

# The Wellington News

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Assisted Living • Respite Care Services

## Celebrating Food Together & Savory Stuffing Ideas

November is a time for gathering with loved ones and enjoying fun food-related observances together, from Deviled Egg Day on the 2<sup>nd</sup>, Nacho Day on the 6<sup>th</sup>, Pickle Day on the 14<sup>th</sup>, Homemade Bread Day on the 17<sup>th</sup> to Eat A Cranberry Day on the 23<sup>rd</sup>!

Whether you enjoy homemade stuffing or from the box, enhance your stuffing on November 21<sup>st</sup>, Stuffing Day, with these savory ideas:

- Use fresh herbs like clove, rosemary or thyme for added fragrance.



- Add cooked sausage or bacon for a smoky flavor.
- Mix in dried fruit like cranberries or dates for a sweet contrast.
- Try different breads like cornbread or sourdough for new textures.

- Incorporate nuts for crunch.

These food observances are a fun way to create new memories with loved ones while enjoying the season's flavors.

**What is your favorite November food to eat and celebrate?**

## Wellington Place at Rib Mountain

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[WellingtonPlaceRibMountain.org](http://WellingtonPlaceRibMountain.org)

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## Veterans Day: November 11

*Thank you, veterans, for your dedication, strength, service, and sacrifice—today and always.*



In May 1938, November 11, originally known as Armistice Day, became a legal holiday to honor veterans of World War I. In 1954, after World War II had required the greatest mobilization of defense personnel in the Nation's history, and after American forces had fought aggression in Korea, the 83rd Congress amended the Act of 1938 by replacing the word "Armistice" with "Veterans." At that time, November 11 became a day to honor American veterans of all wars for their patriotism, love of country, and willingness to sacrifice for the common good.

## National Alzheimer's Disease Awareness Month: *Is it Aging or Alzheimer's?*

It can be challenging to determine whether forgetfulness is due to normal aging or early signs of Alzheimer's. If you or a loved one notice any of the following signs, it's essential to schedule an appointment with a memory care specialist or a primary care physician:

- Frequent memory loss of new information
- Trouble with communication, using odd descriptions or simple words
- Difficulty completing everyday tasks
- Ignoring activities of daily living
- Misplacing items in strange places (i.e., ice cream in the oven)
- Getting lost in familiar areas
- Impaired judgment (i.e., wearing inappropriate clothing for the weather)
- Unexplained mood swings or personality changes
- Loss of initiative or disengagement from activities



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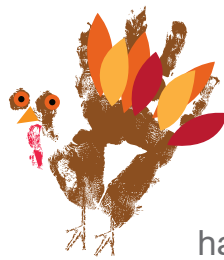
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## Crafting Thanksgiving Fun Together

Gathering together for Thanksgiving is a cherished tradition that strengthens family bonds and creates lasting memories. Engaging in seasonal hands-on crafts offers a wonderful opportunity for everyone to connect, share stories, and express their creativity.

**Here are some easy Thanksgiving crafts and projects that families can enjoy together over the holidays:**



### Handprint Turkeys:

Have grandchildren place their hands in non-toxic paint and press them onto paper, then add details like googly eyes, legs and feathers using paint, markers or crayons.

**Gratitude Jars:** Decorate small jars with paint, markers, or stickers. Each person can write down things they are thankful for on slips of paper

and place them in the jar. These can be read together after Thanksgiving dinner.



**Thankful Tree:** Cut out a tree trunk and branches from brown construction paper and tape it to a wall.

Have family members cut out colorful leaves and write what they're thankful for on each leaf. Attach the leaves to the tree with tape.

**Fall Leaf Art:** Collect colorful autumn leaves and use them to create collages or rubbings. Place a leaf under a piece of paper and rub a crayon over it to create an impression.



### Thanksgiving Wreaths:

Use paper plates as a base for a wreath. Cut out the center and decorate the outer edge with glued on fall-themed items like leaves, acorns, and dried corn. Or simply cut out leaves and berry shapes from colorful paper and tape or glue them on.

## Spreading Sparks of Kindness

Your gift brightens lives, allowing us to provide the quality care seniors deserve.



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