



Melissa Rogers..... 11/09/1964
Annette Derryberry 11/11/1932
Alfred Weinpress 11/18/1946
Ruby Parkinson..... 11/19/1927
Hekmat Younan 11/30/1922

November Fun Stuff

- 11th - Veterans' Day - Lunch with the melodic sounds of Dave at the piano.
- 14th - DIY (Do It Yourself) - Come have some fun with your neighbors making a beautiful Thanksgiving Candle for your home. We know you will enjoy your time together.
- 22nd - Thanksgiving Day - We will have a special luncheon with the Arbor Oaks residents and some of their families to celebrate and be thankful for all the blessings that we share. Alfonso will provide the entertainment for the hour.

DENIAL

It seems OK
To ignore the signs
Along the way
To mock reality
To just pretend
To family and friend
But time is fleeting
The price is high
For choosing to live
The way of the lie
We weren't meant
To cower and hide
Nor promised
A free and easy ride
But to heed the call
To try and face it all
Alas it's not OK
To ignore the signs
Along the way

by: Clelia Cannarella



' FREEDOM ISN'T FREE '

On November 11, America will be commemorating Veteran's Day. This holiday pays special tribute to those who have helped us retain our freedom. This includes veterans from every war and battle, living or deceased, who voluntarily or involuntarily joined a branch of the armed services. The holiday coincides with a pivotal point in history, when the minimum draft age was changed from 21 years old to 18 years old in 1942. This move helped us create a stronger military presence during World War II. Here are some other facts that you might not know about America's civil servants and Veterans Day:

- It is the anniversary of World War I ending and was originally dubbed "Armistice Day." This moniker was later changed in 1954 by President Dwight D. Eisenhower.
- Three states have a population that includes more than one million veterans: California, Texas and Florida.
- Twenty-two percent of USPS employees are veterans.
- More than 9 million veterans are over the age of 65.
- Veterans like to vote: Around 70 percent of the veteran population voted in both the 2008 and 2012 presidential elections.

ARBOR
OAKS

News

November 2018

3400 JOG ROAD • GREENACRES, FL 33467

OUR MANAGEMENT TEAM

Karen Gibbons
Executive Director

Fara Linton
Nursing Director

Brenna Gibbons
Activities Director/Business
Manager

Jimmy Perez
Maintenance Director

Brian Walker
Food Service Director

Trevor Gibbons
Dining Room Supervisor

ARBOR
OAKS
AT GREENACRES
An Assisted Living Residence
561-432-4700

November Events & Holidays

- 1..... All Saint's Day
2..... All Soul's Day
2..... Deviled Egg Day
3..... Sandwich Day
5..... Guy Fawkes Day
6..... U.S. General Election Day - first Tuesday of the month
6..... Abraham Lincoln elected US President in 1860
7..... In 1874, Republican Party first depicted as a cartoon elephant in Harper's Bazaar
7..... Bittersweet Chocolate with Almonds Day
10..... Direct dial telephone service became available in 1951.
11..... Veteran's Day
12..... Chicken Soup for the Soul Day
13..... Caregiver Appreciation Day
13..... National Indian Pudding Day
13..... World Kindness Day
16..... Have a Party with Your Bear Day
17..... Homemade Bread Day
19..... On this date, Abraham Lincoln delivered the Gettysburg Address in 1863.
22..... Thanksgiving - Eat, drink, and be thankful.
22..... President John F Kennedy, the youngest US president, was assassinated in Dallas, Texas, in 1963
23..... Black Friday - Friday after Thanksgiving
23..... Eat a Cranberry Day
23..... National Cashew Day
25..... National Parfait Day
28..... French Toast Day

THIS DAY IN HISTORY

- November -

- 11/06/1860** - Abraham Lincoln elected President of the United States
- 11/07/1874** - Cartoonist Thomas Nast depicts Republican party as an elephant in a cartoon in Harper's Weekly
- 11/01/1914** - The Bra was patented
- 11/13/1927** - The Holland Tunnel under the Hudson River opens to the public, connecting New York City and New Jersey
- 11/08/1933** - President Franklin D. Roosevelt forms the Civil Works Administration to help create jobs for millions of workers unemployed during the Great Depression
- 11/10/1951** - Direct dial telephone service is first available coast to coast
- 11/24/1859** - Charles Darwin publishes his theory on evolution "On the Origin of the Species," sparking great controversy
- 11/19/1863** - Abraham Lincoln delivered the Gettysburg Address
- 11/22/1963** - President John F. Kennedy, the youngest person to become a U.S. president, is assassinated in Dallas, Texas, as his motorcade traveled through the city

