you demonstrate self-awareness. Pull him/her aside and say, "I wasn't myself earlier. Show your sense of humor: I see you met my evil twin." And remember to cut others slack if they make a bad impression on you

Healthy sleep



•&• BEDTIME HABITS SLEEP HYGIENE & PSYCHOLOGICAL SERVICES



Meet Dr. McHugh, our consulting psychologist. She works for a company called CHE Senior Psychological Services. She provides psychological services at Fairview and other nursing home and rehabilitation centers throughout NYC. Psychologists provide non-medical therapeutic interventions such as psychotherapy and coping skills training. Dr. McHugh provides psychotherapy to our residents covering a wide range of clinical issues including, but not limited to, adjustment to medical and psychosocial stressors, nonmedicinal pain management, sleep hygiene, and mood regulation (i.e. feelings of depression, anxiety and anger). Fairview also has a consulting psychiatrist who provides psychiatric medication management. If you feel you may benefit from these services, please let your charge unit nurse know!

Why Is Sleep So Important?

We all know a good night sleep is important, but do you know why? Below are a list of some of the ways you may benefit from sleep. Some of them may surprise you.

1. **Better health** - Multiple studies have linked insufficient sleep with some serious health problems, such as heart disease, heart attacks, diabetes, and obesity.
2. **Less pain** - If you have chronic or acute pain, getting enough sleep may actually make you hurt less. Many studies have shown a link between sleep loss and lower pain threshold. Unfortunately, being in pain can make it hard to sleep. If pain is keeping you up at night, talk to our staff about pain management and also request a referral for psychological services
3. **Lower risk of injury** - Sleeping enough might actually keep you safer. Sleep deprivation contributes to major and minor disasters in a number of ways, such as decreased focus, reduced sustained attention, slowed processing speed, and slowed response rate. Since many residents are here for rehabilitation, it is especially important to reduce risk of further injury such as falls! If you feel you have difficulty concentrating or are a fall risk, psychological services may be able to help by improving sleep hygiene and attention-training interventions.
4. **Better mood** - Getting enough sleep won't guarantee a sunny disposition, but you have probably noticed that when you're exhausted, you also feel emotionally drained. That's not just your imagination. Not getting enough sleep actually effects your brains ability to regulate emotions. When you're overtired, you're more likely to snap at people, or become tearful. Psychological services are available to teach coping skills for mood regulation and anger management.
5. **Weight Control** - Getting enough sleep could help you maintain your weight -- and conversely, sleep loss goes along with an increased risk of weight gain. Why? Part of the problem is behavioral. If you're overtired, you might be less likely to have the energy to exercise, and you may be more likely to seek "comfort foods" (chips, cookies, etc.) as opposed to the nutritious foods your body needs (especially when you're recovering from illness and injury). The other part is physiological. The hormone leptin plays a key role in making you feel full. When you don't get enough sleep, leptin levels drop. Result: people who are tired are just plain hungrier -- and they seem to crave high-fat and high-calorie foods specifically.

zzz

SLEEP
BETTER.FEEL
BETTER.

6. Clearer thinking - Have you ever woken up after a bad night's sleep, feeling fuzzy and easily confused, like your brain can't get out of first gear? Sleep loss impairs your cognition, your attention, and your decision-making. Studies have found that people who are sleep-deprived are substantially worse at solving logic or math problems than when they're well-rested. This may play out in your daily activities such as feeling unusually forgetful, having difficulty making decisions, and misplacing items.

7. Better memory - Feeling forgetful? Sleep loss could be to blame. Studies have shown that while we sleep, our brains process and consolidate our memories from the day. If you don't get enough sleep, it seems like those memories might not get stored correctly -- and can be lost. What's more, some research suggests that sleep decreases the chances of developing false memories. In several experiments, people were asked to look over a series of words. Later they were tested on what they remembered. People who didn't sleep in between were much more likely to "remember" a word that they hadn't actually seen before! Psychological services can also incorporate compensatory metacognitive coping strategies ("memory tricks") to address your specific concerns.

8. Stronger immunity - Multiple studies connect getting consistent, high quality sleep with decreased likelihood of contracting some illnesses such as the common cold virus.

What Can I Do To Get Better Sleep?

So what constitutes "good sleep hygiene?" Ideally, it is recommended adult get CONSISTENT 7-9 hours of uninterrupted sleep per night. This means going to bed and waking up at the same time, every time. Ha! Right now you're probably rolling your eyes and shaking your head. Of course, the reality is, most of us don't. We deal with a multitude of barriers to "good sleep hygiene." Residents are trying to adjust to a new environment, new sounds, roommates, not to mention the added barriers of pain, injury, medications, changes in mood and diet. Many of our staff work on shifts where consistent sleep patterns are next to impossible to sustain.

Hopefully after reading the list above, you see why sleep is so important for your recovery and your general health. Even if the ideal sleep schedule seems out of reach, we encourage you to review the following sleep hygiene tips to try to improve your current sleep practices as much as possible. The psychologist is also available to help you evaluate your particular barriers to sleep and provide coping skills and staff consultation to remove those barriers as much as possible!

SLEEP HYGIENE

“Your future
depends
on your dreams
So go to SLEEP”

BY:

Dr. McHugh



meaning, definition, explanation...

- **Avoid Napping** - Avoid napping during the day. It can disturb the normal pattern of sleep and wakefulness. Please take advantage of the extensive recreation calendar to keep yourself awake during the day!
- **Avoid Stimulants** - Avoid stimulants such as caffeine, nicotine, and alcohol too close to bedtime. Don't forget sneaky caffeine (looking at you, chocolate). Many people erroneously believe alcohol helps them fall asleep. While it may help you fall asleep, it disrupts sleep in the second half as the body begins to metabolize the alcohol, causing arousal and eventually insomnia. Smoking: changes your circadian rhythm, ruining your changes for a restful nights sleep, and increasing risk of depression, anxiety and various mood disorders which also impede sleep; increased risk of sleep apnea which has other serious and potentially life-threatening effects; increased difficulty falling and staying asleep; and, increased risk of developing insomnia. Your medical team and psychologist are available to help you with smoking cessation interventions.
- **Exercise** - Exercise can promote good sleep. Exercise should be taken in the morning or late afternoon. For our residents who are not on a physical therapy program or who feel their exercise options are limited, there are a number of alternatives available through recreational and psychological services such as seated yoga, seated exercise, drum circle, and progressive muscle relaxation. These can be done under safe supervision and can help initiate a restful night's sleep.
- **Food** - Food can be disruptive right before sleep. Stay away from large meals close to bedtime. Also, dietary changes can cause sleep problems, if someone is struggling with a sleep problem, it's not a good time to start experimenting with spicy dishes.

- **Natural Light** - Ensure adequate exposure to natural light. Light exposure helps maintain a healthy sleep-wake cycle. Take advantage of our beautiful outdoor patio space! Visitors can accompany you outside, recreation has activities on the patio, and psychological services can be conducted on the patio weather permitting.
- **Electronics** - Turn off your electronics!!! Many people use electronics (especially TV and cell phones) as a “way to fall asleep at night.” This is one of the worse things you can do for sleep hygiene. As your brain revs up, its electrical activity increases and neurons start to race -- the exact opposite of what should be happening before sleep. A second reason has to do with your body: The physical act of responding to an email or Facebook post makes your body tense. As you get stressed, your body can go into a “fight or flight” response, and as a result, cortisol, a stress hormone produced by the adrenal gland, is released, creating a situation hardly conducive to sleep. The “glow” from electronics pass through the retina into a part of the hypothalamus (the area of the brain that controls several sleep activities) and delay the release of the sleep-inducing hormone, melatonin. All-together, our wired way of winding down at night means we’re sleeping less and less. As you stay up later on a consistent basis, you readjust your internal clock, and delayed sleep phase syndrome sets in. Now, your body physically can’t fall asleep until that new, set time, whether it’s midnight or 2 a.m.
- **Bedtime Routine** - Establish a regular relaxing bedtime routine. Instead of using TV or phones to fall asleep, try creating a routine that does not involve electronics, that is relaxing, and that you do EVERY NIGHT before bed. Try to avoid emotionally upsetting conversations and activities before trying to go to sleep. Don't dwell on, or bring your problems to bed. The psychologist has a wide range of pre-bedtime psychotherapeutic and relaxation interventions you can incorporate into your nighttime routine to improve sleep.
- **Associate** - Associate your bed with sleep. It's not a good idea to use your bed to watch TV, listen to the radio, or read. This is especially difficult in a facility where your bed is often used as a dining room, living room, office and bed! We encourage residents to spend as much time as possible out of the room and only use your bed for relaxing activities and sleep.
- **Environment** - Make sure that the sleep environment is pleasant and relaxing. The bed should be comfortable, the room should not be too hot or cold, or too bright. This can be a real challenge when you are sharing a room. People’s ideals vary tremendously, and we understand it can be difficult to strike compromise on things that are so individualized such as preferred temperature, light, how far the curtains should be drawn, how late and how late the TV should be on, etc. The staff try to accommodate resident’s preferences to the best of their ability. Kindly let the staff know if you’re having difficulty creating a comfortable room environment and they will do their best to help!

