

Resident Birthdays

#53 Stan Webb ----- November 7th
 #17B Mitsuya "Mitch" Takechi ---- November 12th
 #80 Lillie Jordan ----- November 15th
 #32 Orsola Fuller ----- November 17th
 #2 Joe Schmidt ----- November 20th
 #18 Sue Conover ----- November 28th

Staff Birthdays

Derique Warren (Kitchen) ----- November 2nd
 Rosetta McCleton (Kitchen) ----- November 4th
 Liqia Rodriguez (Care Director) -- November 9th
 Jill Betz (Activities Assistant) ----- November 24th
 Shanika Brown (AL Caregiver) --- November 24th
 Jessica White (MC Caregiver) ---- November 25th

Birthday Party

Join us for the monthly Birthday Party on November 20th at 2pm. Your Musical Memories will be here to play for us, and we will serve cupcakes, ice cream and cocktails.

Family & friends are always welcome to join us for our Birthday Parties or Cocktail Hours so don't hesitate to bring them. The more the merrier!

A THANKSGIVING POEM

May your stuffing be tasty,
 May your turkey plump,
 May your potatoes and gravy
 have nary a lump.
 May your yams be delicious
 and your pies take the prize,
 and may your
 Thanksgiving dinner
 stay off your thighs!



November Birthdays

In astrology, those born November 1–22 are the scorpions of Scorpio. Scorpions are passionate and assertive, yet they are also known to keep cool and calm. This composure makes them good, steadfast leaders and loyal and honest friends. Those born between November 23–30 are centaur archers of Sagittarius. Archers are curious, energetic, and enjoy change, the restless travelers of the zodiac. They are funny and enthusiastic, cherishing freedom as their greatest treasure.

Burt Lancaster (actor) – November 2, 1913
 Art Garfunkel (singer) – November 5, 1941
 Alfre Woodard (actress) – November 8, 1952
 Carl Sagan (scientist) – November 9, 1934
 Whoopi Goldberg (comedian) – Nov. 13, 1955
 Georgia O'Keeffe (painter) – November 15, 1887
 Alan Shepard (astronaut) – November 18, 1923
 George Eliot (author) – November 22, 1819
 Charles Schulz (cartoonist) – November 26, 1922
 Mark Twain (writer) – November 30, 1835



**Pegi and family enjoying
October's Murder Mystery!**

Leaves on the Pond

Golden Pond Assisted Living 3415 Mayhew Rd. Sacramento, CA. 95827 916.369.8967 RCFE #347000985



*"We must find time to stop and thank
 the people who make a difference in our
 lives."*

— John F. Kennedy

Let's Give Thanks

Thanksgiving, a day in which we stuff our faces with turkey, cranberry, mashed potatoes and more. But there's more to it than just food. It is also a day in which we should step back and analyze who is in our lives and why. It's a time when we say thank you to those people for everything they've done for us and everything they've done for their community, workplace or school. A simple, "Thanks for everything you do, I truly appreciate it", can make somebody's day.

Join us for our annual Thanksgiving Brunch on Thursday, November 28th. There are two seatings, 11:00am and 12:30pm. Make reservations at the front office with Jessica if you plan on inviting family.



Real Life Math Curiosity by Merle Chadbourne #90

In the current year (2019), all people on Earth are in the same age group. This year your age plus your year of birth will equal 2019.

Example: 75 (your age) + 1944 (your birth year) = 2019

This happens only every 1,000 years. Enjoy what's left of this year. It's truly special!

Celebrating November

Author's Day

November 1

Food Committee Meeting

November 7

Veterans Day: U.S.

November 11

Veteran's Day Presentation

w/ Marci

November 11

World Kindness Day

November 13

Birthday Party w/ Your Musical Memories

November 20

Happy Thanksgiving

Thanksgiving Brunch

November 28

**Your
Management
Team**

Steve Sarine
Executive Director

Heather Murdock
Marketing Director

Ligia Rodriquez
Director of Care

Melina Dearing
Wellness Director

Bernadette Soliz
Culinary Director

Leon Borges
Transportation

Lupe Ramirez
Joseph Enriquez
Jill Betz
Activity Staff

Jessica Ramirez
Office Manager

Lorine Ricardos
*Housekeeping &
Laundry Director*

**Russell Thomas &
Clemente Lopez**
Maintenance

**We Love
Referrals!**

Did you know that Golden Pond loves referrals? Refer Golden Pond to a friend or family member and we will provide a credit of \$750 to you! Meet with Heather Murdock, our Marketing Director, to further discuss our referral program.

Reservations

Is your birthday coming up? Do you want to celebrate with family & friends in a private setting without having to leave your home? Well the Family and Friends room is the place for you! Please contact Joseph, Jill or Lupe to reserve the room.