- 11/14/1968** - Yale University goes co-ed
- 11/10/1969** - Sesame Street premiered on PBS television



November 2018

DATES TO CELEBRATE

Daylight Saving Time Ends	11/04
Election Day	11/06
Veteran's Day	11/11
Caregiver Appreciation Day	11/13
World Kindness Day	11/13
Thanksgiving	11/22
Macy's Thanksgiving Day Parade	11/22
Black Friday	11/23
Cyber Monday	11/26



Birthstone - Topaz | **Flower** - Chrysanthemum
Zodiac - Scorpio & Sagittarius

ALZHEIMER'S AWARENESS MONTH



Alzheimer's disease is the most common form of dementia and the most frequent cause of severe cognitive decline in people over 65 years of age. According to the Alzheimer's Association 2015 Facts and Figures report, there are more than 5 million Americans living with Alzheimer's and as many as 15 million family caregivers.

Alzheimer's takes a devastating toll, not just on those with the disease but also on their caregivers.

- In 2014, 15.7 million family and friends provided 17.9 billion hours of unpaid care to those with Alzheimer's and other dementias.
- Nearly 60 percent of Alzheimer's and dementia caregivers rate the emotional stress of caregiving as high or very high; about 40 percent suffer from depression.
- Many Alzheimer's and dementia caregivers report they are concerned about maintaining their own health since becoming a caregiver – and they are more likely than caregivers of other older people to say that caregiving made their health worse.

For more information go to www.alz.org



Positive Emotions and Your Health

DEVELOPING A BRIGHTER OUTLOOK

Do you tend to look on the sunny side, or do you see a future filled with dark, stormy skies? A growing body of research suggests that having a positive outlook can benefit your physical health. NIH-funded scientists are working to better understand the links between your attitude and your body. They're finding some evidence that emotional wellness can be improved by developing certain skills.

Having a positive outlook doesn't mean you never feel negative emotions, such as sadness or anger, says Dr. Barbara L. Fredrickson, a psychologist and expert on emotional wellness at the University of North Carolina, Chapel Hill. "All emotions—whether positive or negative—are adaptive in the right circumstances. The key seems to be finding a balance between the two," she says.

"Positive emotions expand our awareness and open us up to new ideas, so we can grow and add to our toolkit for survival," Fredrickson explains. "But people need negative emotions to move through difficult situations and respond to them appropriately in the short term."

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. Another sign of emotional wellness is being able to hold on to positive emotions longer and appreciate the good times.

Research has found a link between an upbeat mental state and improved health, including lower blood pressure, reduced risk for heart disease, healthier weight, better blood sugar levels, and longer life. But many studies can't determine whether positive emotions lead to better health, if being healthy causes positive emotions, or if other factors are involved.

By using brain imaging, Davidson and others have found that positive emotions can trigger "reward" pathways located deep within the brain, including in an area known as the ventral striatum.

"Individuals who are able to savor positive emotions have lasting activation in the ventral striatum," Davidson says. "The longer the activation lasts, the greater his or her feelings of well-being." Continued activation of this part of the brain has been linked to healthful changes in the body, including lower levels of a stress hormone.

Negative emotions, in contrast, can activate a brain

region known as the amygdala, which plays a role in fear and anxiety. "We've shown that there are big differences among people in how rapidly or slowly the amygdala recovers following a threat," Davidson says. "Those who recover more slowly may be more at risk for a variety of health conditions compared to those who recover more quickly."

Among those who appear more resilient and better able to hold on to positive emotions are people who've practiced various forms of meditation. In fact, growing evidence suggests that several techniques—including meditation, cognitive therapy, and self-reflection—can help people develop the skills needed to make positive, healthful changes.

"Research points to the importance of certain kinds of training that can alter brain circuits in a way that will promote positive responses," Davidson says. "It's led us to conclude that well-being can be considered as a life skill. If you practice, you can actually get better at it."

