

# The Cornerstone Gazette



## Celebrating November

**American Indian Heritage Month**

**Inspirational Role Models 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*

**World Television Day**  
*November 21*

**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 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.

## Cornerstone Happenings

November 10 @ 10am

Camo Quilt Project will be here to honor our veterans. They will talk about their mission and present the veterans with a special quilt and pin.

November 11 @ 10am

Music by Bob Welsch

November 11 @ 1:30pm

West Bend Veteran's Honor Guard will be here to have a Veteran's Day service.

November 21 @ 10:30am

Rob Peterson (The Chicken Guy) will be here to entertain us all with jokes and singing.

**All are welcome**

## Trick or Treat

**On October 28<sup>th</sup>, we had Playful Hearts Childcare come to see the residents. Also to get some candy!**



## 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

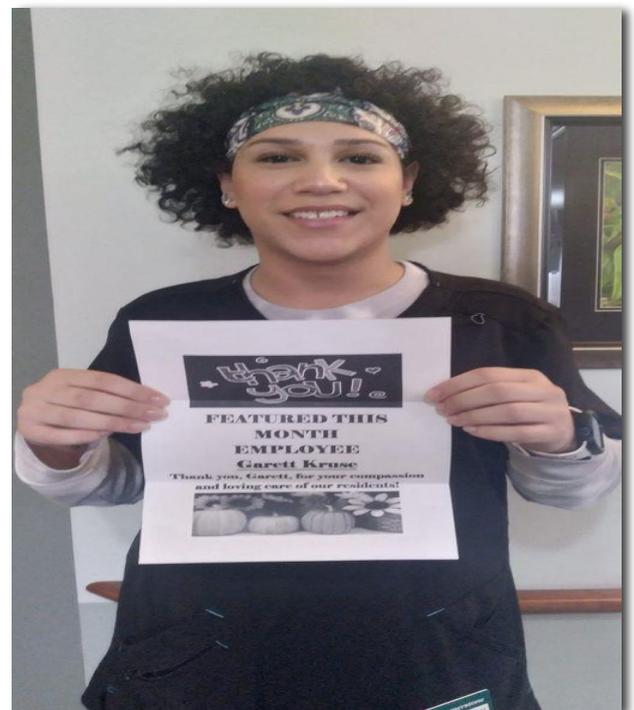
method of demolition—slingshots, baseball bats, giant mallets, even pumpkin catapults. The goal isn't to relieve post-Halloween or pre-Thanksgiving stress but to convert pumpkins to compost. While every part of a pumpkin—skin, meat, stem, and seeds—is compostable, seeds are often hardy enough to overwinter, 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.

## October Employee of the Month



# The Weather and Dementia



Weather affects most of us in one way or another. Perhaps we feel energetic when it's sunny and sluggish on overcast days. And no one likes being stuck in a hot car or a freezing movie theater.

Alzheimer's and dementia can affect the brain's control centers, resulting in increased sensitivity to heat and cold.

A 2018 research study followed 3,300 people diagnosed with Alzheimer's in the United States, France and Canada. The results demonstrated that cognitive (thinking) ability changed depending on the season. It appeared to be higher in the fall and summer, when days are longer and sunnier. People experience more episodes of sundowning (an escalation in anger, irritation, and confusion occurring late afternoon or evening) during winter and early spring. They also had more sleep-pattern disturbances and depression during shorter, darker days.

## Watch the Weather

Heat exposure can lead to hyperthermia, Headaches, nausea, dizziness, fainting, and behavioral changes such as increased anxiety and agitation.

Cold exposure can lead to hypothermia and symptoms such as shivering, increased confusion, pallor, and lethargy.

Cold and rainy weather can cause people to stay indoors, reducing opportunities for social interaction. Be on the alert for signs of isolation and depression.

## Take Precautions

Ensure dress is appropriate for the weather. Keep indoor temperatures consistently warm or cool enough for comfort.

Encourage regular activity and opportunities for social Interaction.

Provide opportunities for regular and adequate eating And drinking. Hydration is essential.

People who tend to wander are at increased risk in the heat or cold. Additional monitoring may be indicated.

## Cornerstone Halloween Party 2022

On Halloween, the residents had their own party. In the morning, they played: spider ring toss, candy corn bowling, eyeball pong, cat toss, and spider bag toss. They all went away with plenty of candy and prizes. Then they were treated in the afternoon to Frankenstein punch, homemade cupcakes, and a treat bag of home-made goodies. We also had Halloween trivia, jokes, and word mining.

## Welcome Eunice To Our Cornerstone Family.