SAY NO TO TOBACCO



John F. MacKay, L.C.S.W.
Director of Social Services.

Smoking Tabaco such as cigarettes, cigars and pipes can be a very hard habit to break. In our world today, it is a well-known fact that Tabaco products are bad for human health and are known to be full of carcinogens. Did you know that one cigarette can contain up to 4,000 different chemicals? 43 of them are known carcinogens and 400 contain other toxins.

The Fairview staff recognize that other options should be available for smokers who wish to quit. In the coming months Fairview will be instituting a smoking cessation program for those people who are interested in taking the step to a smoke free life.

On the 1st and 3rd Friday of each month, all smokers will be reminded of several options available to help them quit smoking. The options include nicotine replacement therapy such as the nicotine patch and Nicorette gum. Psychological therapy can also be helpful in quitting and we have services in this area that are available as well. Medications are also available to help people with the cravings and feelings associated with quitting.

Quitting smoking is not easy but it is a great benefit to any smoker's health to become smoke free. The Fairview Team is here to help anyone begin and maintain the path to a smoke free and healthier life.



THERAPUTIC RECREATION ACTIVITIES

Hello my name is Rose. Let me tell you a little bit about myself. I have been working at Fairview Nursing Care Center for the past fifteen years as a recreational leader. It has been quite an adventure to say the least. I have created so many special memories with the staff and residents, memories that I will cherish forever.

Throughout the past fifteen years, I have spent holidays with the residents and staff and it brought us closer and united us like one big happy family. I have learned so much about each resident and found that everyone is unique in their own special way. Every day I come to work I am inspired in one way or another. I find the elderly population have both a wealth of knowledge and wisdom that they are always willing to share. Finally, I would recommend volunteering and/or working at this facility, because It has given me a wealth of experience I will carry on with me for the rest of my life.





International Stress Awareness Day

National Stress Awareness Day

National Stress Awareness Day is observed annually on the first Wednesday in November. This is a day to identify and reduce the stress factors in your life.

Stress:

We all have it, and how we handle it can make all the difference. Stress management can be a powerful tool for wellness, since too much stress is bad for you. There are many strategies, and one of them includes what you eat. Foods can cut levels of cortisol and adrenaline, which are stress hormones that take a toll on the body over time. A healthy diet can help decrease the impact of stress by boosting up the immune system and lowering blood pressure. Do you know which foods are stress busters?



Nella Shaulov, RD
Chief Clinical Registered Dietitian

All carbs prompt the brain to make more serotonin. For a steady supply of this feel-good chemical, it's best to eat complex carbs, which take longer to digest. Good choices include whole-grain breads, pastas, and breakfast cereals, including old-fashioned oatmeal. Complex carbs can also help you feel balanced by stabilizing blood sugar levels.

Oranges make the list for their wealth of vitamin C. Studies suggest this vitamin can decrease levels of stress hormones while strengthening the immune system.

Too little magnesium may trigger headaches and fatigue, which may affect level of stress. Green, leafy vegetables, cooked soybeans and salmon, are high in magnesium.

Almonds are helpful vitamins: vitamin E to boost the immune system, plus B vitamins, which may make you more resilient during periods of stress or depression. To get the benefits, snack on a quarter of a cup every day.

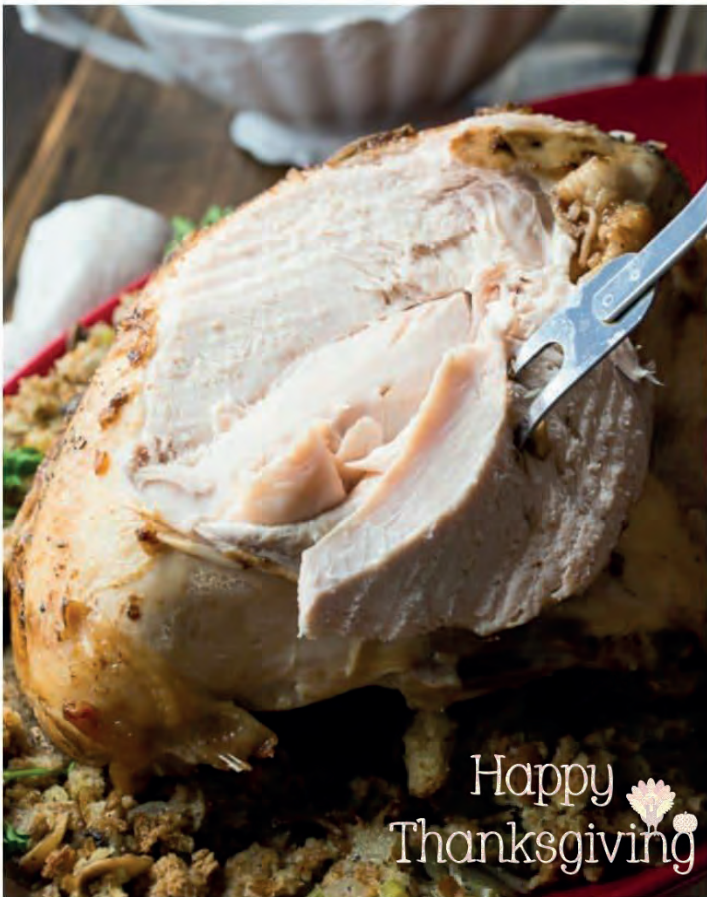
There are many herbal supplements that fight stress. One of the best studied is St. John's wort, which has shown benefits for people with mild to moderate depression.

An important non- dietary stress relief strategy is to start exercising. Aerobic exercise boosts oxygen circulation and spurs your body to make feel-good chemicals called endorphins. Aim for 30 minutes of aerobic exercise three to four times a week.

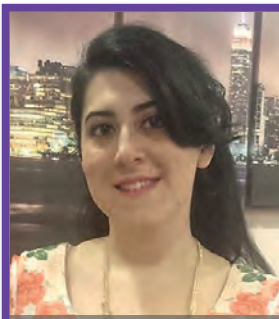
Stay Healthy!



STUFFED TURKEY



Happy Thanksgiving



Sonya Shamalov
Dietitian Assistant

HAPPY NOVEMBER!

With Thanksgiving around the corner, it can be pretty intimidating to cook up an entire meal for the family. Here is a quick and easy recipe for a delicious Thanksgiving turkey with stuffing.

16

Ingredients:

- 1 (10 to 12-pound) turkey, with giblets removed
- 1-quart chicken broth
- 2 ounces dried mushrooms
- 1 cup chopped onion
- 1 cup chopped celery
- 1 tablespoon vegetable oil, plus extra for rubbing on turkey
- 1 tablespoon kosher salt, plus extra for seasoning turkey
- 3 cups Challah bread, cut into 1/2-inch cubes (from approximately 4 to 5 slices)
- 4 ounces unsweetened dried cherries, approximately 1 cup
- 2 ounces chopped pecans, approximately 1/2 cup
- 2 whole eggs, beaten
- 2 teaspoons dried rubbed sage
- 2 teaspoons dried parsley
- 1/2 teaspoon freshly ground black pepper, plus extra for seasoning chicken

Directions:

1. Special equipment: 1 re-usable organic cotton produce bag*
2. Preheat the oven to 400 degrees F.
3. Place the turkey into a deep, high-sided bowl on its end with the stuffing end up. Set aside.
4. Heat the chicken broth in the microwave in a large microwave-proof container. Place mushrooms in a glass bowl and pour heated broth over them. Cover and allow to sit for 35 minutes.
5. In a large mixing bowl toss the onion, celery, and green pepper with the oil and salt. Place the vegetables on a sheet pan and roast for 35 minutes. During the last 10 minutes of cooking, spread the cubed bread over the vegetables, return to the oven, and continue cooking.
6. Drain mushrooms, reserving 1 cup of liquid. Chop the mushrooms and place in a large microwave-proof bowl with the vegetables and bread, reserved chicken stock, cherries, pecans, eggs, sage, parsley and black pepper. Stir well in order to break up pieces of bread. Use your hands to combine, if necessary. Heat the stuffing in a microwave on high power for 6 minutes.
7. While the stuffing is heating, rub the bird with oil. Working quickly, place the stuffing into the cavity of the turkey to avoid losing heat. Place the turkey into a roasting pan, on a rack, and season with salt and pepper. Place the roasting pan on the middle rack of the oven. Roast for 45 minutes and then reduce the heat to 350 degrees F and cook for another 60 to 75 minutes or until the bird reaches an internal temperature of 170 degrees F. Serve Immediately & Enjoy!