Fredrickson and her colleagues are studying meditation. They found that after 6 weeks of training in compassion and kindness meditation, people reported increased positive emotions and social connectedness compared to an untrained group. The meditation group also had improved functioning

in a nerve that helps to control heart rate. "The results suggest that taking time to learn the skills to self-generate positive emotions can help us become healthier, more social, more resilient versions of ourselves," Fredrickson says.

Being open to positive change is a key to emotional wellness. "Sometimes people think that emotions just happen, kind of like the weather," Fredrickson says. "But research suggests that we can have some control over which emotions we experience." As mounting research suggests, having a positive mindset might help to improve your physical health as well.

<http://newsinhealth.nih.gov/>

"Well-being can be considered as a life skill. If you practice, you can actually get better at it."


Arbor Oaks at Greenacres

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10:00 Nifty Nails 1 10:30 Sing-A-Long w/ Marvin 1:30 Cornhole 2:30 Cardo 3:30 Exercise w/Julie	9:30 Puzzle of the Day 2 10:00 Catholic Service & Communion 10:30 Exercise 11:00 Black Jack 1:30 Bingo 3:30 Happy Hour w/ Kenny B	9:15 Rosary 3 10:00 Exercise 11:00 Black Jack 1:30 Bingo 3:00 Ice Cream Social
10:00 Exercise 4 10:30 Catholic Communion 11:00 Black Jack 1:30 Bingo 3:00 Friendly Social Hour	10:00 Exercise 5 10:30 Pencil Art 11:00 Music Therapy 11:15 Book Reading 1:30 Jackpot Bingo 3:00 Gail's Surprise	10:00 Barry Painting 6 10:00 Shopping@ Walmart 11:00 Tee Time 11:30 Lunch Outing 1:30 Chaplin Frank 2:30 Exercise w/ Julie 6:00 Bible Study	10:00 Trivia 7 10:30 Music Therapy 11:00 Black Jack 1:30 Bingo 3:00 Ice Cream Social	9:30 Jewlery Show 8 10:00 Nifty Nails 11:00 Black Jack 1:30 Cornhole 2:30 Cardo 3:30 Exercise w/Julie	9:30 Puzzle of the Day 9 10:00 Exercise 11:00 Black Jack 1:30 Bingo 3:30 Happy Hour w/ Jeff S	9:15 Rosary 10 10:00 Exercise 11:00 Black Jack 1:30 Bingo 3:00 Ice Cream Social
10:00 Exercise 11 10:30 Catholic Communion 11:00 Black Jack 12:00 Lunch w/ Dave 1:30 Bingo 3:00 Friendly Social Hour	10:00 Exercise 12 10:30 Pencil Art 11:00 Music Therapy 11:15 Book Reading 1:30 Jackpot Bingo 3:00 Gail's Surprise	10:00 Black Jack 13 10:00 Shopping @ Dollar Tree 11:00 Cardo 12:00 Lunch Outing 1:30 Chaplin Frank 2:30 Exercise w/ Julie	10:00 Trivia 14 10:30 Music Therapy 11:00 DIY Thanksgiving Candle 1:30 Bingo 3:00 Ice Cream Social	10:00 Nifty Nails 15 10:30 Sing-A-Long w/ Marvin 1:30 Cornhole 2:30 Pokeno 3:30 Exercise w/Julie	9:30 Puzzle of the Day 16 10:00 Catholic Service & Communion 10:30 Exercise 11:00 Black Jack 1:30 Bingo 3:30 Happy Hour w/ Larry Stang	9:15 Rosary 17 10:00 Exercise 11:00 Black Jack 1:30 Bingo 3:00 Ice Cream Social
10:00 Exercise 18 10:30 Catholic Communion 11:00 Black Jack 1:30 Bingo 3:00 Friendly Social Hour	10:00 Exercise 19 10:30 Pencil Art 11:00 Music Therapy 11:15 Book Reading 1:30 Jackpot Bingo 3:00 Gail's Surprise	10:00 Barry Painting 20 10:15 Shopping @ Target 11:00 Tee Time 11:30 Lunch Outing 1:30 Chaplin Frank 2:30 Exercise w/ Julie 6:30 Bible Study	10:00 Trivia 21 10:30 Music Therapy 11:00 Black Jack 1:30 Bingo 3:00 Ice Cream Social	10:00 Nifty Nails 22 11:00 Black Jack 12:00 Thanksgiving Lunch w/ Alfonso 1:30 Cornhole 2:30 Cardo	9:30 Puzzle of the Day 23 10:00 Exercise 11:00 Black Jack 1:30 Bingo 3:30 Ice Cream Social	9:15 Rosary 24 10:00 Exercise 11:00 Black Jack 1:30 Bingo 3:00 Ice Cream Social
10:00 Exercise 25 10:30 Catholic Communion 11:00 Black Jack 1:30 Bingo 3:00 Friendly Social Hour	10:00 Exercise 26 10:30 Pencil Art 11:00 Music Therapy 11:15 Book Reading 1:30 Bingo 3:00 Gail's Surprise	10:00 Black Jack 27 10:15 Shopping @Publix 11:00 Pokeno 11:30 Lunch Outing 1:30 Chaplin Frank 2:30 Exercise w/ Julie 6:30 Bible Study	10:00 Trivia 28 10:30 Music Therapy 11:00 Black Jack 1:30 Bingo 3:00 Ice Cream Social	10:00 Nifty Nails 29 11:00 Black Jack 1:30 Cornhole 2:30 Cardo 3:30 Exersice w/ Julie	9:30 Puzzle of the Day 30 10:00 Exercise 11:00 Black Jack 1:30 Bingo 3:30 Ice Cream Social	

