



Resident Birthdays

11/06 Sue K
11/06 Marie-Claude H
11/08 Maurice L
11/11 Warren W
11/17 Judy S
11/20 Jim S

Staff Birthdays

11/03 Rory Hickey
11/08 Mark McLaughlin
11/10 Alexa Valdez
11/17 Karen Newpower
11/26 Rowan Stevenson

Wedding Anniversaries

11/09 Sue and Barry W

Staff Anniversaries:

11/08 Bella LaCroix 2 years
11/14 Terrienne Dold 9 years
11/26 Mary Kelly 1 year
11/26 Lisa Thompson 1 year



Dementia Support Group on the second Thursday of the month at 4pm, in the auditorium. For more information Contact Memory Care Director Bethany at 603-924-3691 ext. 207



Many of you have a direct, personal connection to pivotal moments in American history. You may have lived through World War II, the Korean War, the Vietnam War, the Cold War, and Civil Rights Movement. Your patriotism is not just a concept learned through a textbook; it is forged through personal sacrifice and national triumphs. For veterans, this connection is especially strong, as their love of country was a driving force behind their service.

Veterans Day was originally known as Armistice Day. It commemorated the end of World War I on the "11th hour of the 11th day of the 11th month" of 1918. Veterans Day is a day to honor those who have selflessly served their country, often putting themselves in harm's way to defend the freedoms and values we all enjoy. It's a day to acknowledge their courage, dedication, and the immense sacrifices they and their families have made.

Thank you for your service and sacrifice. Just as the changing seasons remind us that change is constant, your unwavering commitment to our country has stood strong through it all. Your bravery, sacrifice, and commitment to protecting our freedoms are deeply appreciated and will never be forgotten.

Thank you Veterans 

A 1950's Thanksgiving had its jiggly gelatin molds and formal attire, and parades. Our modern holiday is colored by digital distractions, Black Friday sales, and football but the heart of the day remains beautifully unchanged.

In the 1940s, Thanksgiving was mostly about simplicity and warmth. During the war years, Americans made do with what they had, like making pies that were stretched to accommodate rationing. Food was homemade, shared around tables with extended families. Families valued the chance to celebrate together, and the classic Thanksgiving meal, with all its nostalgia, really took root in this era.

By the 1950s and 1960s, Thanksgiving became a more visible, part of American culture. As prosperity grew, so did the size of the feasts.

Magazine ads showed families gathered around tables brimming with new recipes and elaborate side dishes. Foods like green bean casserole and Jell-O salads became holiday staples.

Looking back at the Thanksgiving of the 1950s—a world of televised parades and frozen turkeys—we see a clear foundation for our modern holiday. Though the Jell-O molds are gone and the TV is bigger, many of the day's core elements, from the turkey centerpiece to the post-meal football, still echo that era. Ultimately, Thanksgiving is a holiday that honors both the past and the present.



Across:

- 3. Plumage
- 5. Male chicken
- 9. Chicken pen
- 10. Walk with a swagger
- 11. Scrape; scuff up
- 13. Male turkey
- 14. Rummage around for food
- 16. Talon
- 17. Turkey's sound
- 21. Bugs
- 23. Baby chicken
- 24. Female chicken or turkey
- 25. Bird's bill
- 26. Turkeys and chickens can only do this minimally

Down:

- 1. Small fruits
- 2. Egg holder
- 4. Emerge from an egg
- 6. Henhouse perch
- 7. Place where domestic chickens live
- 8. Turkey's dangling fold of chin skin
- 12. Turkey's red head crest
- 15. What chickens lay
- 16. Hen sound
- 18. Flight needs
- 19. How chickens eat
- 20. Not domesticated
- 22. Turkeys feathery back part

Ask concierge for answers!

"Fowl"-ing Around
in November



Fall Prevention

It is estimated that every one in four Americans aged 65+ takes a fall every year in the United States (Centers for Disease Control). In fact, falls are the leading cause of injuries in adults ages 65 and older. Falls can lead to serious injuries, impacting your quality of life. Older adults are more prone to falling for various reasons, including age-related changes in their bodies and vision changes that leave them vulnerable to environmental factors such as curbs, stairs and carpet folds.

