

ON THIS DAY IN NOVEMBER

- 1, 1800, President John Adams and his family move into the White House at 1600 Pennsylvania Ave. in Washington DC, becoming the first president to live there.
- 2, 1783- George Washington says goodbye to his troops after the end of the Revolutionary War.
- 3, 1956- *The Wizard of Oz* is televised for the first time.
- 5, 1935- Parker Brothers markets the board game *Monopoly*.
- 10, 1975- The ore carrier *Edmund Fitzgerald* breaks in two and sinks during a fierce storm on Lake Superior. The worst Great Lakes ship disaster in history; no survivors.
- 18, 1872- Susan B. Anthony is arrested for leading a group of women to register and then vote at a Rochester, NY polling site.
- 19, 1965- Kellogg's *Pop-Tarts* hit supermarket shelves.
- 22, 1959- President John F. Kennedy is assassinated in Dallas, Texas as his motorcade traveled through the city.
- 25, 1920- The first Thanksgiving Day parade is held in Philadelphia, PA.
- 26, 1789- At the request of both houses of Congress, President George Washington proclaims "Thanksgiving Day". It becomes the first official US holiday.
- 28, 1932- Groucho Marx performs on the radio for the first time.
- 30, 1858- John Landis Mason patents the mason canning jar, revolutionizing food safety and storage.

Welcome to
our newest
resident and
friend-
Sheila P- #225



Notary Service

If you need a document notarized, Becky Corcoran is a notary. Please contact her to set up an appointment. There is a fee of \$5.00 per document notarized.

Keystone Place, A Great Place to Call Home

Do you know someone who is looking for their next home? If you send them in Monica's direction and they sign on to become a resident here with us, you will receive a \$1000 rent credit as a thank you. Have them contact Monica Nelson at 651-888-6557 or SLC-LF@keystonesenior.com.



Word Scramble Key

Stuffing	Mayflower	tradition
pilgrims	Indians	cranberries
gatherharvest		pumpkin pie
gravy November		gobble

Trivia Answers

4,500 calories- UGH!
First NFL game- 1920
Abraham Lincoln

Keystone Chronicle

November 2023

The first Thanksgiving was celebrated in 1621 over a three-day harvest festival in Plymouth, Massachusetts. It included 50 Pilgrims and 90 Wampanoag Indians. It is believed by historians that only five women were present.

Turkey was not on the menu at the first Thanksgiving. Venison, duck, goose, oysters, lobster, eel and fish were likely served alongside pumpkins and cranberries (but not pumpkin pie or cranberry sauce!)



Keystone Place at LaValle Fields
14602 Finale Ave. N., Hugo MN 55038
651-888-6557



ACTIVITIES

3rd- 10:30 Lunch at Outback Steakhouse. Bring your AARP card and get 10% off! Sign-up with concierge
24th- Grand Casino Hinkley, van leaves at 9:15. Sign up with the concierge if you're feeling lucky or you just want some fun!

The Chosen- this drama depicts the life of Jesus Christ; introduces Jesus and the calling of his initial disciples. Sharon, a volunteer from St. Gen's is sharing this series with our residents. The first episode was shown on Oct. 23 with the remaining episodes being shown over the next several weeks. There will be a short discussion after each episode. The remaining presentations will take place in the Ed Sullivan theater from 1:30-3:00 on the following Mondays: November 6, 13, 20, 27 and December 4, 11.

Some of our residents went to a Trunk & Treat and car show event at New Life Church. It was a chilly fall morning but fun was had by all.



Goodies Galore

With Thanksgiving just around the corner, we are asking you/families to let us know whether or not you will be going out with family or friends to celebrate Thanksgiving. Please let us know whether or not you will be leaving and the anticipated time of departure and return so that the staff is able to prepare medications ahead of time for those who need to take their medications with them for the day. For those staying with us for the day, a Thanksgiving meal will be served at the lunch time meal with boxed dinners being delivered to rooms later.

ALL FUN & GAMES

Thanksgiving Word Scramble

gsffutni_____ famrelwoy_____ ditonrati_____

rplmiisg_____ dsiinan_____ sceriarnebr_____

vrethas_____ kppmuni epi_____ tahegr_____

yvgar_____ rnebovme_____ obglbe_____

Thanksgiving Trivia

How many calories are consumed on Thanksgiving by the average person?

