

Willows Whistler

Willows Landing Senior Living, 9872 Hart Blvd, Monticello MN 55362



Staff Directory

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Linda Johnson
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The First Thanksgiving

Most Americans are familiar with the story of the first Thanksgiving. The Pilgrims, struggling in the New World, formed an alliance with the local Wampanoag tribe. One man in particular, Squanto, taught the Pilgrims to farm local crops like squash and beans—lessons that allowed the Pilgrims to survive. At the time of the autumn harvest, the Pilgrims and the Wampanoag came together for a great feast of Thanksgiving, a feast that we reenact each year as a cherished national holiday.

This classic Thanksgiving tale of cooperation and goodwill is more fable than history. The events that led to the Thanksgiving feast are far more complicated. The Wampanoag had encountered European colonists since at least 1524, almost 100 years before the first Thanksgiving in 1621, and these encounters were far from friendly. Records show that colonists often kidnapped members of the Wampanoag and brought them back to Europe. The Wampanoag sometimes fought back, and other times attempted to negotiate with the colonists to increase their own power against their rivals. In 1616, a disease brought from Europe ravaged the New England tribes, decimating two-thirds of the Wampanoag population. Distrust of the Europeans was so high that any alliance with the colonists would have been entered as a last resort.

When Ousamequin (commonly called Massasoit) of the Wampanoag signed a peace treaty with the Pilgrims in March 1621, he did it grudgingly, believing that this was the only way to save his people from the neighboring Narragansett tribe. For the negotiations, Ousamequin enlisted the help of Tisquantum, whom we know as Squanto, a Wampanoag who had escaped from slavery and lived briefly in England before returning home in 1619. For all the tension and distrust between the Wampanoag and the colonists, one thing is certain: the treaty lasted for decades. The Pilgrims and Wampanoags enjoyed peace and prosperity for as long as the signers of the treaty lived.

Cran-tastic

Cranberries are largely forgotten until Thanksgiving, when they grace the table as a jelly, relish, sauce, or chutney to go with the Thanksgiving turkey. On November 23, Eat a Cranberry Day, consider all the other ways to enjoy this tasty and healthy berry.

Foods that are a vibrant color are often good for you, and the shiny, red cranberry is a case in point. Cranberries are chock full of vitamins, minerals, and antioxidants, and they famously protect against urinary tract infections (UTIs). While cranberries may taste exceedingly tart or bitter when eaten raw, they become tasty and sweet when cooked or dried.

The Native Americans living around Cape Cod of southeastern Massachusetts had harvested cranberries, known as sasumuneash, for 12,000 years before the Europeans arrived. The colonists found that the sasumuneash of New England resembled the *craneberries* of their native England, so called because the flowers resembled the head of a sandhill crane.



Cranberries grow in wetlands commonly called *bogs*, which require a special set of conditions to yield a harvest. Soils at the bottom of a bog must be acidic and made of

peat; the bogs must have access to plenty of fresh water; and the growing season has to last from April to November, providing a cool period of dormancy. Luckily, the famous bogs of Cape Cod provide just the right conditions and climate. But cranberry bogs are not limited to just Cape Cod. They are found in Maine, Rhode Island, New Jersey, Delaware, Wisconsin, Michigan, and Oregon, as well as in Canada and Chile.

Cranberry sauce may be traditional for Thanksgiving, but these sweet, tart berries also make great additions to cheesecake, muffins, scones, pies, cheeses, sandwiches, rice, and drinks. With so many recipes, you could celebrate Eat a Cranberry Day every month of the year.

Farewell Party for Annette

Residents and Staff, please join us for a farewell party for Annette, Life Enrichment Coordinator, on Wednesday, November 3 at 3:00 p.m. in the Hart Room.

10 Warning Signs of Dementia

2

Difficulty performing familiar tasks



4

Withdrawal from work or social activities



6

Misplacing things



8

Changes in mood and behavior



10

Problems with language



1

Memory Loss



3

Disorientation to time and place



5

Poor or decreased judgement



7

Problems keeping track of things



9

Trouble with images and spatial relationships



If you are experiencing any of these symptoms, or know someone who is, talk to a doctor.

A Smashing Idea

Every Halloween, millions of pumpkins are sold for decorations and to be carved as jack-o'-lanterns, but what happens to all those pumpkins when Halloween is over? According to government statistics, most of the 1.3 billion pounds of pumpkin produced every year ends up in landfills. This refuse produces methane gas, a greenhouse gas considered 20 times more harmful than carbon dioxide. Luckily, there are plenty of options when it comes to discarding leftover pumpkins.

