

Summerville Estates

GRACIOUS RETIREMENT LIVING

704 Central Avenue • Summerville, SC 29483 • Phone (843) 873-3337 • www.seniorlivinginstyle.com

NOVEMBER 2020 SUMMERVILLE ESTATES STAFF

Managers..... SCOTT & DEBBIE DRISCOL
Assistant Managers STEVE & TERRI CHANEY
Executive Chef QUANETTA CLARK
Community Sales NICK MCBEE
Activity Coordinator DONNA GARDNER
Maintenance BILLY BOYD
Bus Driver VACANT

TRANSPORTATION

**Monday, 9:30-11:30 a.m. and
2-4 p.m.:** Shopping

Tuesday & Thursday, 9 a.m.-2 p.m.:
Professional Appointments

Wednesday, TBA: Outing Trips

YOUTUBE.COM

For slideshows and videos visit:
www.youtube.com/SummervilleEstates

HAWTHORN
SENIOR LIVING

Summerville Estates' Welcome Home

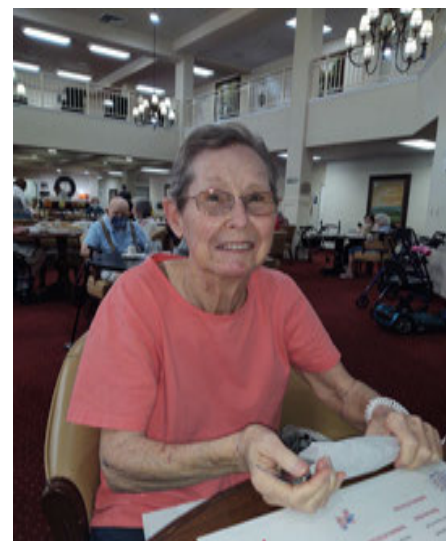
We would like to
welcome our new
family members.

- Lou Smith (3rd floor)
- Melinda Valdez (3rd floor)
- Mario and Marie DiGennaro (1st floor)
- Jeannette Berry (Welcome Back 3rd floor)
- Angie Marshal (3rd floor)
- Alexander Brown (1st floor)

Stop by and say hello get to know your neighbor.



Angie Marshal



Lou Smith



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.



November Fun Facts

- Veterans Day, when we honor those who have served in the United States Armed Forces, falls annually on November 11th. It also coincides with Armistice Day and Remembrance Day, which mark the end of World War I.
- Topaz, a semi-precious stone that symbolizes friendship, is found in many colors, but it is the orange-yellow version that is the traditional birthstone for November. Citrine, which is actually a quartz crystal that ranges from yellow to orange in color, is considered another November birthstone. It is often mistaken for the orange-yellow topaz, which is the more expensive of the two stones.
- The flower for the month of November is the chrysanthemum. The word chrysanthemum comes from the Greek words chrys and anthemum, meaning golden flower. In the language of flowers, chrysanthemum is considered to symbolize honesty, joy, and optimism.
- The Erie Canal was formally opened in New York on November 4, 1825.
- The Suez Canal opened on November 17, 1869.
- Abraham Lincoln gave his Gettysburg Address on November 19, 1863.
- The United States and Panama signed the treaty that provided for the Panama Canal on November 18, 1903.
- The U.S. and Canada celebrate the end of WWI every year on November 11, 1918.
- After discovering debris-covered stairs, British archaeologist Howard Carter and his crew entered the four-



room Egyptian tomb of 18-year-old King Tutankhamen on November 26, 1922.

- The first mechanically ventilated underwater tunnel in the world, the Holland Tunnel, opened to traffic on November 13, 1927.
- Commander Richard E. Byrd and crew of three became first to fly over the South Pole, November 29, 1929.
- Parker Brothers introduced the world to the Monopoly game on November 5, 1935.
- On November 18, 1963, Bell Telephone Company introduced to the public the push button phone.
- John F. Kennedy was assassinated on November 22, 1963.
- National Men Make Dinner Day: The first Thursday in November (some of us think this should be every Thursday, year-round, but what do we know?)
- National Sandwich Day: November 3rd, which is also National Housewife Day (we're detecting a theme here . . .)



The Heart That Gives Gathers

The residents decided to make a wreath for Fire Station Five. This is the station that responds to our location. We arrived to present the wreath and they were just getting back from training. The residents also gave them a coin to keep in their pocket with the fireman's prayer on it.



Almost finished



Residents and some firemen at Station 5



Working on the wreath



Outing of the Month

We found a locally owned business, Jedburg Junction Farmers Market, not far from Summerville Estates. Family owned and operated, we would like to thank them for helping our residents around loading everyone's pumpkins and mums that will help decorate our building and their patios. What a great lunch we had. We will be coming back to visit when the weather cools off some more.

Craig and Cathy Green and their daughters made everyone feel welcome.

Jedburg Junction sells local fruits and vegetables, and are connected with local farmers to run a small weekend petting zoo for small children. They also have a Artisan Village where local residents can buy local art pieces, as well as someone who crafts and sells knives, and a blacksmith who welds. So if you are ever in the area, stop by and see what they have and grab some lunch while you are there.

Get your friends and family to check us out on Facebook, like the page and follow Summerville Estates Gracious Retirement Living.



What a crew! They have so much fun!



Ms. Bonnie Bull, justa swinging



Ms. Ann Jones enjoying the outside after lunch



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.

Things to Watch Out for!

We want to start a knitting or crochet or needle point activity. Let's see how many would be interested in getting this going before Christmas. Come see me in the Activity Room. I have someone who is willing to come in and teach the ones who would like to learn. Also keep track of our new trips coming up.

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.



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We have a Facebook page! It is: [summervillestatesgraciousretirementliving](https://www.facebook.com/summervillestatesgraciousretirementliving).

Get your family and friends to follow us on Facebook! This way, they can see all the pictures of our residents doing daily activities and on outings.

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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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843-873-3337