The tradition of football on Thanksgiving began in 1876 with a game between Yale and Princeton. When was the first NFL game played?

After receiving letters of encouragement from Sara Josepha Hale, the author of *Mary Had a Little Lamb*, for 17 years, this president proclaimed Thanksgiving a national holiday on October 3, 1863?

How many words can you make from the letters in THANKSGIVING?

What did Dad say when he was asked to say grace on Thanksgiving?

“Grace”

Where did the Pilgrims stand after landing on Plymouth Rock?

Their feet

What do you call a sad cranberry?

A blueberry

PUMPKIN PIE
SQUASH
MASHED POTATO
WHIPPED CREAM
SWEET POTATO
DINNER ROLLS
CORN
SALAD
CRANBERRIES
TURKEY
GRAVY
STUFFING
PECAN PIE



Thanksgiving Dinner

A	C	O	A	I	T	K	A	L	T	R	P	P	T
S	D	S	E	A	C	G	D	P	U	P	U	E	A
Q	D	L	P	S	R	R	A	M	R	P	M	Y	W
U	R	L	D	T	A	A	S	A	K	R	P	C	H
A	R	O	P	U	N	V	W	S	E	E	K	F	I
S	C	R	T	F	B	Y	E	H	Y	E	I	P	P
H	E	R	I	F	E	L	E	E	A	R	N	P	P
E	N	E	U	I	R	E	T	D	N	D	P	E	E
E	A	N	K	N	R	A	P	P	I	A	I	C	D
A	V	N	A	G	I	A	O	O	E	L	E	A	C
P	Y	I	V	S	E	A	T	T	U	A	E	N	R
R	S	D	C	P	S	T	A	A	D	S	R	P	E
M	I	H	P	I	C	O	T	T	P	O	N	I	A
S	R	S	R	P	U	A	O	O	C	E	S	E	M

THE NURSES’ OFFICE

TRANS ISCHEMIC ATTACK

Trans Ischemic Attack, better known as a TIA or ministroke, is a short-term blood blockage to the brain, which may be caused by a clot. It typically resolves itself within 24 hours.

TIA symptoms, like those of a stroke, often affect one side of the body and include face drooping, slurred speech, dizziness and blurred or lost vision. Other conditions can mimic a TIA, which is why patients need a full medical evaluation. Among them: migraine, epilepsy and hypoglycemia (low blood sugar). A migraine-related aura or a localized seizure in an area of the brain can also cause TIA-like symptoms.

Fast action matters. Call 911 immediately. Don't waste time searching your symptoms on the internet or trying to get ahold of your primary care doctor. Don't ask for a family member to come and take you to the hospital - take the ambulance. It is better to spend time in the emergency department being evaluated than to sit at home.

Things you can do to decrease your risk of a TIA include:

- Don't smoke
- Eat a diet low in salt and fat, and rich in fruits and vegetables, fish nuts and whole grains.
- Exercise regularly
- Take medications as prescribed
- Drink alcohol in moderation

Happy Birthday to...

Residents

Betty C.- 1st
Maureen J.- 2nd
Ken S.- 3rd
Claudette Z.- 9th
Kathy L.- 11th
Peggy S.- 19th
Phil H.- 25th
Mary K.- 28th

Staff

Sue E.- 2nd
Sarah T.- 16th
Beth F.- 20th
Mel S.- 22nd
Barb G.- 27th
Kris V.- 30th

NOW SHOWING

Ed Sullivan Theater
on second floor 2:00

November 4th-
The Other Boleyn Girl

November 11th-
Now You See Me

November 18th-
Rebecca

November 25th-
The Shawshank Redemption



SUNNY COVE CORNER

Last month (October), we tried an active games group as well as went on a scenic drive to the apple orchard.

Family members and friends are welcome to join in group activities with their loved one. This often increases the likelihood that they will accept invites to groups and go independently in the future.



Mark your calendar!

The Sunny Cove Holiday Party is scheduled for Friday, December 15th at 3:30 in the afternoon. Families welcome!