Arbor Oaks at Greenacres • Evergreen

November 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10:00 Parachute 10:30 Ball Toss 11:00 Current Events 11:30 Trivia 12:30 Lunch 1:30 Finger Painting 2:30 Sing-A-Long w/ Marvin 3:00 Refreshments	2 9:00 Sit & Be Fit 10:00 Trivia 11:00 Sing-A-Long w/ Ruth 12:00 Guess What? 12:30 Lunch 1:30 Crafty Colors 2:00 Match 3:30 Friendly Social Hour	3 10:00 Kickball 11:00 Therapeutic Touch 11:30 Drawing Circle 12:30 Lunch 2:00 Jokes & Riddles 2:30 Guess Who? 4:00 Classic Movie
4 10:00 Ball Toss 10:30 Catholic Communion 10:30 Exercise 12:30 Lunch 2:00 Spelling Bee 2:30 Smoothie 3:00 Music/Dance 4:00 Classic Movie	5 9:00 Sit & Be Fit 10:00 Ball Toss 10:30 Sing-A-Long w/ Ruth 11:30 Let's talk Baking 12:00 Lunch 1:30 Puzzles 2:30 Crafty Colors 3:00 Ice Cream Social 3:30 Story Time	6 9:00 Sit & Be Fit 10:00 Ball Toss 11:00 Catholic Mass 12:30 Lunch 1:30 Word Games 2:00 Bingo 2:30 Chaplin Frank 3:00 Refreshments	7 9:00 Sit & Be Fit 10:00 Crafty Colors 11:30 Word Games 12:30 Lunch 1:00 Sing-A-Long 2:00 Trivia 3:00 Refreshments 3:30 Bingo	8 10:00 Parachute 10:30 Ball Toss 11:00 Current Events 11:30 Trivia 12:30 Lunch 1:30 Finger Painting 2:30 Who am I? 3:00 Refreshments	9 9:00 Sit & Be Fit 10:00 Trivia 11:00 Sing-A-Long w/ Ruth 12:00 Guess What? 12:30 Lunch 1:30 Crafty Colors 2:00 Match 3:30 Friendly Social Hour	10 10:00 Kickball 11:00 Therapeutic Touch 11:30 Drawing Circle 12:30 Lunch 2:00 Bingo 2:30 Finger Painting 3:00 Ice Cream Social 4:00 Classic Movie
11 10:00 Ball Toss 10:30 Catholic Communion 10:30 Exercise 12:30 Lunch 2:00 Spelling Bee 2:30 Smoothie 3:00 Music/Dance 4:00 Classic Movie	12 9:00 Sit & Be Fit 10:00 Ball Toss 10:30 Word Games 11:00 Trivia 12:30 Lunch 1:30 Bingo 2:00 Match 2:30 Puzzles 3:00 Ice Cream Social	13 9:00 Sit & Be Fit 10:00 Ball Toss 11:00 Catholic Mass 11:30 Sing-A-Long 12:30 Lunch 1:30 Let's talk Shopping 2:00 Crafty Tuesday 2:30 Chaplin Frank 3:00 Refreshments	14 10:00 Exercise 11:00 Trivia 11:30 Therapeutic Touch 12:30 Lunch 2:00 Relaxation Station 2:30 Refreshments 3:00 Instrumental Jam 4:00 Movie & Popcorn	15 10:00 Parachute 10:30 Current Events 11:00 Who am I? 11:30 Hangman 12:30 Lunch 1:30 Crafty Thursday 2:00 Exercise w/ Julie 3:00 Refreshments	16 9:00 Sit & Be Fit 10:00 Trivia 11:00 Sing-A-Long w/ Ruth 11:30 Guess What? 12:30 Lunch 1:30 Bingo 2:00 Puzzles 3:30 Happy Hour w/ Alfonso	17 10:00 Kickball 11:00 Therapeutic Touch 11:30 Drawing Circle 12:30 Lunch 2:00 Bingo 2:30 Word Games 3:00 Refreshments 4:00 Classic Movie