17 Gobble Gobble, Happy November!

Thanksgiving is my favorite holiday. Why? Because there are so many delicious dishes served! Here are a couple of my favorite thanksgiving dish recipes for you to try out for yourself.



Christina Chan
Dietetic Intern Student

Ingredients:

- 6 cups chicken stock
- 1 ½ tsp salt
- 4 cups pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ cup heavy whipped cream
- 5 whole black peppercorns

Directions:

- Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered.
- Puree the soup in small batches (1 cup at a time) using a food processor or blender.
- Return to pan and bring to boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

SPICED
Pumpkin
SOUP





Brussel Sprouts

18

Ingredients:

- 1 ½ pounds Brussel Sprouts, ends trimmed and yellow leaves removed
- 3 Tbsp. olive oil
- 1 tsp kosher salt
- ½ tsp freshly ground black pepper

Directions:

- 1) Preheat oven to 400 degrees F.
- 2) Place trimmed Brussel Sprouts, olive oil, kosher salt, and pepper in resealable plastic bag. Seal tightly, and shake to coat. Pour onto a baking sheet and place on center oven rack.
- 3) Roast in the oven for 30-45 minutes, shaking pan every 5-7 minutes for even browning. Reduce heat when necessary to prevent burning. Brussel sprouts should be darkest brown, almost black, when done. Adjust seasoning with kosher salt, if necessary. Serve immediately.



Pecan Pie

Ingredients:

- 3 eggs
- 1 cup brown sugar
- 1 Tbsp. all-purpose flour
- 1 cup corn syrup
- 2 Tbsp. butter
- 1 tsp vanilla extract
- 1 ½ cups pecans
- 1 (9 inch) unbaked pie shell

Directions:

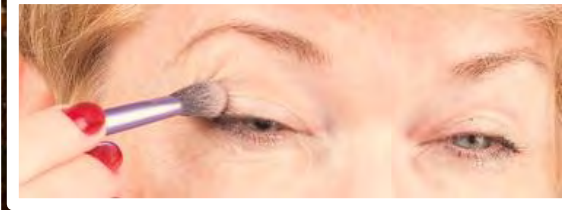
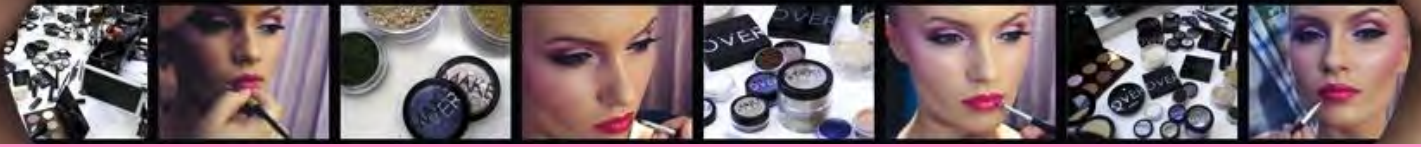
1. Preheat oven to 350 degrees F. Place pie shell in a 9-inch pie pan.
2. In a medium bowl, gently beat eggs. Stir in sugar and flour, then the syrup, butter and vanilla. Fold in pecans. Pour mixture into pie shell. Bake for 50 to 60 minutes; knife inserted in center of pie should come out clean.

MAKE OVER

Beauty Beyond Rules



your beauty
**MAKE
OVER**
starts now





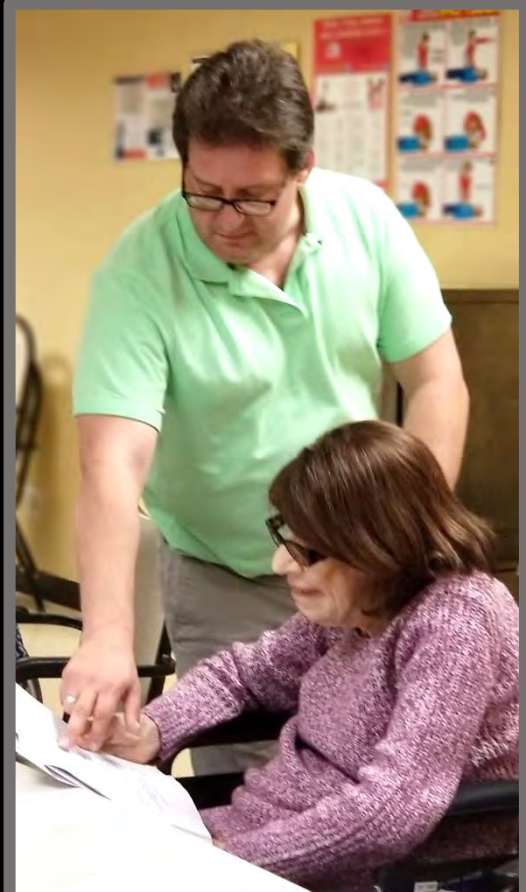
LAW & ORDER

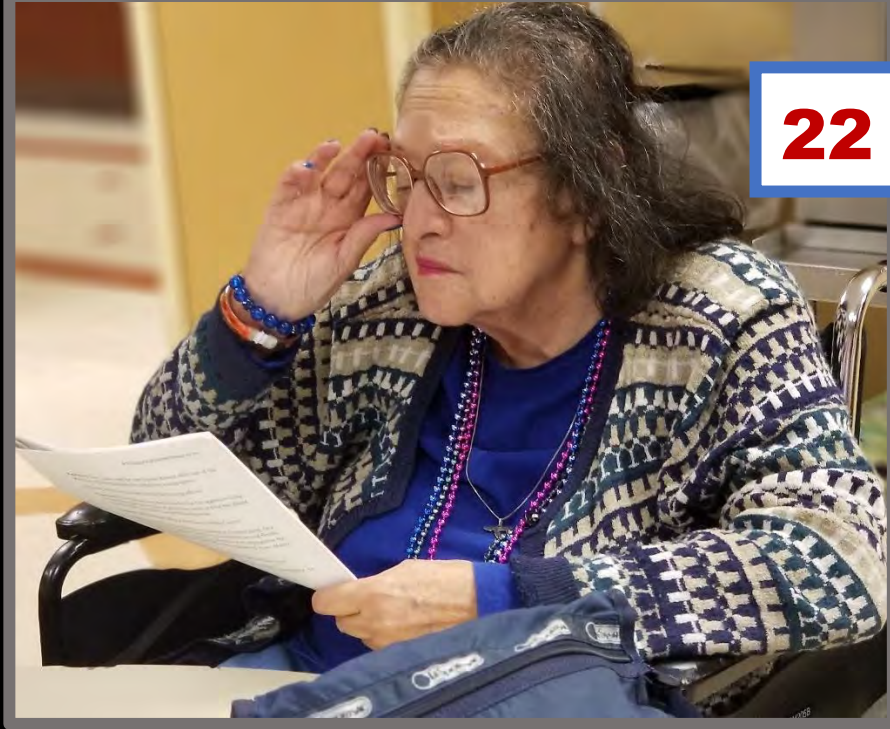


The ***Law and Order*** program facilitated by ***Aytan Adler*** and the Fairview recreation staff, is based on reenactments and transcripts of actual cases in which participants assume different roles in a courtroom trial setting. It evokes memories of past episodes of “Perry Mason” and “Matlock.”

