

Transitions Times

Transitions Health Care 8850 Barnes Lake Road, North Huntingdon, PA 15642



Celebrating November

Adopt-a-Turkey Month

Novel Writing Month

Aviation History Month

Sherlock Holmes Weekend

November 3–5

Easy-Bake Oven Day

November 4

Veterans Day (U.S.)

November 11

World Diabetes Day

November 14

Homemade Bread Day

November 17

International Men's Day

November 19

Thanksgiving Day (U.S.)

November 23

On the Thanksgiving Menu

Thanksgiving in America means gracing the table with a classic roast turkey with stuffing and gravy, sides of cranberry sauce and sweet potatoes, and, of course, a pumpkin pie for dessert. By the start of November, Canada has already celebrated its own national Thanksgiving with the traditional turkey, stuffing, and gravy, and a spicier pumpkin pie made with nutmeg, cinnamon, cloves, and ginger. While we call these foods the “traditional” dishes of Thanksgiving, were these foods really eaten by the Pilgrims and Wampanoags at the first Thanksgiving in 1621?

For many, turkey is synonymous with Thanksgiving. While there is no exact record of the first Thanksgiving menu, one Pilgrim named Edward Winslow did keep a chronicle of the colony's daily events. He noted that prior to the feast, governor William Bradford sent men on a fowl-hunting mission. This “fowling” group may have hunted for wild turkeys, but it is more likely that they brought back ducks, geese, and swans. These birds were not stuffed with bread-based stuffing, but with onions, herbs, and nuts. While no definite record of turkey exists, it is known that the Wampanoags arrived at the feast with five deer, which may have been roasted on a spit or cooked into a savory stew.

Vegetables were plentiful, especially corn, but it was made into cornmeal, which was then pounded and boiled into a porridge sweetened with molasses. Cranberries were also plentiful, but they were not made into sweet sauces, jellies, or tarts. The Pilgrims had long run out of sugar from their ocean voyage. There were also no potatoes, either sweet or white, at the first Thanksgiving, for potatoes did not yet exist in North America. While pumpkins were native, they were not made into pies, for the Pilgrims had no butter or wheat flour to make piecrust. What is more certain is that shellfish was abundant: mussels, clams, oysters, bass, and lobster were stars of the first Thanksgiving.

Food of the Underworld



November is Pomegranate Month, a month to celebrate this unique superfood, known for its antioxidants and anti-inflammatory properties. The pomegranate—

ruby red in color, bursting with edible seeds, and boasting a sweet and tart flavor—was one of the first fruits to be cultivated by humans. But why is this fruit celebrated in November? That story goes back thousands of years.

In ancient Greek mythology, the pomegranate takes center stage in the story of Persephone and Hades, the god of the underworld. In this myth, Hades kidnapped Persephone and stole her away to his underworld realm. Persephone's mother, Demeter, was the goddess of the harvest and agriculture, ruler of the fertility of the earth. Demeter, upon losing her daughter, went into deep mourning, which caused all the crops and plants to cease growing. The world became cold and barren.

Zeus, king of all the gods and goddesses and brother of Hades, finally commanded Hades to release Persephone. However, the clever Hades had already tricked Persephone into eating the food of the underworld: a pomegranate. The Fates had decreed that anyone who ate such food was doomed to stay in the underworld for all eternity. But, because Persephone had eaten only six pomegranate seeds, she was doomed to remain with Hades for only six months out of the year. For the other six months, she was allowed to return to the earth and be with her mother. Demeter grew so overjoyed with Persephone's return that the world was again bountiful and fruitful. Alas, during Persephone's absence, Demeter fell into sorrow, and the world fell barren. This was the ancient Greeks' explanation for the seasons. Demeter's joy brought spring and summer, and her sorrow marked fall and winter—all because Persephone ate the pomegranate seeds.

For this reason, November is the perfect month to celebrate the pomegranate, which has long been a symbol of life and death, rebirth and eternal life, fertility, marriage, and abundance... a little more impressive than your average health food.

Thank you!!!

The activity department would like to thank everyone involved in helping us with a successful fall Vendors/Craft Show!

All proceeds from the show go toward providing our Residents with a great activity calendar.

Another Thank You!!!

Thanks to all who donated candy for our children's Trick-or-Treat night.

SAVE THE DATE....

