



Garden Ramblings

Colonial Gardens

November 2009

Where did Thanksgiving come from?

In 1621, the Plymouth Colonists and Wampanoag Indians shared a feast, in celebration of the autumn harvest. This meal was a symbol of cooperation and interaction between the Colonists and the Native Americans. Many thought this to be the first Thanksgiving celebration, but it actually was just a part of a long standing tradition celebrating the harvest and giving thanks for a successful bounty of crops. Native American groups throughout North America organ-

ized; harvest festivals, ceremonial dances and other celebrations of thanks for centuries before the arrival of Europeans. Other ceremonies of thanks have been recorded among European settlers though out North America. In Berkeley Plantation, Virginia on a cold December day in 1619 a group of British colonists led by Captain John Woodleif knelt in prayer. Giving thanks to their God for their healthy arrival. Many researchers believe this to be the first celebra-

tion of thanks in America by the European Settlers. Wherever the celebration started, it still remains a large part of the American culture. Today it is still celebrated as a day of thanks and feasting.



Did you know?

- Thanksgiving only falls on the 28th of November every 5yrs, then 6 yrs and 13 yrs.
- Thanksgiving wasn't proclaimed a National holiday until 10/3/1863 by Abraham Lincoln.
- The president pardons two turkey "in case the original turkey becomes unavailable for presidential pardoning"
- Only male turkeys gobble, females make a clicking noise. The gobble is a mating call.

Colonial Gardens Management

Kathleen Belt
Administrator

Kate Hudson
Asst. Administrator

Adrienne Hastings
Community Registered Nurse

Katie Ryberg
Community Sales Manager

Emily Dennis
Life Enrichment Coordinator

Duane Huber
Dining Service Supervisor

Bill Fisher
Maintenance Director

Office hours

Monday-Friday

8am-5pm

Saturday and Sunday

9am-6pm

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Go visit us at:

Www.ColonialGardensALF.com

Come join us for our SPOT LIGHT CHEF. The evening of November the 19th, we will be featured Duane and Jeannette Huber. They will be creating a special menu for us to enjoy, dinner will be served at 4pm and

festivities will be going on until 6pm. Cost per person \$5.00 Residents are free. See you there.

Everyone is invited to Family Night. We have 2 of them each month, so that everyone can come at least once. These nights are opportunities for everyone to see what their loved

ones are doing, and let us all get to know one another. Family Nights for the month of November will be the 9th and the 23rd, at 6pm. Come for some fun get to know each other games, and refreshments.

November Birthdays

Lenore 11/1

Ethel 11/04

Isabelle 11/11



Resident Council will meet at 1:30pm on November 11th See you there!

Daylights Saving Time is up! It's that time of the year. It is the fall so we "fall" backwards on our clocks. Sun 11/1 at 2am clocks go back to 1am, so change them Saturday night before you go to bed.

Fire Drill Information:

Fire Drills are important for ensuring your safety and the staff knowing the proper action to take in case of a real fire.

RESIDENTS: You need to remain in your apartment or wherever you are located in the building when the fire alarm is activated. Only evacuate the building if/when the staff notifies you to move to an area of rescue assistance. Regardless of the time of the alarm, please remain where you are until a staff member can escort you to a known rescue area.

How we show our appreciation to our veterans!

Veteran's day was not always called that, it first became known as Armistice day, a temporary suspension of hostilities by agreement of warring parties. It was originally called this because it celebrated the end of World War I, on November 11, 1918. All fighting ceased at 11am, the 11th hour, of the 11th day in the 11th

Month. In 1919, the first anniversary of the ending of World War I, President Woodrow Wilson issued a proclamation expressing pride in those who had sacrificed their lives in the past war. At this time businesses stopped for 2 minutes starting at 11am, later it became a tradition on this day to observe 2

minutes of silence at 11am showing respect for those who had laid their lives down for us. It wasn't until 1938 that the U.S Congress declared it a federal holiday, honoring all those, living and dead in all the US armed forces. June 1, 1954, Armistice Day became Veterans Day.

NOW 2009 AND THEN 1959

Now House: \$220,500

Then House: \$30,000

Now Average Income: \$50,223

Then Average Income: \$5,016

Now Ford Car: \$18,299-\$25,857

Then Ford Car: \$2,132-\$3,979

Now Gallon of Milk: \$3.72

Then Gallon of Milk: \$1.01

Now Gallon of Gas: \$2.55

Then Gallon of Gas: .25

Now Postage stamp: .44

Then Postage Stamp: .04

Have you met Adrienne?

Adrienne is our newest addition to our family here at Colonial Gardens. She was born in Sidney, Ohio and has 2 older brothers. She met her husband at Laymen Catholic High School, they just bought their first place, and will have been together 8 years come this December. She graduated from Ohio State in 2008. Healthcare seems to have been her calling cause she loves to help people and make them comfortable, her mom is a nurse and her father is a doctor, so it runs in her blood.

What about Duane?

Duane realized his passion was food when he was very young, his grandfather owns Tiny's Tavern in Mt. Angel. Duane enjoyed watching his grandfather work, and finally got a taste of it at 13 washing dishes at a golf course, from then on he has traveled amongst many of our local favorites, Marquam Inn, the Wooden Nickel and eventually he bought his own restaurant Huber's. Duane says "it is a simple passion, loving to cook food for people, it's not about the money, but making people happy."

November

Colonial Gardens
Residential Care Community
1890 Newberg Hwy.
Woodburn, Oregon
97071

Health Tips for the month

The rain has started and the temperature is dropping so lets try and give our bodies a fighting chance against this winter weather. Some good food choices will help give your body the proper nutrients to stay healthy, obviously fruits and veggies are important but there are 5 others that might not have been known to you that you help fight off the germs; beef, sweet potatoes, mushrooms, tea and yogurt. Also don't forget to wear the proper clothing, bring a jacket with you, even if you are not cold, scarves, hats, and gloves are always a good idea. These will definitely help your body and don't forget cover your mouth when coughing, and wash your hands as much as possible. Don't give those germs a chance with your body.