Pumpkins, of course, are meant for eating, and not just in pies. Pumpkin is delicious in muffins, custards, and soups, and seeds can be roasted and salted for a savory snack. Pumpkin seeds can also be planted so that next year you can harvest pumpkins in your own backyard for free! A pumpkin patch also makes for a great Halloween display. As an added bonus, pumpkin flowers are a great source of food for pollinating insects.

Pumpkins are also a tasty treat for animals. You could choose to leave pumpkin scraps for local scavengers like squirrels and raccoons, but you might prefer to donate your pumpkins to a local farm. Pumpkins are a great forage food for farm ruminants like cows, sheep, and goats.



Every November, Idaho Springs, Colorado, hosts an event called the Scraps-to-Soil Pumpkin Smash, a public pumpkin-smashing party. Participants choose their method of demolition—slingshots, baseball bats, giant mallets, even pumpkin catapults. The goal isn't to relieve post-Halloween or pre-Thanksgiving stress but to convert pumpkins to compost. While every part of a pumpkin—skin, meat, stem, and seeds—is compostable, seeds are often hardy enough to overwinter, so composters have to make sure that composting temperatures reach 150 degrees for three days. Unless, of course, you don't mind growing your own pumpkin patch.

Employee News!!

Employees celebrating 1 year at Willows!

Ross, Server, 10/27

Allie, Resident Assistant 11/1

Janelle, Server 11/1

Congratulations!

Welcome New Willow's Employees

Jade, Server

Rylee, Server

Rychmel, Resident Assistant

Nicole, Resident Assistant

Retrievia, Resident Assistant

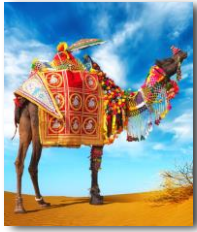
Activity News

We are excited to announce that our Life Enrichment Assistant, Linda Johnson, has accepted the role as Life Enrichment Coordinator effective October 30. Congratulations Linda!

It is with a heavy heart that I have chosen to leave my position here at Willows Landing. Know that you have been a blessing in my life, because of the moments we have shared. "Goodbyes are not forever, are not the end; it simply means I'll miss you until we meet again."

Camel Culture

Every November while the weather is cool before the long, heat of the desert summer, the city of Pushkar in Rajasthan, India, hosts the Pushkar Camel Fair, one of the largest livestock fairs in the world. It is an event of such cultural importance that 200,000 visitors attend each year.



The masses are greeted by thousands of camels. Camels, those great “ships of the desert,” are washed, shaved, and dressed in bright and beautiful cloth, jewelry, bells, and bangles.

They are then paraded through the streets and auctioned to the highest bidders. Not all the camels are sold, however. Many participate in Pushkar’s famous camel races, while the most beautiful camels compete in a beauty pageant.

Where the livestock auctions were once the sole focus of the fair, they are today a smaller part of a larger cultural extravaganza. Art exhibitions, a hot-air balloon show, a half-marathon, musical performances, a “longest mustache” and “bride and groom” competition (where couples are tested on their knowledge about each other) are the modern fair’s highlights. There are countless opportunities for tourists during the weeklong event.

The city of Pushkar is an attraction even without the Camel Fair. It is mentioned in the *Ramayana* and the *Mahabharata*, two Hindu texts of significance, and is therefore a holy pilgrimage site. The Camel Fair coincides with a practice known as the Holy Dip. Legend states that Lord Brahma the creator, searching for a site for the creation of the universe, dropped a lotus flower and it fell upon Pushkar. At the spot where it fell, a lake formed, the sacred lake of Pushkar. During the Camel Fair, thousands of pilgrims visit Pushkar Lake for a ceremonial bath that is believed to lead the bather to salvation. Whether you come for salvation, livestock, or immersion into the local culture, Pushkar’s Camel Fair is sure to leave an impression.

November Birthdays

In astrology, those born from November 1–21 are Scorpios. Scorpios cherish the truth and are not afraid to go to extraordinary lengths to uncover mysteries and get what they want. Those born from November 22–30 are Archers of Sagittarius. These Archers are philosophical seekers of knowledge who love traveling to new places to absorb new cultures.

Employees:

Catherine 11/1 Dania 11/1 Deldy 11/15

Residents:

Marianne 11/8
Janet 11/15
Harry 11/28
Kenneth 11/15
Dennis Carlson 11/28
Sharon 11/24
Robert 11/1
Linda 11/7
Vernon 11/8

Recycling Reminder



No plastic bags should be put down the recycling chute. Recycling items should be put down the chute loose, or put in paper bags. The trash company will charge the building for items dropped down the recycling chute inside plastic bags.

Thank you.
Tim, Maintenance