Law and Order has been immensely successful in Fairview because it is so entertaining and interactive. It was amazing to watch how the Fairview residents played the parts of various interesting characters.

The ***Law and Order*** program has been a positive addition to our activities schedule. Please be sure to view the calendar for upcoming dates.





A CHANCE TO BE A STAR

Lights! Camera!

ACTION



Therapy Dog Sophie

Animal Assisted Therapy

A therapist with a wagging tail...



Sophie, CTD
Certified Therapy Dog

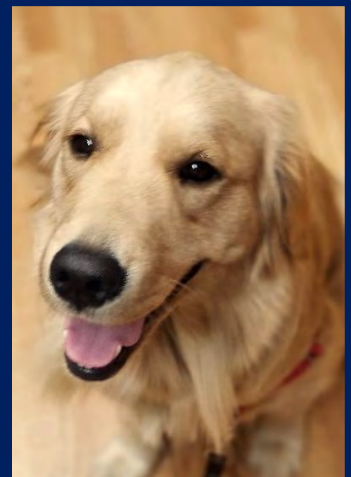
Hi Friends! It's me, your furry friend Sophie.

What an incredible month we had. I enjoyed visiting all my friends at Fairview and listening to your interesting stories. Thank you for all the belly rubs and yummy treats. I had a blast showing off some tricks and dancing to the music with my Master Avi during the therapeutic recreation activities.

I know thanksgiving is right around the corner and I can't wait for the delicious turkey and pumpkin leftovers. It's my favorite time of year. I would like to take this opportunity to wish everyone a happy thanksgiving and mention that I am so glad I am not a turkey. What a nightmare that would be!

Be well and stay warm!







TIKI



Hi again! Tiki here!

I hope everyone had a fun Halloween & enjoyed the costumes! Dressing up was kind of fun, I just hope all the spots come off. I spent Halloween night dressed up and answering the door with Kelly... I should have ignored them all because I kept hearing them say 'treat', but they never gave me any! Tao was really disappointed too, he even did his high five tricks for some kids. I really figured someone would have a treat for us, but no such luck.

Thanksgiving is right around the corner, time to reflect on the good things in our life, all the things we are thankful for. I know I am thankful for having my family - Kelly, Tom & Tao, as well as all the friends I have made here at Fairview, my Fairview family. Kelly and I will be out for a few days in the November but rest assured I'll be back!

See you soon! Happy Thanksgiving!

XOXO,

Tiki



Meet Charlie The Mini Rex

Therapy Bunny

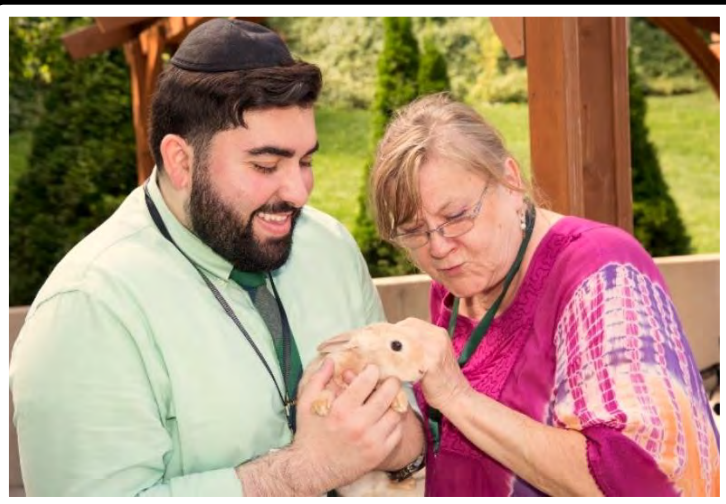


Charlie is a Mini Rex Bunny born in Long Island on July 16, 2017. He is the perfect size for residents to handle, weighing a total of 4 pounds. His tranquil personality makes him a great addition to our therapy team. Charlie has a coat that is smooth and velvetlike. The first time you touch a Mini Rex there is no mistaking their coats. They are one of the most plush and luxurious coats one can touch. Mini Rex are undeniably one of the softest, cutest, small bunnies available, which accounts for their popularity. There is something wonderful that happens when our residents stroke that soft, plush fur and take in that cute little expression. It's bunny therapy!

Another winning aspect of the Mini Rex is the breed's appealingly sweet disposition, which further cements this rabbit's excellence as a therapy pet. The breed has a very even temperament and enjoys being gently handled. It has been found that compared to some of the other rabbit breeds, Mini Rex rabbits seem to be calmer when being handled. Most Mini Rex enjoy the attention of humans and will eagerly come to the front of their cage to have their face and ears gently rubbed.

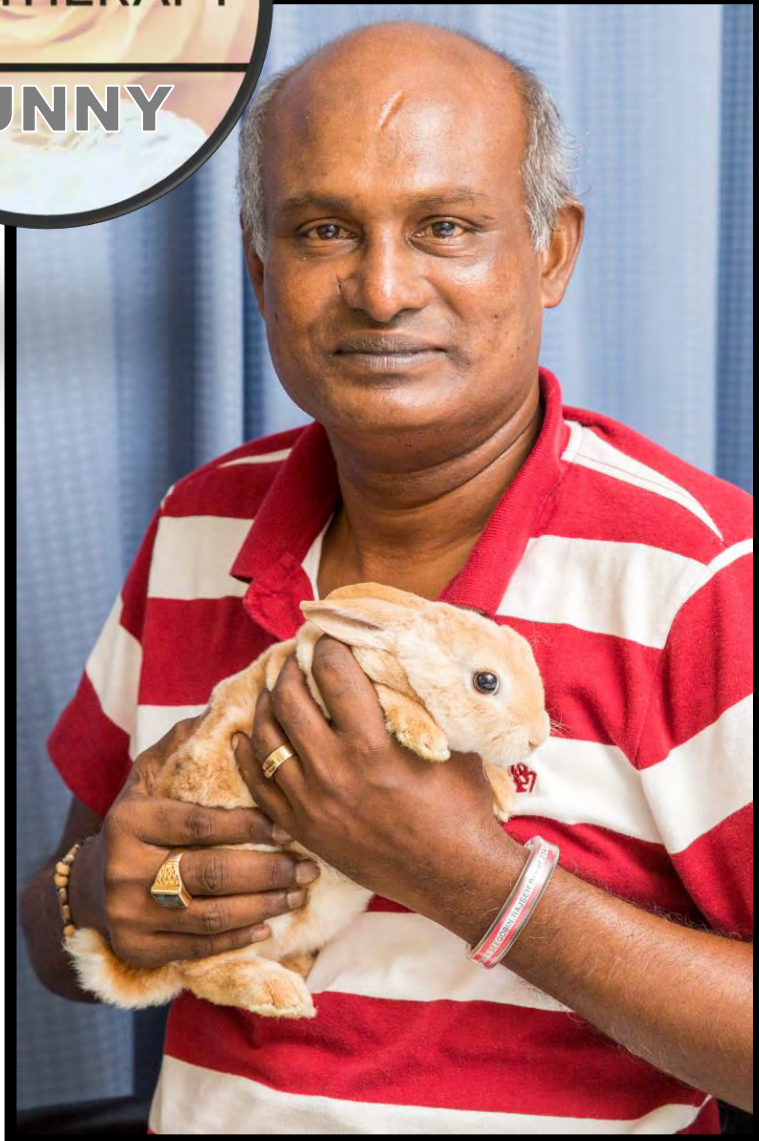
So, when you combine their endearing personalities, their superbly soft coats, and their appealing size, it's easy to see why a bunny like Charlie is the perfect friend to all.

If you're looking for emotional support, look no further - you've come to the right place. Anyone can benefit from the unique animal-to-human bond.





CHARLIE
PET THERAPY
BUNNY



**USE A MUFFIN TIN TO SERVE
CONDIMENTS AT A BBQ**



**(IT WILL ALSO HELP YOU CUT
DOWN ON DISH WASHING)**

Bounce batteries to see if their good or bad. Drop them on a table from about 6 inches. If they give one small bounce and fall right over, their good. If they bounce around around any more than that, they're dead or on the way out.



Use a rubberband to keep a door from latching.



Does your dorm smell bad? Tape a dryer sheet over the AC unit and turn it on.



Take a picture of business cards people hand you, just in case you lose it.