Tai Chi

Tai Chi is officially back! Our new instructor, Mae, had a great time with the three classes she taught in October and she'll be back in November for more! Check out the Tai Chi group every Saturday at 1pm in the Performing Arts Room.

Bread for Breaking and Baking

This November, there are a variety of holidays that encourage the gathering of families and friends: Día de Muertos in Mexico, Diwali in India, Thanksgiving in the United States, Saint Andrew's Day in Scotland, and many others. These holidays offer the perfect opportunity to "break bread" with loved ones. While many will literally be breaking bread at their feast tables, the expression "break bread together" denotes sharing more than just food, but also feelings of love, trust, and togetherness. Many believe that the phrase "breaking bread" originated in the New Testament of the Bible, where Jesus broke bread and shared it with his apostles during the Last Supper. It was this Scriptural sharing of bread that provides the basis for the Eucharist, or "Holy Communion." However, the ritual breaking of bread dates back to before the Last Supper and has a long Jewish history, a history with which Jesus, as a Jew, was familiar. The Jewish ritual of Shabbat involves breaking bread. Indeed, according to laws given to Moses by God, 12 breads were supposed to be placed in the Tabernacle each Sabbath. It is from these Jewish traditions that we get the expression "breaking bread."

As luck would have it, Homemade Bread Day falls on November 17, offering a chance for novice and expert bakers alike to try baking their own bread. When we think of bread, we mostly think of yeast breads, which must be allowed to rise and rest before baking. Quick breads, on the other hand, rise with the help of leavening agents like baking powder or baking soda, so there is no need to wait for the yeast to work. Regardless of your leaven, baking homemade bread fills the house with wonderful smells that are bound to attract a crowd. Challah is the traditional Jewish Sabbath loaf, a portion of which was separated as a gift for the *kohanim*, or priests. A yeast bread with honey-sweetened and egg-enriched dough, challah makes a light, tender loaf that is golden brown. The braided loaf looks like intertwined arms, symbolizing love or the interlocked principles of peace, truth, and justice. Its 12 humps recall the 12 ritual breads meant for the Tabernacle and the 12 tribes of Israel. With such a storied history, it is easy to see how sharing bread has come to symbolize a nourishing meal for both the body and the spirit.

November Theme Days

Nov. 1st



**Wear All One
Color Day**

Nov. 8th



**Red, White
& Blue Day**

Nov. 15th



**Crazy Hair
Day**

Nov. 22nd



**Sweatpants
Day**

Nov. 29th



**OVERSIZED
CLOTHING DAY**

All residents, staff and even family members are encouraged to dress up for our theme days. Just remember to keep it appropriate!

30 Days of Thanksgiving

Thanksgiving in America means gracing the table with a classic roast turkey with stuffing and gravy, sides of cranberry sauce and sweet potatoes, and, of course, a pumpkin pie for dessert. While the event of the meal may bring families and friends together; it is important to remember the many reasons to celebrate Thanksgiving.

The tradition of keeping a gratitude list isn't new. Some people write a daily list. Others keep a mental list and acknowledge thanksgiving during their spiritual meditations or prayers. In a study by The American Psychological Association, researchers suggested that positive emotions of gratitude serve three important moral functions: 1) A moral barometer that allows us to acknowledge that we have been the beneficiary of another person's kindness or good deed; 2) A moral motivator, that encourages us to do good things for other people; and 3) It is a moral reinforcer to strengthen our resolve to do good deeds in the future. Gratitude list and being thankful slowly starts to change one's entire way of thinking and perception of the world. According to LONI, Laboratory of Neuro Imaging, the average person has about 70,000 thoughts each day!



Helen with her "Got Away with Murder" certificate

Most of those thoughts are very similar or just repeat over and over throughout the day. The problem is that most of those thoughts are negative. Gratitude can work to arrest and replace these negative patterns with something positive. In a 2003 study, psychologists asked participants in three groups to write on a topic for 10 weeks. Group 1 wrote a daily gratitude list. Group 2 wrote a daily irritations list. Group 3 wrote about events that were neither positive nor negative. At the end of the study Group 1 participants were more optimistic and felt better about their lives and the world. This simple act of thanksgiving helps you discover that life is more enjoyable. And once you have gratitude, there is something else you need to do... you must share it. Gratitude is a gift worth giving. This November join us for 30 Days of Thanksgiving, as we honor the people that get very little recognition daily. We invite to come, make, and sign Thank You cards for the individuals that contribute to our community in very subtle ways, like the US Postal Mail Carrier, the Waste Management Operator, and so many others. Check your calendar for details!