

## Last Garden Club Meeting of the Season.



## November Birthdays

### Residents

November 1<sup>st</sup> – Betty Dolan

November 4<sup>th</sup> – Eugenia Klem

November 12<sup>th</sup> – Margie McClain

November 17<sup>th</sup> – Clara Remenicky

### Staff

November 2<sup>nd</sup> – Ana Taylor

November 19<sup>th</sup> – Mya Freemont

November 24<sup>th</sup> – Damika Hutchinson

November 28<sup>th</sup> – Uneek Floyd



November 2022

## What's Happening at Heather Heights

Heather Heights Senior Living | 160 W. Jefferson Rd. | 585.264.1600 |



## Management Team

**Carrie Bardo**  
*Administrator*

**Tiffany Arnold**  
*Assistant Administrator  
Business Office Manager*

**Kellie McManus**  
*Director of Personal Care*

**Beth McMullen**  
*Case Manager*

**Erin Schneider**  
*Recreation Director*

**Andy Armstrong**  
*Culinary Director*

**Mike Lee**  
*Director of Housekeeping  
& Laundry*

**Tony Rivera**  
*Maintenance Director*

**Alyssa DeFeo**  
*Sales and Marketing Director*

## A Message to the Community

Dear Friends,

Thanksgiving is one of my favorite times of the year. I love to look to back and remember all of things I am thankful for.

One of my biggest joys is all our residents. I love getting to know everyone's story and talking with you each day.

This month, I am going to take over the cheers for peers board, in the front lobby area.

For the month of November, it will be a Thankful board. Please take a slip and write anything you are thankful for this year. It can be your family, your health, friends, or the staff here.

I look forward to seeing them.

Carrie



Buffalo Bills’ November  
Game Schedule:

Sunday Nov. 6<sup>th</sup> @ 1pm  
VS New York Jets

Sunday Nov. 13<sup>th</sup> @ 1pm  
VS Minnesota Vikings

Sunday Nov. 20<sup>th</sup> @ 1pm  
VS Cleveland Browns

Thursday Nov. 24<sup>th</sup> @ 12:30pm  
VS Detroit Lions

All games are played in the theater.  
GO BILLS!

Live Entertainment  
Schedule

11/2 – Standard Time

11/9 – Joe Miltsch

11/12 – Laura Dubin

11/26 – George DeMott

11/30 – John Culligan

Employee of the Month



Kandy Morris

Join us in the Theater  
Thanksgiving  
morning for Parade  
and Pastries

Starting at 9am we  
will enjoy pastries,  
coffee, and tea while  
we watch the Macy’s  
Thanksgiving Day  
Parade

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.

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.

November Movie Schedule

- 11/2 – His Girl Friday
- 11/7 – Texas Across the River
- 11/9 – Bright Eyes
- 11/14 – Paris When it Sizzles
- 11/16 – The Princess Bride
- 11/21 – An Affair to Remember
- 11/23 – Seven Brides for Seven Brothers
- 11/28 – Adam Had Four Sons
- 11/30 – The Best Exotic Marigold Hotel

All movies begin at 6pm in the Movie Theater. Snack and Beverages are available for movie goers.





### Notable Quotable

“A thankful heart is not only the greatest virtue, but the parent of all other virtues.”

~ *Marcus Tullius Cicero, Roman statesman*



## November Horoscopes and Birthdays

In astrology, those born from November 1–21 are Scorpio’s Scorpions. Scorpions 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 exotic places to absorb new cultures and fascinating ideas.

### The First Thanksgiving

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

### Turning of Catterntide

November 25 was celebrated during the Middle Ages as Catterntide, a holiday celebrating St. Catherine, the patron saint of lacemakers. Celebration of Catterntide has lately enjoyed a resurgence in Britain, especially the tradition of baking Lacemaker’s Cattern Cakes, cookie-like cakes that are spiced with cinnamon, flavored with fruit, and sprinkled with caraway seeds.

French celebrations are vastly different. On November 25, it was once customary for unmarried

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

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1621, he did it grudgingly, believing that this was the only way to save his people from the neighboring Narragansett tribe. Yet, 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 lasting peace and prosperity for as long as the original signers of the treaty lived.

women, known as *Catherinettes*, to pray for husbands starting at age 25. As a Catherinette ages, the prayer changes. It begins at age 25 with, “Lord, send me a well-situated husband; Let him be gentle, rich, generous, and pleasant.” By age 30, it has become, “Send whoever you want, Lord, and I’ll be happy!” Friends of Catherinettes are expected to make hats for their single friends, which they wear all day long. The holiday later evolved into a day for milliners to advertise their wares.

### Celebrating November

**American Indian Heritage Month**

**Adoption Month**

**Men Make Dinner Day**  
*November 3*

**Veterans Day (U.S.)**  
*November 11*

**World Kindness Week**  
*November 13–19*

**Apple Cider Day**  
*November 18*

**International Men’s Day**  
*November 19*

**Game & Puzzle Week**  
*November 20–26*

**Thanksgiving Day (U.S.)**  
*November 24*

**Giving Tuesday**  
*November 29*



## 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

### Pack Mentality

What does it take to invent a holiday? Perhaps if we follow the example of a seven-year-old from New Zealand, all it takes is imagination and goodwill. In 2018, a young boy invented a holiday called Wolfenoot, celebrated on November 23. On this day, the Spirit of the Wolf hides small gifts around the house (and is especially generous to those who love dogs and wolves). You eat

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

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roast meat (because wolves eat meat) and bake a cake that looks like a full moon. From this small family celebration grew a movement to support animal conservation and wolf rescue organizations. Wolfenoot has become its own charitable organization, bestowing “Golden Paw” awards to charities. One child’s dream of kindness has turned into a global movement.



## Cran-tastic



*The cranberry harvest season usually runs from mid-September to November.*

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

### 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

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. Cranberry sauce may be traditional for Thanksgiving, but these versatile berries also make great additions to cheesecake, muffins, pies, cheeses, rice, drinks, and plenty of other delectable recipes.

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. Perhaps it is best to remember that nobody is right all the time—not the customer, an employee, or even a manager.



*It takes 12 positive customer experiences to make up for one bad customer experience.*

## Red Warning



*Red hair doesn't fade to gray, but often turns blond and then white.*

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. Fire-colored hair gave these women supernatural magic.

### 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.



*Camel humps do not store water but rather up to 80 pounds of fat, which they can live off of more months.*

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

During the 1300s, it was commonly thought that redheads could turn copper into gold, while from the 16th to 19th centuries, redheads were associated with the devil. During the Spanish Inquisition, some believed that stealing the fires of hell gave you red hair. Only 2% of the population has red hair. It is likely that scarcity bred feelings of distrust of redheads.

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.

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. 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. 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 or livestock, Pushkar's famous Camel Fair is sure to leave an impression.