**PUT PANCAKE MIX IN A
KETCHUP BOTTLE FOR A NO-
MESS EXPERIENCE**




LIFEHACKS
TO MAKE
Your Life
Awesome

Before you throw away a post-it, run it between the keys on your keyboard to collect crumbs and fluff.



Tie a small piece of bright-colored fabric to your luggage. Saves a lot of time to check if its your bag or not.

**LIFE
HACKS**

**NEED AN INEXPENSIVE COOKBOOK
HOLDER?**

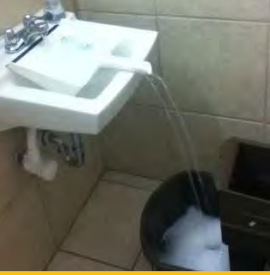


TRY A PANTS HANGER

**CLEAN OUT AN OLD LOTION BOTTLE FOR
YOUR BEACH BAG AND PUT YOUR PHONE,
MONEY, AND KEYS IN IT FOR
SAFER KEEPING AT THE BEACH**



USE A (CLEAN) DUSTPAN TO
FILL A CONTAINER THAT
DONT FIT IN THE SINK





Wrap a wet paper towel around your beverage and put it in the freezer. In about 15 minutes it will be almost completely ice cold



USE A HANGING SHOE RACK TO STORE CLEANING SUPPLIES (AND KEEP THEM AWAY FROM THE KIDS)



CUT OPEN TOILET PAPER ROLLS AND USE AS A CUFF TO SAVE YOUR WRAPPING PAPER AND KEEP IT FROM UNROLLING



Put old newspaper at the bottom of your bin to absorb food juices.



When ironing a button-up shirt, flip it inside-out to easily iron over the button side.



To remove the stem from strawberries, use a straw



Take pictures of friends holding items you've lent them with your iPhone, so you will remember down the road.

TIPS
tricks &
LIFE HACKS



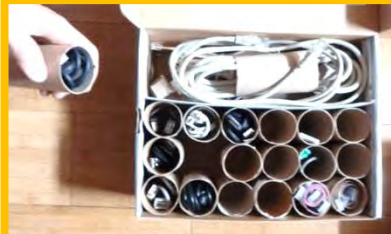
USE NAIL POLISH TO IDENTIFY DIFFERENT KEYS



PLACE A RUBBER BAND AROUND AN OPEN PAINT CAN TO WIPE YOUR BRUSH ON, AND KEEP PAINT OFF THE SIDE OF THE CAN



For iced coffee and iced cappuccino's, use frozen coffee cubes to ensure the drink doesn't get watered down!



Sick of having a box full of tangled cords?



Use paper clips to organize your cables

TIME TO Get Inspired



A Sports Star

Once, a young school boy was caught in a fire accident in his school and was assumed that he would not live. His mother was told that he was sure to die, for the terrible fire had devastated the lower half of his body. Even if he were to survive, he would be a cripple throughout his life.

But the brave boy did not want to die nor did he want to be a cripple. Much to be the amazement of the doctor, he did survive. But unfortunately, from his waist down, he had no motor ability. His thin legs just dangled there, lifeless. Ultimately, he was discharged from the hospital. But his determination to walk was indomitable.

At home, when he was not in bed, he was confined to a wheelchair. One day, he threw himself from the chair and pulled himself across the grass, dragging his legs behind him. He reached the picket fence, raised himself up and then stake by stake, he began dragging himself along the fence, his resolve to walk undeterred. He did this every day, with faith in himself that he would be able to walk unaided. With his iron persistence and his resolute determination, he did develop the ability to stand up, then to walk haltingly, then to walk by himself and then to run.

He began to walk to school, then run to school, to run for the sheer joy of running. Later in college he made the track team. In February 1934, in New York City's famed Madison Square Garden, this young man who was not expected to survive, who would surely never walk, who could never hope to run – this determined young man, Dr. Glenn Cunningham, ran the world's fastest mile. An epitome of the power of positive thinking and faith in one's self, Glenn Cunningham continues to be an inspiration for many, and his story, a brilliant testimony to how one can bounce back even when all odds are stacked against one, to the extent that death seemed the preferable option.

Get Inspired

Continued...

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An Entrepreneur

Little Cris had a troubled childhood, his parents separated, and his stepfather was physically abusive to his mother and siblings. His mother was falsely convicted twice because of his stepfather's allegations. Because they had no one to take care of them, he, along with his siblings, had to stay in a foster home at the age of 8.

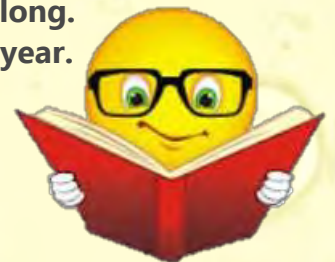
His first marriage failed partly due to his choice of opting out of a medical career and because he cheated on his wife. Not only did he fail miserably at his job as a medical equipment salesman, but his girlfriend also deserted him due to his deteriorating financial conditions. Homeless, he stayed with his son at motels, parks, airports and once even in a public toilet.

He toiled incessantly at a brokerage firm during the daytime, stood in long queues so as to sleep under a roof at night. After passing the licensing exam in 1982, he became a full-time employee of Dean Witter. He established his own brokerage firm Gardner Rich & Co. in 1987, in which he owns 75% of the stock. He sold a small stake in Gardener Rich in 2006 in a multi-million-dollar deal.

He is none other than Chris Gardner, the C.E.O and founder of Christopher Gardner International Holdings – with offices in San Francisco, New York, and Chicago. His life was portrayed in a Hollywood film – The Pursuit of Happiness – which not only went on to be a blockbuster, but was also loved by audiences worldwide.

FUN FACTS

1. The average person spends 6 months of their lifetime waiting on a red light to turn green.
2. You burn more calories sleeping than you do watching television.
3. McDonalds calls frequent buyers of their food "heavy users."
4. There are more lifeforms living on your skin than there are people on the planet.
5. Southern sea otters have flaps of skin under their forelegs that act as pockets. When diving, they use these pouches to store rocks and food.
6. In 1386 a pig in France was executed by public hanging for the murder of a child.
7. One in every five adults believe that aliens are hiding in our planet disguised as humans.
8. If you believe that you're truly one in a million, there are still approximately 7,184 more people out there just like you.
9. A single cloud can weight more than 1 million pounds.
10. A human will eat on average 70 assorted insects and 10 spiders while sleeping.
11. James Buchanan, the 15th U.S. president continuously bought slaves with his own money in order to free them.
12. The average person walks the equivalent of three times around the world in a lifetime.
13. Men are 6 times more likely to be struck by lightning than women.
14. Coca-Cola would be green if coloring wasn't added to it.
15. You cannot snore and dream at the same time.
16. The world's oldest piece of chewing gum is over 9,000 years old!
17. A coyote can hear a mouse moving underneath a foot of snow.
18. New York drifts about one inch farther away from London each year.
19. A U.S. dollar bill can be folded approximately 4,000 times in the same place before it will tear.
20. A sneeze travels about 100 miles per hour.
21. Earth has traveled more than 5,000 miles in the past 5 minutes.
22. It would take a sloth one month to travel one mile.
23. 10% of the World's population is left handed.
24. A broken clock is right two times every day.
25. According to Amazon, the most highlighted books on Kindle are the Bible, the Steve Jobs biography, and The Hunger Games.
26. Bob Marley's last words to his son before he died were "Money can't buy life."
27. A mole can dig a tunnel that is 300 feet long in only one night.
28. A hippo's wide-open mouth is big enough to fit a 4-foot-tall child in.
29. Chewing gum while you cut an onion will help keep you from crying.
30. If you were to stretch a Slinky out until it's flat, it would measure 87 feet long.
31. There are more collect calls on Father's Day than on any other day of the year.
32. Banging your head against a wall burns 150 calories an hour.
33. 95% of people text things they could never say in person.
34. A crocodile can't poke its tongue out.
35. It is physically impossible for pigs to look up into the sky.



FUN FACTS CONTINUED...

