

CAMELLIA GARDENS

Gracious Retirement Living

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NOVEMBER 2020

CAMELLIA GARDENS

Managers.....CANDY & TONY ALESSI
Assistant ManagersKALYN
& PATRICK KATHEEDER
Executive Chef ELLIE MURPHY
Sous ChefJAY DINIO
Activity Coordinator CASEY THOMAS
Maintenance SCOT CASTLE
Bus DriverRICK MCLAUGHLIN

TRANSPORTATION

Monday, 2 p.m.: Local Shopping

Monday, 10 a.m.: Framingham Shopping

Tuesday, 8:30 a.m.-3 p.m.: Appointments

Wednesday, Outings

Thursday, 8:30 a.m.-3 p.m.: Appointments

Friday, 10 a.m.: Framingham Shopping

Friday, 2 p.m.: Local Shopping

HAWTHORN
SENIOR LIVING

Preserving Veterans' Stories

With thousands of stories of service and sacrifice, the Veterans History Project preserves and shares the firsthand accounts of America's war veterans.

Created in 2000 by the U.S. Congress, the ongoing program is part of the American

Folklife Center at the Library of Congress. The personal narratives of men and women who served in all branches of the military from World War I to present-day conflicts are being collected. Their memories help document history and provide a better understanding of the realities of war for future generations.

Veterans are encouraged to share their experiences by submitting video or audio interviews, written memoirs, letters, photos and other historical documents. Families of deceased veterans can also contribute.

To date, the project has collected 108,000 stories, making it the nation's largest archive of oral history of its kind. Some accounts have been digitized and are available for viewing online.

To learn more about the Veterans History Project and how to participate, visit LOC.gov/vets.





Thanksgiving Favorites Across the Nation

If you look at the dinner tables across the country at Thanksgiving, it's unlikely you'll find any two feasts that are exactly the same. Every family has its own food traditions, but many homes in the same region enjoy similar holiday dishes.

Ocean offerings: Historians believe a variety of shellfish was abundant at the original Thanksgiving feast, and the tradition continues today in several regions. In New England, mussels are a popular side dish, as is oyster stuffing, a favorite in the South, too. And you just may find green bean salad with octopus on a holiday table in Hawaii.

Corn of plenty: Many New England tables feature corn on the cob as a nod to the first Thanksgiving, while corn casserole or corn pudding is commonly found in the Midwest. Southern cooks often serve cornbread dressing, which is made with blue cornmeal in Southwestern states.

A berry good idea: Fruit at Thanksgiving? It has to be cranberries. While jellied cranberry sauce from a can remains popular throughout the country, homemade versions take on distinguishing characteristics: Pure cranberry sauce is a staple in Western states, the Northeast is home to cranberry relish with citrus peel, and cranberry salad can be found in the South and Midwest.

Praiseworthy pies: Leave plenty of room on your plate for pie—nearly every region has its own specialty. Pumpkin pie is popular in most states, but in the South, sweet potato pie is king. Southerners also love their pecan pie, which is a favorite in the Midwest, too. Apple pie and Concord grape pie are enjoyed in the Northeast, and a Michigan dessert table isn't complete without cherry pie.



The True History of Thanksgiving

We all remember the picturesque version of Thanksgiving taught to us in elementary school. Pilgrims, new to land, were taught by the Native Americans the proper way to work the soil. Ultimately, Pilgrims and Native Americans alike settled down for a celebratory feast. The truth, while not quite as rosy, is nonetheless interesting.

Many of our misconceptions around the history of Thanksgiving stems from various forms of children's education. Textbooks, children's books, and TV specials often mention our classic story of Thanksgiving. As is often the case, details were left out to create a simplified, friendly version.

It is true that the Pilgrims arrived in 1620 and celebrated a successful harvest with a three-day celebration in which members of the Wampanoag tribe attended. But it was only until the 1830s when New Englanders began to make the connection between this celebration and their traditional Thanksgiving celebration. Both Native American and European societies have held many festivals in honor of successful harvests, not just Thanksgiving. A prevalent alternative theory suggests Thanksgiving stemmed from the settling of a bountiful new area, perhaps available due to warfare or plague that ravaged the native population of the area.

Details like the presence of Turkey at the first Thanksgiving, can often change or be left out entirely. Regardless of the circumstances, a cross-cultural celebration with food, games, and prayer was truly special. So as you celebrate Thanksgiving this year, I hope you remember the impact such a celebration can have.





Super Soft, White Chocolate Cranberry Cookies

You can't go wrong with these cookies! The white chocolate chunks and sweet dried cranberries are sure to make these a seasonal favorite! All the ingredients and cooking instructions can be found below.