November

<p>1 <i>Plan your Epitaph Day</i></p> <p>Church Services</p>	<p>2 <i>N. Deviled Egg Day</i></p> <p>10am Exercise 11am Trivia 1:30pm Pamper Parlor 2:45pm Turkey Coasters 3:30pm Mosaic Cornucopia</p>	<p>3 <i>Housewife's Day</i></p> <p>9:30am Ball Game 10am Dominoes 11am The Oregon trail 1:30pm Bingo 3pm Pumpkin Bowling 3:45pm Create a Cookbook</p>	<p>4 <i>General Election Day</i></p> <p>10am Exercise 11am Yatzee *1pm Shopping 3:30pm Weave a mat 6pm Movie + Popcorn</p>	<p>5 <i>N. Donut Day</i></p> <p>9:30am Bean Bag toss 10am Dominoes 11am Pioneer Movie 1:30pm Bingo 3pm Tissue Paper Turkey 3:45pm Puzzles</p>	<p>6 <i>Saxophone Day</i></p> <p>10am Exercise 11am Quilting Club 1:30pm Jeopardy 2:30pm Paper plate Pioneer 3:15pm Cards 4pm Happy Hour</p>	<p>7 <i>Hug a Bear Day</i></p> <p>10am Dominoes 2pm Movie + Popcorn</p>
<p>8 <i>Dunce Day</i></p> <p>Church Services</p>	<p>9 <i>Chaos Never Dies day</i></p> <p>10am Exercise 11am Trivia 1:30pm Pamper Parlor 2:30pm Harvest Bingo 3:45pm Beaded Turkey pins 6pm Family Night</p>	<p>10 <i>Forget-me-not Day</i></p> <p>9:30am Knock the cans Down 10am Dominoes 11am The Oregon Trail 1:30pm Bingo 3pm Fall leaf Recipe Holder 3:45pm Ants on a log</p>	<p>11 <i>Veteran's Day</i></p> <p>10am Exercise 11am Yatzee *1pm Shopping 3:30pm 3D Pumpkin Wreath 6pm Move + Popcorn</p>	<p>12 <i>N.. Pizza Day</i></p> <p>9:30am Bucket toss 10am Dominoes 11am Handkerchief Dolls 1:30pm Bingo 3pm Thanksgiving Cards 3:45pm Fossil Hunt</p>	<p>13 <i>N. Indian Pudding Day</i></p> <p>10am Exercise 11am Quilting Club 1:30pm Wheel of Fortune 2:30pm Apple Printing 3:15pm Cribbage 4pm happy Hour</p>	<p>14 <i>O.R Nurse Day</i></p> <p>10am Dominoes 2pm Movie + Popcorn</p>
<p>15 <i>N. Clean out your Refrigerator Day</i></p> <p>Church Services</p>	<p>16 <i>Button Day</i></p> <p>10am Exercise 11am trivia 1:30pm Pamper Parlor 2:30pm Scavenger Hunt 3:15pm Beaded Leaf Bracelet</p>	<p>17 <i>Take a hike Day</i></p> <p>9:30am Ball Game 10am Dominoes 11am The Oregon trail 1:30pm Bingo 3pm Make a teepee 3:45pm Cup Cake Decorating</p>	<p>18 <i>Mickey Mouse's B-Day</i></p> <p>10am Exercise 11am Yatzee *1pm Shopping 3:15pm Mickey Mouse workshop 6pm Movie +Popcorn</p>	<p>19 <i>Play Monopoly Day</i></p> <p>9:30am Bean Bag toss 10am Dominoes 11am Pioneer Bonnets 1:30pm Bingo 3pm Indian Corn Magnet 4-6pm Spotlight Dinner</p>	<p>20 <i>Absurdity Day</i></p> <p>9:30am Safeway 10am Exercise 1:15pm Wal-Mart 4pm happy Hour</p>	<p>21 <i>World Hello Day</i></p> <p>10am Dominoes 2pm Movie + Popcorn</p>
<p>22 <i>Start your own Country Day</i></p> <p>Church Services</p>	<p>23 <i>N. Cashew Day</i></p> <p>10am Exercise 11am Trivia 1:30pm Pamper Parlor 2:30pm Leaf toss 3pm Tied Fleece Pillow 6pm Family Night</p>	<p>24 <i>N. Espresso Day</i></p> <p>9:30am Knock the cans down 10am Dominoes 11am The Oregon trail 1:30pm Bingo 3pm Squirrel Magnets 3:45pm No Bake Cookies</p>	<p>25 <i>N. Parfait Day</i></p> <p>10am Exercise 11am Yatzee *1pm Shopping 3:15pm Picture Frames 6pm Movie + Popcorn</p>	<p>26 <i>Thanksgiving Day</i></p> <p>Happy Thanksgiving!!</p>	<p>27 <i>Pins and Needles Day</i></p> <p>10am Exercise 1:30pm Wal-mart 4pm Happy Hour</p>	<p>28 <i>Mark twains Birthday</i></p> <p>10am Dominoes 2pm Movie + Popcorn</p>
<p>29 <i>Square Dance Day</i></p> <p>Church Services</p>	<p>30 <i>Day Of Friendship</i></p> <p>10am Exercise 11am Trivia 1:30pm Pamper Parlor 2:30pm Fall Corn Fling 3:15pm dream Catchers</p>		<p>* unfortunately at this current time we only have a bus available twice this month, so every Wednesday, I will go shopping for the residents. Sorry for the inconvenience.</p>			