18 10:00 Ball Toss 10:30 Catholic Communion 10:30 Exercise 11:30 Refreshments 12:30 Lunch 2:00 Spelling Bee 3:00 Music/Dance 4:00 Classic Movie	19 9:00 Sit & Be Fit 10:00 Ball Toss 11:30 Word Games 12:30 Lunch 1:30 Bingo 2:00 Let's Talk Family 2:30 Crafty Colors 3:00 Ice Cream Social	20 9:00 Sit & Be Fit 10:00 Ball Toss 11:00 Catholic Mass 11:30 Sing-A-Long 12:30 Lunch 1:30 Puzzles 2:30 Chaplin Frank 3:00 Refreshments	21 10:00 Exercise 11:00 Trivia 11:30 Therapeutic Touch 12:30 Lunch 2:00 Bingo 2:00 Relaxation Station 2:30 Refreshments 3:00 Instrumental Jam 4:00 Movie & Popcorn	22 10:00 Ball Toss 10:30 Current Events 11:00 Short the Objects 11:30 Who am I? 12:30 Thanksgiving Lunch 1:30 Guess what? 2:00 Exercise w/ Julie 3:00 Tea on the Porch	23 9:00 Sit & Be Fit 10:00 Ball Toss 11:00 Trivia 11:30 Guess What? 12:30 Lunch 1:30 Bingo 2:00 Crafty Colors 3:30 Friendly Social hour	24 10:00 Kickball 11:00 Therapeutic Touch 11:30 Drawing Circle 1:30 Lunch 2:00 Jokes & Riddles 2:30 Find the piece 3:00 Ice Cream Social 4:00 Classic Movie
25 10:00 Ball Toss 10:30 Catholic Communion 10:30 Exercise 11:30 Refreshments 12:30 Lunch 2:00 Music w/ Julie 3:00 Music/Dance 4:00 Classic Movie	26 9:00 Sit & Be Fit 10:00 Ball Toss 11:30 Mind Games 12:30 Lunch 1:30 Bingo 2:00 Crafty Colors 2:30 Let's Talk Pets 3:00 Ice Cream Social	27 9:00 Sit & Be Fit 10:00 Ball Toss 11:00 Catholic Mass 11:30 Sing-A-Long 12:30 Lunch 1:30 Crafty Tuesday 2:30 Chaplin Frank 3:00 Refreshments	28 10:00 Exercise 11:00 Trivia 11:30 Therapeutic Touch 12:30 Lunch 2:00 Bingo 2:00 Relaxation Station 2:30 Refreshments 3:00 Instrumental Jam 4:00 Movie & Popcorn	29 10:00 Ball Toss 10:30 Current Events 11:00 Short the Objects 11:30 Who am I? 12:30 Lunch 1:30 Guess what? 2:00 Exercise w/ Julie 3:00 Tea on the Porch	30 9:00 Sit & Be Fit 10:00 Ball Toss 11:00 Trivia 11:30 Guess What? 12:30 Lunch 1:30 Bingo 2:00 Crafty Colors 3:30 Friendly Social hour	