DECEMBER 9th CHILDREN'S COOKIES WITH SANTA

DECEMBER 14th RESIDENT/FAMILY CHRISTMAS DINNER

DECEMBER 20th RESIDENT CHRISTMAS PARTY

NOVEMBER OUTINGS & SPECIAL EVENTS

11/8 SHOPPING AT WALMART & 5 BELOW

11/9 VETERAN'S DAY CELEBRATION WITH JOE MAROTTA

11/10 VETERAN'S PUZZLE PROJECT CELEBRATION

11/16 THANKSGIVING FAMILY LUNCHEON

11/17 LUNCH AT CRACKER BARREL

11/21 SUPRIZE AUCTION WITH AMEDISYS

11/22 BOW MAKING 101

11/24 RESIDENT BIRTHDAY PARTY & FUNNY MONEY BINGO

11/27 – 29 CHRISTMAS DECORATION

11/28 ENTERTAINMENT BY PAUL CAVITT

11/30 TRANSITIONS LIGHT UP NIGHT

RECIPE OF THE MONTH

Apple Walnut Broccoli Salad

A no-bake recipe

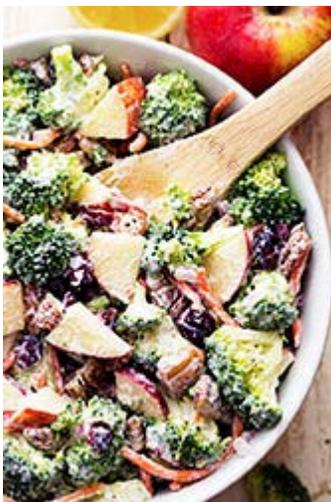
Ingredients:

- 3/4 cup plain Greek yogurt
- 1/3 cup mayonnaise
- 1 1/2 tablespoons apple cider vinegar
- 3 tablespoons honey
- Salt to taste
- 4 cups diced broccoli florets
- 2 small apples, cored and diced
- 1 cup walnuts
- 1 cup matchstick carrots
- 1/2 cup golden raisins
- 1/4 cup chopped red onion

Directions

1. Whisk yogurt, mayonnaise, vinegar, honey, and salt in a medium bowl. Set aside.
2. Combine broccoli, apples, walnuts, carrots, raisins, and onion in a large bowl. Add yogurt dressing and toss until combined.

Makes 6–8 servings



CONGRATULATIONS TO OUR
OCTOBER KUDOS WINNER
DEE DUBOSKY, HR



CONGRATULATIONS!
Transitions Resident Council recognizes
BETTY MOORE, LPN
As an outstanding employee for November



Walt Kingera, Administrator
Tammy Stollar, Director of Nursing
Leslie King, Assistant Director of Nursing
Danielle Lowry, Admissions Director
Staci Gaffney, Business Office
Rob Kalas, Social Service Director
Kim Bartos, Environmental Services
Jackie Austin, Dietary Manager
Marsha Kirker-Bozich, Life Enrichment
Director

THANKSGIVING FAMILY LUNCHEON

Transitions Health Care and dining services department invite family and friends to have a pre-holiday traditional Thanksgiving meal with loved ones.

A noon meal is planned for Thursday, November 16, 2017 in the main dining room.

There will be a nominal fee of \$5.00 per meal.

Reservations and payment can be made at the front office NO LATER than November 13th.

Menu

Roasted turkey with gravy

Savory bread dressing

Cape Cod blend vegetables

Cranberry sauce

Dinner roll and butter

Sweet Potato Pie * whip topping

A Prayer for Veterans Day

We ask for blessings on all those who have served their country in the armed forces.

We ask for healing for the veterans who have been wounded, in body and soul, in conflicts around the globe.

We pray especially for the young men and women, in the thousands,

Who are coming home from Iraq with injured bodies and traumatized spirits.

Bring solace to them, O Lord; may we pray for them when they cannot pray.

Echoing the late John Paul II, we ask for an end to wars and the dawning of a new era of peace,

As a way to honor all the veterans of past wars.

Have mercy on all our veterans from World War II, Korea, Vietnam, Iraq, and Afghanistan.

Bring peace to their hearts and peace to the regions they fought in.

Bless all the soldiers who served in non-combatative posts;

May their response to the call to serve continue in their lives in many positive ways.

Give us all the creative vision to see a world grown weary with fighting,

Move towards affirming the life of every human being and so move beyond war.

Hear our prayer, O Prince of Peace, hear our prayer.

~ by the [Center Of Concern](#)



November Birthdays

In astrology, those born between November 1–21 are Scorpios. Scorpios are passionate, deep, and intense—qualities that help them counsel others in deep and meaningful ways. Resourceful and determined, Scorpios give their all when it comes to following their hearts. Those born between November 22–30 are the Archers of Sagittarius. Sagittarians are travelers, open-minded, and constantly in search for meaning. Extroverted and optimistic, Archers seek change and take concrete steps to achieve their goals.

Daniel King....Nov. 7th

James Snyder....Nov. 8th

Martha Baker....Nov. 17th

Randall Parente....Nov. 24th

Margaret Orosz....Nov. 25th

Emily Tessitore....Nov. 27th

Dear Santa



With just seven weeks to go before Christmas, November 7–13 is Dear Santa Letter Week, a week when kids all over the world send letters to the North Pole. Kids have been sending Santa letters since the 18th century, but how does the post office

handle the seasonal onslaught of mail? The U.S. Post Office has a solution. Send the letters (including a parent-written response from Santa) to Anchorage, Alaska, where Santa's Helpers will send back that prewritten reply with an authentic North Pole postmark. England's Royal Mail also ensures a response from Father Christmas. The Canada Post has even given St. Nick his own postal code: H0H 0H0. In France, any child who writes to *Le Père Noël* is guaranteed a response by a law passed in 1962. Just be sure to have that letter postmarked by December 15!