November 2022

Your Letterhead

Name of your community | Address | Phone number | Other information

Celebrating November

American Indian Heritage Month

Veterans Day (U.S.)
November 11

World Kindness Week
November 13–19

International Men's Day
November 19

Game & Puzzle Week
November 20–26

World Television Day
November 21

Thanksgiving Day (U.S.)
November 24

Giving Tuesday
November 29

Wayne Veach

Elizabeth Brown 6th
Donna Crowe 15th

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.

Facility Update

- As of November 1, we have had 2 residents test positive for COVID-19.
- Visitors are no longer required to sign in or be screened upon entry to the facility.
- Face masks are no longer required to be worn in the facility; however, use of PPE may protect from the COVID-19 virus.
- Please continue to follow good infection control practices and delay your visit if you have: symptoms consistent with COVID-19, any type of respiratory issues, exposure to COVID-19, or have an active COVID-19 infection.
- We offer on-site COVID-19 testing, if you have symptoms consistent with COVID-19.

Becky Oposnow
Administrator

Red Warning

Whether it's strawberry blond, deep burgundy, ginger, copper, or auburn, November 5 is a day to appreciate all shades of red, for it is Love Your Red Hair Day.

Red hair hasn't always been loved throughout history. It was once a widespread folk belief that redheads were witches. It was believed that fire-colored hair gave these women supernatural magic. During the 1300s, it was commonly thought that redheads could turn copper into gold. During the 16th to 19th centuries, redheads were associated with the devil. During the Spanish Inquisition, people were believed to have gotten their red hair from stealing the fires of hell. With only 2% of the population having red hair, it is likely that scarcity bred feelings of distrust of redheads.

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.

Wrong or Right?

On November 29, as you enter the frantic holiday shopping season, don't be surprised if a store clerk tells you that you're wrong, for it is The Customer Is Wrong Day. This day was conceived as a day to empower store workers so that they would not be bullied by customers.

The saying "the customer is always right" was coined by Harry Gordon Selfridge, founder of the London-based department store Selfridges, in 1909 as a motto to emphasize the importance of good customer service. But is the customer always right? Some argue that following this advice might lead to poorer company performance. While customer complaints should always be heard, it does not make sense for a company to change its policies based on every customer complaint. Furthermore, employees might feel abandoned and become ineffective when a company sides with a customer. Perhaps it is best to remember that nobody is right all the time—not the customer, an employee, or even a manager.

You Can't Make This Up

Believe it or not, November 1 is International Men's Makeup Day. It's true—makeup is no longer the unique domain of women. Cosmetic companies have developed makeup products to help men look their best.

Just like women, men also suffer from skin blemishes, pimples, uneven skin tone, and sunspots, as well as typical nicks from shaving and unruly facial hair. Cosmetic companies have decided that it is high time they offer cosmetic solutions to these common problems, especially for men who want and need to look their best. It probably comes as no surprise that many of these products come with masculine names, such as Bro Mask, Guyliner, and Power Bronze.

Golden Age
1915 S. 18th St.
Centerville, Iowa 52544

Postage Information

Golden Age Family Thanksgiving Potluck
November 12th @12:00
Golden Age will provide turkey, ham, mashed potatoes, dressing, and green bean casserole. We ask that you bring a side dish or desert.
If you plan on attending, please let us know by the 10th so that we have a spot for everyone!

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.

Burt Lancaster (actor) – Nov. 2, 1913
Walter Cronkite (journalist) – Nov. 4, 1916
Alfre Woodard (actress) – Nov. 8, 1952
Dorothy Dandridge (entertainer) – Nov. 9, 1922
Anne Hathaway (actress) – Nov. 12, 1982
Whoopi Goldberg (comedienne) – Nov. 13, 1955
Gloria Foster (actress) – Nov. 15, 1933
RuPaul (model) – Nov. 17, 1960
Delroy Lindo (actor) – Nov. 18, 1952
Michael Strahan (TV host) – Nov. 21, 1971
Scott Joplin (composer) – Nov. 24, 1868
Don Cheadle (actor) – Nov. 29, 1964
Ben Stiller (actor) – Nov. 30, 1965