Ingredients:

- 2/3 cup(s) butter or margarine, softened
- 2/3 cup(s) firmly packed brown sugar
- 2 eggs
- 1-1/2 cup(s) old-fashioned oats, uncooked
- 1-1/2 cup(s) all-purpose flour
- 1 teaspoon(s) baking soda
- 1/2 teaspoon(s) salt
- One 6-ounce package dried cranberries
- 2/3 cup(s) white chocolate chunks or chips

Directions:

1. Heat oven to 375 °F.
2. In medium bowl, beat butter and sugar with electric mixer until light and fluffy. Add eggs, mixing well.
3. In separate bowl, combine oats, flour, baking soda and salt. Add to butter mixture in several additions, mixing well after each addition.
4. Stir in dried cranberries and white chocolate chunks.
5. Drop by rounded teaspoonfuls onto ungreased cookie sheets. Bake 10 to 12 minutes or until golden brown.

An Attitude of Gratitude

A thankful heart is a happy heart—it may sound cliché, but science says it's true. Making gratitude a regular habit boosts positive emotions and helps you be more resilient when dealing with life's challenges. These exercises in gratitude can lead to a happier you.

Keep a journal — A dedicated journal, in which you write down a few things you are thankful for each day, is a simple and effective tool for cultivating gratitude. Rereading past entries can offer a healthy perspective when you need an emotional boost.

Create a collage — Put together a collage of photos of friends and family members, as well as other items that bring you joy, such as a meaningful postcard or a wise saying from a fortune cookie. Place it where you'll see it every day as a visual reminder of the good things in your life.

Say “thank you” — Express your thanks when interacting with food servers, store clerks, medical staff and customer service employees. Send personal thank-you notes to people who've left lasting impressions.

Give back — Donating your time, skills and money to those in need gives you the chance to reflect on things you may take for granted. Helping others also increases your sense of purpose and overall well-being.



NOV 2020











Birthdays

Roberta Shuman, 5th
 Neil O'Brien, 9th
 Dick Decoteau, 12th
 John Gibson, 13th
 Sharon Tulis, 16th
 Anne Diamond, 19th
 Joan York, 23rd
 Trudy Holzer, 26th
 Mary Ann Donahue, 29th

Locations

4th Floor Patio, 4P
 Activity Room, AR
 Atrium, AT
 Billiard Room, BR
 Bistro, BI
 Dining Room, DR
 Fire Pit, FP
 Gardens, GD
 Gym, GYM
 Library, LIB
 Main Lobby, LB
 PC Area, PC
 Pergola Courtyard, CY
 Private Dining Room, PDR
 Sanctuary, SAN
 Theater, TR
 TV Room, TV

Stop in the Reading Room any time over the weekend to pick up word games and puzzles to complete at your leisure.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAYLIGHT SAVING TIME ENDS 1 2:00 Daylight Saving Time Ends 9:30 Word Games, LIB 10:00 Virtual Sunday Mass, TR 10:00 Hydration Station, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Movie, TR	2 9:30 Chair Exercises, AR 10:00 Hydration Station, BI 11:00 Veterans' Club, TV 2:00 Bingo, AR 2:00 Movie Matinee, TR 3:00 Bean Bag Baseball, AR 3:00 Ice Cream Social Hour, BI 7:00 Movie, TR	ELECTION DAY 3 9:30 Exercise Bands, AR 10:00 TED Talks, TR 10:00 Hydration Station, BI 11:00 Resident/Manager Meeting, AR, AR 2:00 Movie Matinee, TR 3:00 Arts & Crafts, AR 3:00 Resident/Manager Meeting, AR, AR 4:00 Stretching, AR 7:00 Movie, TR	4 9:30 Ageless Grace Exercise, AR 10:00 Hydration Station, BI 11:00 Armchair Travel, TR 2:00 <i>Movie & Popcorn, TR</i> 3:00 First Ladies' Tea, SAN 7:00 Movie, TR	5 9:30 Exercise Bands, AR 10:00 Hydration Station, BI 10:00 National Doughnut Day, AR 11:00 Gratitude Reflections, AR 2:00 Movie Matinee, TR 3:00 Knitting Club, AT 3:00 Billiards Club, BR 7:00 Movie, TR 	6 9:30 Chair Exercises, AR 10:00 Hydration Station, BI 10:30 Connie's Crossword Corner, BI 2:00 Movie Matinee, TR 3:00 Happy Hour, AR 7:00 Movie, TR	7 9:30 Word Games, LIB 10:00 Hydration Station, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Concert Series, TR
8 9:30 Word Games, LIB 10:00 Virtual Sunday Mass, TR 10:00 Hydration Station, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Movie, TR	9 9:30 Chair Exercises, AR 10:00 Hydration Station, BI 11:00 Veterans' Club, TV 2:00 Bingo, AR 2:00 Movie Matinee, TR 3:00 Bean Bag Baseball, AR 3:00 Ice Cream Social Hour, BI 	10 9:30 Exercise Bands, AR 9:30 Blood Pressure Clinic, AR 10:00 TED Talks, TR 10:00 Hydration Station, BI 2:00 Movie Matinee, TR 3:00 Arts & Crafts, AR 4:00 Stretching, AR 7:00 Movie, TR	VETERANS DAY 11 9:30 Ageless Grace Exercise, AR 10:00 Hydration Station, BI 10:00 Veterans Day Ceremony 11:00 Armchair Travel, TR 11:00 Resident/Chef Meeting, AR, AR 2:00 <i>Movie & Popcorn, TR</i> 3:00 First Ladies' Tea, SAN 7:00 Movie, TR	12 9:30 Exercise Bands, AR 10:00 Hydration Station, BI 11:00 Gratitude Reflections, AR 2:00 Movie Matinee, TR 3:00 Knitting Club, AT 3:00 Billiards Club, BR 7:00 Movie, TR 	13 9:30 Chair Exercises, AR 10:00 Hydration Station, BI 10:30 Connie's Crossword Corner, BI 2:00 Movie Matinee, TR 3:00 Happy Hour, AR 	14 9:30 Word Games, LIB 10:00 Hydration Station, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Concert Series, TR
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29 9:30 Word Games, LIB 10:00 Virtual Sunday Mass, TR 10:00 Hydration Station, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Movie, TR 	30 9:30 Chair Exercises, AR 10:00 Hydration Station, BI 11:00 Veterans' Club, TV 2:00 Bingo, AR 2:00 Movie Matinee, TR 3:00 Bean Bag Baseball, AR 3:00 Ice Cream Social Hour, BI 7:00 Movie, TR					