Regular exercise can improve leg strength and coordination. Strength training exercises like using resistance bands to increase muscle strength and power. By strengthening the muscles in the legs, hips and core, seniors can improve their ability to maintain balance and stability. **A great way to do this is to attend our Stretch and Strengthening classes.**

Balance training can help improve coordination. By practicing movements that challenge the body's balance, like standing on one leg or walking heel-to-toe, the nervous system becomes better at coordinating movement and maintaining balance. A large research study analyzing seniors found that balance and functional exercises reduced the rate of falls by **24%** according to Tufts University.

Claire's balance class on Fridays is a great opportunity for this.



The **Wampanoag Nation** in present-day Massachusetts, is far more complex than the common narrative of peaceful coexistence. The historical event often referred to as the "First Thanksgiving" was a harvest celebration in 1621 where approximately 90 Wampanoag men, joined the English settlers (Pilgrims) for three days. The Wampanoag had previously formed a defensive alliance with the Pilgrims and played a crucial role in the survival of the English during their first year by sharing agricultural knowledge and provisions.

A History of Gratitude: Many Indigenous nations across the Americas, including the Wampanoag, already had their own long-standing, traditional harvest ceremonies and daily practices of giving thanks to the creator and nature for their abundance.

Contrasting Narratives: The romanticized "First Thanksgiving" story developed centuries later to establish a national origin myth often downplays the political and strategic reasons for the Wampanoag's alliance, their vital role in the colonists' survival, and the devastating events that quickly followed.

Day of Mourning: For many Native Americans, Thanksgiving is a painful reminder of the subsequent centuries of colonization, broken treaties, land theft, disease, and genocide.

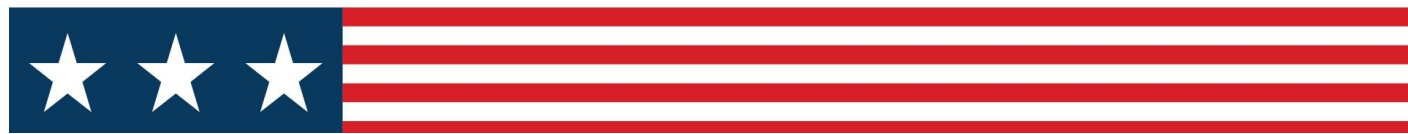
Resilience and Celebration: Despite the difficult history, some Native American individuals and families also use the holiday to gather with loved ones, share traditional foods, and express gratitude, embracing the positive value of thankfulness that is central to many Indigenous cultures.



Don Butler
Dave Sheldon
Richard Barnes
Chris Hale
Vince Lunetta
Bill Bonner

Standish Bourne
Gillman Shattuck
Norm DePratti
Denny Monaghan

Barry White
Andre Rousseau
Jim Simers
Ed Callahan
Earl Shumway
Dorothy Damiano



Our two longtime dishwashers, Emily and Gail are competing in the 2025 NH Special Olympics Bowling Tournament. We want to show them support so please join us on Sunday November 16th starting at 11am at the bowling alley next door to cheer them on!

UPCOMING EVENTS

- 11/06 Chamber Breakfast
- 11/06 IL to AL Transition Discussion
- 11/07 Men's Group Outing Post & Beam
- 11/08 Vintage Christmas Outing
- 11/11 Veterans Day - Veterans Lunch
- 11/13 Armchair Travel to Scandinavia
- 11/14 Virginia Eskin Fall Music Series "Modernism"
- 11/18 Resident Meeting
- 11/20 The Harris Center presents Beavers
- 11/21 Music of the 50's & 60's with Guitarist, Dan Kirouac
- 11/24 Alzheimer's Fundraiser Holiday Raffle Baskets
- 11/27 Happy Thanksgiving



Happy Thanksgiving
to you and your family