36. Guinness Book of Records holds the record for being the book most often stolen from Libraries.
37. A 2010 study found that 48% of soda fountain contained fecal bacteria, & 11% contained E. Coli.
38. 9 out of 10 Americans are deficient in Potassium.
39. Blueberries will not ripen until they are picked.
40. About 150 people per year are killed by coconuts.
41. Ketchup was used as a medicine back in the 1930's.
42. Honey never spoils.
43. About half of all Americans are on a diet on any given day.
44. A hardboiled egg will spin, but a soft-boiled egg will not.
45. Avocados are poisonous to birds.
46. Chewing gum burns about 11 calories per hour.
47. The number of animals killed for meat every hour in the U.S. is 500,000.
48. If you try to suppress a sneeze, you can rupture a blood vessel in your head or neck and die.
49. Celery has negative calories! It takes more calories to eat a piece of celery than the celery has in it to begin with. It's the same with apples!
50. More people are allergic to cow's milk than any other food.
51. Only 8% of dieters will follow a restrictive weight loss plan
52. Coconut water can be used as blood plasma.
53. The word "gorilla" is derived from a Greek word meaning, "A tribe of hairy women."
54. Prisoners in Canadian war camps during WWII were treated so well, that a lot of them didn't want to leave when the war was over.
55. Gorillas burp when they are happy
56. In New York, it is illegal to sell a haunted house without telling the buyer.
57. In 2006 someone tried to sell New Zealand on eBay. The price got up to \$3,000 before eBay shut it down.
58. It is considered good luck in Japan when a sumo wrestler makes your baby cry.
59. A man from Britain changed his name to Tim Pppppppppprice to make it harder for telemarketers to pronounce.
60. A woman from California once tried to sue the makers of Cap'n Crunch, because the Crunch Berries contained "no berries of any kind."
61. Apple launched a clothing line in 1986. It was described as a "train wreck" by others.
62. In Japan, crooked teeth are considered cute and attractive.
63. A Swedish woman lost her wedding ring, and found it 16 years later- growing on a carrot in her garden.
64. Donald duck comics were banned from Finland because he doesn't wear pants.
65. The chance of you dying on the way to get lottery tickets is actually greater than your chance of winning.
66. Cherophobia is the fear of fun.
67. The toothpaste "Colgate" in Spanish translates to "go hang yourself"
68. Human thigh bones are stronger than concrete.
69. Scientists have tracked butterflies that travel over 3,000 miles.
70. Cockroaches can live for several weeks with their heads cut off, because their brains are located



WISH YOU A VERY HAPPY BIRTHDAY

JUST LIVE YOUR LIFE TO THE MAXIMUM. NOTHING MORE NOTHING LESS



- Eisenman, Paul
- Maldonado, Cecilia
- Wong, Yuetnga
- Patino, Jaime
- Vogl, Paula
- Williams, Myrtle
- Alexandropoulos, Lula
- Pribil, Francis
- Duga, Helen
- Cohen, Richard



- Kaufman, Fanny
- Szmulewicz, Wichna
- Shapiro, Sylvia B
- Vitulano, Joseph
- Probststein, Lila
- Napolitano, Camille
- Focas, Efthalia
- Latta, Bruce
- Bates, Jean
- Ketterer, Albert



SCORPIO

Born **October 23 - November 21**

Scorpios are known by their calm and cool behavior, and by their mysterious appearance. People often say that Scorpio-born are fierce, probably because they understand very well the rules of the universe. The element of Water is associated with the Scorpio sign.



SAGITTARIUS

Born **November 22 - December 21**

Sagittarius is known to be independent, bold & truthful. Some Sagittarius traits are intelligence, courage, generosity & optimism. They are typically determined to live life to the fullest, amongst other things often making them physical and athletic. Sagittarius is a fire sign.

The Job Interview

Reaching the end of a job interview, the Human Resources Officer asks a young engineer fresh out of the Massachusetts Institute of Technology, "And what starting salary are you looking for?" The engineer replies, "In the region of \$125,000 a year, depending on the benefits package." The interviewer inquires, "Well, what would you say to a package of five weeks vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Corvette?" The engineer sits up straight and says, "Wow! Are you kidding?" The interviewer replies, "Yeah, but you started it."

One Wish

A bus full of ugly people had a head on collision with a truck. When they died, God granted all of them one wish. The first person said, "I want to be gorgeous." God snapped his fingers and it happened. The second person said the same thing and God did the same thing. This went on and on throughout the group. God noticed the last man in line was laughing hysterically. By the time God got to the last ten people, the last man was laughing and rolling on the ground. When the man's turn came, he laughed and said, "I wish they were all ugly again."

Hide & Seek

Mr. and Mrs. Brown had two sons. One was named Mind Your Own Business & the other was named Trouble. One day the two boys decided to play hide and seek. Trouble hid while Mind Your Own Business counted to one hundred. Mind Your Own Business began looking for his brother behind garbage cans and bushes. Then he started looking in and under cars until a police man approached him and asked, "What are you doing?" "Playing a game," the boy replied. "What is your name?" the officer questioned. "Mind Your Own Business." Furious the policeman inquired, "Are you looking for trouble?!" The boy replied, "Why, yes."

The Argument

A husband and wife were driving through Louisiana. As they approached Natchitoches, they started arguing about the pronunciation of the town. They argued back and forth, then they stopped for lunch. At the counter, the husband asked the blonde waitress, "Before we order, could you please settle an argument for us? Would you please pronounce where we are very slowly?" She leaned over the counter and said, "Burr-r-gerrr Kiiing."

Funny JOKES for serious laughs!

Lost Bull

A blonde and a redhead have a ranch. They have just lost their bull. The women need to buy another, but only have \$500. The redhead tells the blonde, "I will go to the market and see if I can find one for under that amount. If I can, I will send you a telegram." She goes to the market and finds one for \$499. Having only one dollar left, she goes to the telegraph office and finds out that it costs one dollar per word. She is stumped on how to tell the blonde to bring the truck and trailer. Finally, she tells the telegraph operator to send the word "comfortable." Skeptical, the operator asks, "How will she know to come with the trailer from just that word?" The redhead replies, "She's a blonde so she reads slow: 'Come for ta bull.'"

Bank Robber

A bank robber pulls out gun points it at the teller, and says, "Give me all the money or you're geography!" The puzzled teller replies, "Did you mean to say 'or you're history?'" The robber says, "Don't change the subject!"

36

Police Chase

A police officer attempts to stop a car for speeding and the guy gradually increases his speed until he's topping 100 mph. The man eventually realizes he can't escape and finally pulls over. The cop approaches the car and says, "It's been a long day and my shift is almost over, so if you can give me a good excuse for your behavior, I'll let you go." The guy thinks for a few seconds and then says, "My wife ran away with a cop about a week ago. I thought you might be that officer trying to give her back!"

Memory Loss

There was an elderly couple who in their old age noticed that they were getting a lot more forgetful, so they decided to go to the doctor. The doctor told them that they should start writing things down so they don't forget. They went home and the old lady told her husband to get her a bowl of ice cream. "You might want to write it down," she said. The husband said, "No, I can remember that you want a bowl of ice cream." She then told her husband she wanted a bowl of ice cream with whipped cream. "Write it down," she told him, and again he said, "No, no, I can remember: you want a bowl of ice cream with whipped cream." Then the old lady said she wants a bowl of ice cream with whipped cream and a cherry on top. "Write it down," she told her husband and again he said, "No, I got it. You want a bowl of ice cream with whipped cream and a cherry on top." So he goes to get the ice cream and spends an unusually long time in the kitchen, over 30 minutes. He comes out to his wife and hands her a plate of eggs and bacon. The old wife stares at the plate for a moment, then looks at her husband and asks, "Where's the toast?"

HISTORY VETERANS DAY



Veterans Day is an official United States public holiday, observed annually on November 11, that honors military veterans; that is, persons who served in the United States Armed Forces. It coincides with other holidays, including Armistice Day and Remembrance Day, celebrated in other countries that mark the anniversary of the end of World War I; major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918, when the Armistice with Germany went into effect. The United States previously observed Armistice Day. The U.S. holiday was renamed Veterans Day in 1954.

Veterans Day is not to be confused with Memorial Day, a U.S. public holiday in May; Veterans Day celebrates the service of all U.S. military veterans, while Memorial Day honors those who died while in military service. It is also not to be confused with Armed Forces Day, a minor U.S. remembrance that also occurs in May, which specifically honors those currently serving in the U.S. military.