Why Are Cranberries So Good for Us?

It's no secret that berries are good for us. Strawberries, blueberries, raspberries — they're all packed with antioxidants, fiber and many other all-star nutrients. However, there's one often-overlooked berry that's also oozing with health benefits: cranberries. And no, they're not just great for delicious Thanksgiving sauce. Below are just a few great cranberry benefits!

1. Cranberries may help prevent urinary tract infections.

When you think of cranberry juice, the first thing that comes to mind is that it's said to help with urinary tract infections. That's because cranberries are loaded with an antioxidant called proanthocyanidins, or PACs for short. PACs reduce the ability for bacteria to stick to the wall of the urinary tract and thus reduce chances of developing urinary tract infections.

Note: Before you sip unsweetened cranberry juice for this explicit purpose, you should know that research on the subject is mixed; however, some experts still recommend drinking cranberry juice as a preventive measure, but talking to your doctor and trying a better, science-backed natural remedy is a better bet until more research can be done.

2. They can improve your digestion.

Fiber is great for overall gut health, and cranberries are packed with it —one cup has about 5.3 grams of fiber. "This is important because we need fiber for a healthy digestive system and to maintain regular bowel movements," Dr. Agarwal adds. Plus, fiber keeps you fuller longer, which means you're less likely to reach for a not-so-healthy snack.

3. They can help prevent gum disease.

Remember those PACs? The urinary tract isn't the only place these anti-microbial, anti-inflammatory antioxidants work their magic. Preliminary studies show that cranberries can help reduce bacteria's ability to stick and grow in the oral cavity and limit gum disease, in the same way as they do with UTIs.





History of Voting

Americans first began the custom of weekday voting in 1845, when Congress passed a federal law designating the first Tuesday following the first Monday in November as Election Day.

Before then, states were allowed to hold elections any time they pleased within a 34-day period before the first Wednesday in December, but this system had a few crucial flaws. Knowing the early voting results

could affect turnout and sway opinion in states that held late elections, and those same last-minute voters could potentially decide the outcome of the entire election. Faced with these issues, Congress created the current Election Day in the hope of streamlining the voting process.

But why a Tuesday in November? The answer stems from the agrarian makeup of 19th-century America. In the 1800s, most citizens worked as farmers and lived far from their polling place. Since people often traveled at least a day to vote, lawmakers needed to allow a two-day window for Election Day. Weekends were impractical, since most people spent Sundays in church, and Wednesday was market day for farmers.

With this in mind, Tuesday was selected as the first and most convenient day of the week to hold elections. Farm culture also explains why Election Day always falls in November. Spring and early summer elections were thought to interfere with the planting season, and late summer and early fall elections overlapped with the harvest. That left the late fall month of November — after the harvest was complete, but before the arrival of harsh winter weather — as the best choice.

Election Day is now a civic holiday in states including Delaware, Hawaii, New York, New Jersey and the territory of Puerto Rico. Many activists have called for Election Day to become a federal holiday, so people can take time to vote without missing work. Other proposals to boost voter turnout include having elections take place over several days or allowing voting to take place by mail or computers.



Be Thankful!



CAMELLIA GARDENS
Gracious Retirement Living

16 Digital Way
Maynard, MA 01754



Fall in love...

With Our Gracious Lifestyle

Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

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