Because it is a federal holiday, some American workers and many students have Veterans Day off from work or school. When Veterans Day falls on a Saturday then either Saturday or the preceding Friday may be designated as the holiday, whereas if it falls on a Sunday it is typically observed on the following Monday.

Non-essential federal government offices are closed. No mail is delivered. All federal workers are paid for the holiday; those who are required to work on the holiday sometimes receive holiday pay for that day in addition to their wages.

Veterans & Remembrance Day

"The soldier, above all other people, prays for peace, for he must suffer and bear the deepest wounds and scars of war." - Douglas MacArthur



N S T I Z V J H W I E K W A R
N A O I D H E R O E S U J A M
X O P L C Q R T T L N Y I O I
A X V A D E W W E A I K E W L
I Y Y E T I Q W L R U D Z X I
H F W P M R E A Y M A R A G T
U I M O A B I R A I E N L Y A
H O N O R R E O S S P N S C R
J S R O O L A R T T O Q S E Y
P F I M B L D D F I D T B X M
R V E S R Y V U E C X M H C E
I M P E A C E H T E E E R G D
D X U Y V L S K E M Q K Q Q A
E E O E E C E L E B R A T E L
H S P O P P Y R T P K G M P S

MEMORIAL	CELEBRATE	WAR	PATRIOT	ARMISTICE
PEACE	PARADE	SOLDIERS	BRAVE	HEROES
MEDALS	VETERANS	POPPY	REMEMBER	WORLD
HONOR	PRIDE	HOLIDAY	NOVEMBER	MILITARY

Happy Thanksgiving

In September 1620, a small ship called the Mayflower left Plymouth, England, carrying 102 passengers, an assortment of religious separatists seeking a new home where they could freely practice their faith and other individuals lured by the promise of prosperity and land ownership in the New World. After a treacherous and uncomfortable crossing that lasted 66 days, they dropped anchor near the tip of Cape Cod, far north of their intended destination at the mouth of the Hudson River. One month later, the Mayflower crossed Massachusetts Bay, where the Pilgrims, as they are now commonly known, began the work of establishing a village at Plymouth. In 1621, the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't until 1863, in the midst of the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November.

Thanksgiving Traditions

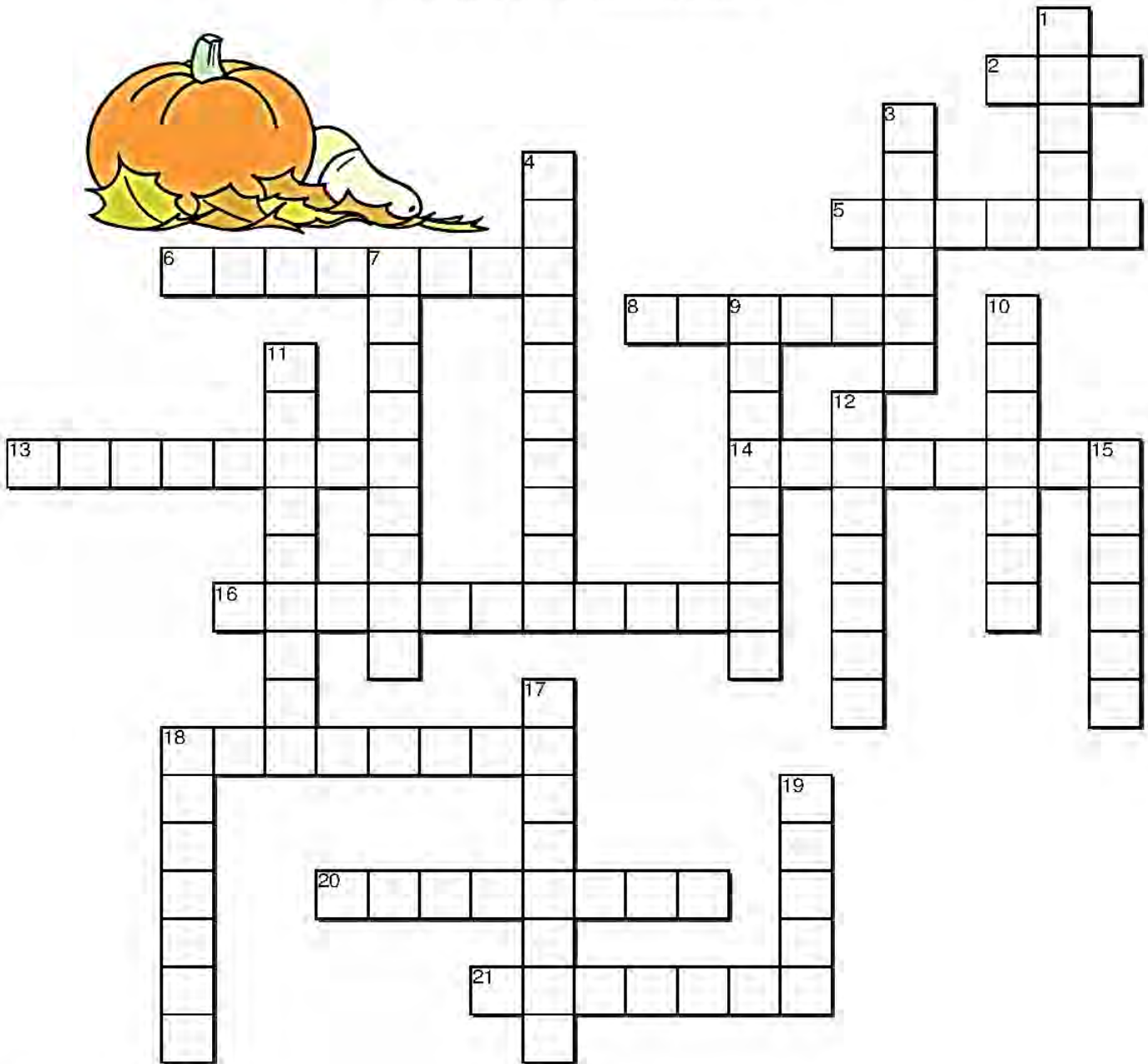
In many American households, the Thanksgiving celebration has lost much of its original religious significance; instead, it now centers on cooking and sharing a bountiful meal with family and friends. Turkey, a Thanksgiving staple so ubiquitous it has become all but synonymous with the holiday, may or may not have been on offer when the Pilgrims hosted the inaugural feast in 1621. Today, however, nearly 90 percent of Americans eat the bird—whether roasted, baked or deep-fried—on Thanksgiving, according to the National Turkey Federation. Other traditional foods include stuffing, mashed potatoes, cranberry sauce and pumpkin pie.

Black Friday is the day following Thanksgiving Day in the United States. Since 1952, it has been regarded as the beginning of the Christmas shopping season in the U.S., and most major retailers open very early (and more recently during overnight hours) and offer promotional sales. Black Friday is not an official holiday, but California and some other states observe "The Day After Thanksgiving" as a holiday for state government employees, sometimes in lieu of another federal holiday such as Columbus Day. Many non-retail employees and schools have both Thanksgiving and the following Friday off, which, along with the following regular weekend, makes it a four-day weekend, thereby increasing the number of potential shoppers. It has routinely been the busiest shopping day of the year.



Thanksgiving

Complete the crossword below



Across

2. Turkey alternative
5. Thanksgiving bird
6. Month
8. Internal organs of a fowl
13. Sport commonly watched
14. Seasoned bread or fillings inside poultry
16. Special activities that commemorate something
18. one of the oldest towns in SE Massachusetts
20. Sauce for salads etc.
21. Season when crops are collected

Down

1. Synonym for corn; pale yellow
3. Plenty
4. Horn stuffed with foods, berries etc.
7. Name of ship that sailed to the New World (1620)
9. Valued praise, favor or benefit
10. Term also meaning Native American
11. Small, sour and dark red berry
12. Orange vegetable used in pie
15. Distinct cry of the male turkey
17. Day of the week
18. One of the band of Puritans who journeyed to America
19. Unusually abundant meal

How to Draw a Butterfly

in 12 Easy Steps



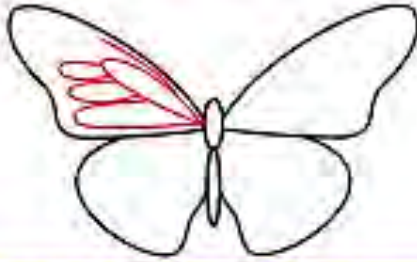
Step 1: First, draw the body



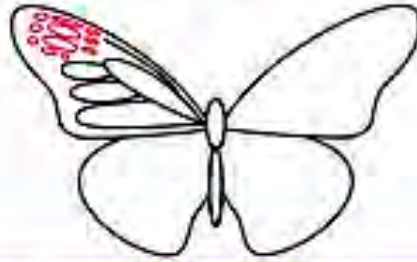
Step 2: Next, draw the left wings



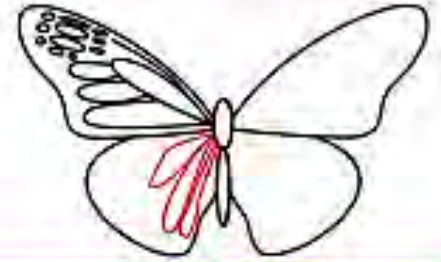
Step 3: Draw the right wings



Step 4: Draw the patterns on the first left wing



Step 5: Draw the details of the wing pattern



Step 6: Draw the patterns of the lower left wing



Step 7: Add the details of the left lower wing



Step 8: Draw the patterns of the upper right wing



Step 9: Draw the details of the upper right wing



Step 10: Draw the patterns of the lower right wing



Step 11: Next, draw the details of the lower right wing



Step 12: Draw the antennae



And there you got A butterfly!



LIFE

isn't about waiting

for the STORM

to pass,

it's about learning

to dance

in the RAIN!



November

2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>HELLO NOVEMBER</p>	<p>Thanksgiving</p>	<p>Veterans Day Honoring All Who Served</p>	<p>1 Musical Day 10am-Prayer Service RR Dominos Game 1FL 2pm-Music & Violin w/ Galina & Slav RR MOVIE CH. 37 FLS 3pm - Center One Group Therapy RR 6pm- POKENO RR</p>	<p>2 Deviled Egg Day 10am-BAKING CLUB RR (Pumpkin Bread) Strolling Music w/ Jean FLS 2pm- Arts & Crafts FLS MOVIE CH. 37 FLS 6pm- Bunco RR</p>	<p>3 Sandwich Day 10am- Painting FLS Randy's Clothing Sale Main Lobby 2pm-JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm-Table Games RR</p>	<p>4 Book Lovers Day 10am- Current Events & Trivia 5FL 2pm-JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm-CARD GAME RR</p>
<p>5 Daylight Savings EUCARISTIC VISITS 10am-Arts & Crafts 3FL Wii Bowling RR 2pm-Guitar w/ Bob RR MOVIE CH. 37 FLS 6pm- PIANO w/ BELLA RR</p>	<p>6 Violin Day 10am-Violin w/ Victor 5FL Bible Class 4FL 2pm- Chess/ Checkers 2FL MOVIE CH. 37 FLS 6pm- BINGO - RR</p>	<p>7 General Election Day 10am-Coffee Clotch 2FL Beauty Culture 4FL & 5FL 2pm- Aerobics w/ Tommy 1FL & 3FL MOVIE CH. 37 FLS 6pm-Dominos Game RR</p>	<p>8 Dance Day 10am - MASS RR Bunco 1FL 2pm- Beauty & Makeup By ELLA RR MOVIE CH. 37 FLS 6pm-Drumming w/ Jodi RR</p>	<p>9 Helpers Day 10am- Special Event w/ Hunter College High School Students RR 2pm- Arts & Crafts FLS MOVIE CH. 37 FLS 6pm-Alex on the Sax RR</p>	<p>10 Challah Baking Day 10am- BAKING CLUB RR (Challah Bread) Strolling Music w/ Jean FLS 2pm-JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm-Table Games RR</p>	<p>11 Veteran's Day 10am- Current Events & Trivia 4FL 2pm- JEWISH SERVICE RR 2:30 -Trinhaitia Bijoux RR MOVIE CH. 37 FLS 6pm- CARD GAME RR</p>
<p>12 Chicken Soup Day EUCARISTIC VISITS 10am- Horseracing 5FL Discussion Group 2FL 2pm- Wii Bowling RR MOVIE CH. 37 FLS 6pm- PIANO w/ BELLA RR</p>	<p>13 World Kindness Day 10am-Arts & Crafts FLS Bible Class 4FL 2pm-Harp Play w/Olivia RR MOVIE CH. 37 FLS 6pm- BINGO RR</p>	<p>14 World Diabetes Day 10am- Coffee Clotch 3FL Beauty Culture 1FL & 2FL 2pm- Music w/ David Wynne RR MOVIE CH. 37 FLS 6pm-Dominos Game RR</p>	<p>15 National Philanthropy 10am-Prayer Service RR Clothing Sale w/ Shanna ML 2pm-Trumpet Show w/ Gary RR Table Games RR 6pm - Table Games RR</p>	<p>16 Button Day 10am-BAKING CLUB RR (Brownies) Arts & Crafts FLS 2pm-Strolling Music w/ Jean FLS MOVIE CH. 37 FLS 6pm- POKENO RR</p>	<p>17 Homemade Bread Day 10am- Painting FLS Accessories Sale w/ Valerie ML Puzzle Mania FLS 2pm-JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm-Table Games RR</p>	<p>18 National Adoption Day 10am- Current Events & Trivia 3FL 2pm-JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- CARD GAME RR</p>
<p>19 Piano Day EUCARISTIC VISITS 10am- Horseracing 4FL Protestant Service RR 2pm- Guitar w/ Bob 2FL Wii Bowling RR MOVIE CH. 37 FLS 6pm-PIANO w/ BELLA RR</p>	<p>20 Children's Day 10am- Arts & Crafts FLS Bible Class 4FL 2pm- Drumming Circle with Robert RR 6pm- POKENO RR</p>	<p>21 World Hello Day 10am-Coffee Clotch 1FL Beauty Culture 3FL & 4FL 2pm- Alex on the SAX MOVIE CH. 37 FLS 6:15pm-Dominos Game RR</p>	<p>22 Go For a Ride Day 10am- Table Games FLS MASS RR 2pm- Yoga Class with Tommy 2FL & 4FL 6pm-Karaoke w/ Russell RR </p>	<p>23 Thanksgiving 10am-BAKING CLUB RR (Holiday Sugar Cookies) 2pm-Design Thank You Cards FLS MOVIE CH. 37 FLS 5pm- Thanksgiving Candle Light Dinner RR Music & Comedy w/ Vicky</p>	<p>24 Black Friday 10am-Painting FLS Puzzle Mania FLS 2pm-JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm-Table Games RR</p>	<p>25 Espresso Day 10am- Current Events & Trivia 2FL 2pm-JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm-CARD GAME RR</p>
<p>26 Shopping Day EUCARISTIC VISITS 10am-Horseracing 1FL 2pm-Wii Bowling RR MOVIE CH. 37 FLS 3pm -Trinhaitia Bijoux RR 6pm-PIANO w/ BELLA RR </p>	<p>27 Beauty Makeover Day 10am-Violin w/ Victor 1FL Bible Class 4FL 2pm- Beauty & Makeup By ELLA RR POKENO RR</p>	<p>28 Sip a Coffee Day 10am-Coffee Clotch 4FL Beauty Culture 1FL & 5FL 12pm-Birthday Pizza Party International Music w/ Lana 2pm- Table Games FLS MOVIE CH. 37 FLS 6pm-Dominos Game RR</p>	<p>29 Square Dance Day 10am- Table Games FLS Prayer Service RR 2pm- Resident Council RR 3pm-Center One Group Therapy RR 6:15pm-Music w/ Isaak RR</p>	<p>30 Chill Day 10am-BAKING CLUB RR (Philly Pond Cake) Arts & Crafts FLS 2pm-Music w/ the Silvers RR MOVIE CH. 37 FLS 6pm- Music w/ Daniel Varga RR</p>	<p>Patio Daily Smoking Hours Morning Hrs. 9am -9:30am Afternoon Hrs. 1pm1:30pm Evening Hrs. 7pm - 7:30pm PATIO OPENED DAILY 9:00am-8:00pm In case of inclement weather, the patio hours are subject to change.</p>	<p>WORD KEY RR=RECREATION ROOM FLS= ALL FLOORS ML= MAIN LOBBY 9:30AM-DAILY ROOM VISITS, NEWSPAPER, MAIL & PACKAGE DELIVERY</p>