

Neighborhood News



MENU: Roasted Turkey, Mashed Potatoes with Turkey Gravy, Herb Stuffing, Prince Edward Vegetable Blend, Jellied Cranberry Garnish, Dinner Roll with Butter, Pumpkin Pie with Whipped Topping & Milk

You are invited to our Traditional Thanksgiving Lunch!

Thursday, Nov. 22nd

Reservations must be made by Noon on November 15th. Sorry, no late reservations will be accepted.

RSVP TO:
Holly Holmes, Dietary Manager
666-6202 OR Dietary Department
at 666-5945 ext. 6306

One family member for each resident may dine at no cost. For additional guests the cost is \$4.00 per person. Tickets must be purchased in advance at the Business Office.



Exercise
Eat healthy
Take meds
Test blood



It's Your Life. Treat Diabetes Well.

November is National Diabetes Month. Here's to managing your diabetes for a longer, healthier life. There isn't a cure yet for diabetes, but a healthy lifestyle can really reduce its impact on your life.

Learning how to take care of your diabetes starts when you're diagnosed, but it doesn't stop there. As you get older or if your health status changes, your treatment plan may need to change too.

Living with diabetes has its ups and downs, but healthy lifestyle choices can give you more control over them. And more control means fewer health problems down the road and a better quality of life now.

What you do every day makes the difference. Here are 4 ways to treat diabetes well.

- Following a healthy eating plan, including eating more fruits and vegetables and less sugar and salt.
- Getting physically active — 10 to 20 minutes a day is better than only an hour once a week.
- Taking diabetes medicine as prescribed by your doctor.
- Testing your blood sugar regularly to understand and track how food, activity, and medicine affect your blood sugar levels.

It's never too late or too early to start thinking about your health. Making healthy choices at any age is beneficial.

What's the difference between a **COLD & FLU?**



The common cold and the flu may seem similar at first. They're both respiratory illnesses and can cause similar symptoms. But different viruses cause these two conditions. Your symptoms help you tell the difference between them.

Both a cold and the flu share a few common symptoms. People with either illness often experience:

- >>> RUNNY OR STUFFY NOSE
- >>> SNEEZING
- >>> BODY ACHES
- >>> GENERAL FATIGUE

As a rule, flu symptoms are more severe than cold symptoms.

Colds rarely cause other health conditions or problems. But the flu can lead to sinus, ear infections, pneumonia and sepsis. To determine whether your symptoms are from a cold or from the flu, you need to see your doctor. Your doctor will run tests that can help determine what's behind your symptoms.

If your doctor diagnoses a cold, you'll only need to treat your symptoms until the virus has run its course. These treatments can include using over the counter cold medications, staying hydrated, and getting plenty of rest.

Taking flu medicine early in the virus' cycle may help reduce severity of illness and shorten the time that you are sick. Rest and hydration are also beneficial for people with the flu. Much like the common cold, the flu just needs time to work its way through your body.

What are the symptoms of the flu?

>>> **FEVER**

The flu almost always causes an increase in your body temperature. This is also known as a fever. Most flu-related fevers range from a low-grade fever around 100°F (37.8°C) to as high as 104°F (40°C). Although alarming, it's not uncommon for young children to have higher fevers than adults. If you suspect your child has the flu, see your doctor.

You may feel "feverish" when you have an elevated temperature. Symptoms including chills, sweats, or being cold despite your body's high temperature. Most fevers last for less than one week, usually around three to four days.

>>> **COUGH**

A dry, persistent cough is common with the flu. The cough may worsen, becoming uncomfortable and painful. You may also experience shortness of breath or chest

discomfort during this time. Many flu-related coughs can last for about two weeks.

>>> **MUSCLE ACHES**

These flu-related muscle pains are most common in your neck, back, arms, and legs. They can often be severe, making it difficult to move even when trying to perform basic tasks.

>>> **HEADACHE**

Your first symptom of the flu may be a severe headache. Sometimes eye symptoms, including light and sound sensitivity, go along with your headache.

>>> **FATIGUE**

Feeling tired is a not-so-obvious symptom of the flu. Feeling generally unwell can be a sign of many conditions. These feelings of tiredness and fatigue may come on fast and be difficult to overcome.

Drink your juice!



T V Q L G L H E Z E W D A D Y
 H D N O M Y A R N I E U D E H
 E T Z R U R X E L N B I N U T
 A L O R A C O L C R A I I Q O
 N P P A T W I B E I L Z L V R
 O D E I W A A H E O L H U D O
 A M N N M E T Y R R E A E S D
 L N A E I S X A N L T R Y B S
 R X N R E A C R E E N R Q N I
 O X A O G J A N E T M Y D A R
 L M G P D A B E R T H A R A O
 N I V L A P R I N E Z N B A D
 C Q X X C Y D E Y F O L E A X
 M A R I A N N E T L E U E V Z
 X O D Q T X R N D M X H A G A

ALICE
 BERTHA
 DONNA
 ESTHER
 HELEN
 LINDA
 MARIANNE
 RAYMOND
 THEANO

ALVIN
 CAROL
 DORIS
 EVA
 INEZ
 LORRAINE
 MARIE
 ROBERT
 WAYNE

ARNOLD
 CAROLINE
 DOROTHY
 HARRY
 JANET
 MARGARET
 MELBA
 SUZANNE
 WILLIAM

HAPPY BIRTHDAY!

November 2018

Alice Arola 11/12
Alvin Nelson 11/23
Caroline Boshey 11/26



Thank You Rice Packs

We want to send a huge "Thank You!" to Belinda Brunfelt, Pricilla Brunfelt, and Josie Ruter for donating their time, talent, and resources making 28 rice packs for each resident (plus made a couple extra). Josie donated many of the materials needed for the project. Belinda enlisting the help of her sister Pricilla spent countless hours of time cutting out, sewing, filling bags with rice, and making the nice soft fleece washable covers. With age or resident's aches and pains become more prevalent especially as the weather is colder. Our residents find some relief from the pain of achy joints/muscles when rice packs are warmed up for them. As the weather is getting colder/wetter the warm rice packs have been a hit bringing warmth and comfort to many of the residents. Your kindness Belinda, Pricilla and Josie is so appreciated. The staff and residents of Cook Care Center THANK YOU!!!!

Cost of Living 1930

New House \$7,145
 Gallon of Gas 10¢
 Magic Chef Gas Cooker \$195
 Hamburger Meat 13¢/lb
 Pontiac Big Six Car \$745
 Avg. Wage Per Year \$1,970



Pumpkin Spice Muffins

Ingredients

- 1 small can (15 oz) pumpkin
- 1/2 cup applesauce
- 2 large eggs (or flax meal: 1 Tb Flaxseed Meal + 3 tbs water = 1 egg.)
- 1 teaspoon vanilla (or more if your little one is pouring)
- 1/2 cup brown sugar
- 1 3/4-2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 2 1/2 teaspoons pumpkin pie spice (or your preferred combination of nutmeg, ginger, ground cloves, and cinnamon). You might want to be use more than this recommended amount!
- 1/2 teaspoon salt

Instructions

1. Heat oven to 350.
2. Grease bottom only of muffin cups.
3. Combine ingredients.
4. Pour into muffin cups and bake until muffins are slightly puffed and golden brown, bake for about 25 minutes

YUM!





TRIVIA CORNER! 1930

- Which baseball player signed a contract for a record breaking \$80,000?
A. Lou Gehrig **B.** Jackie Robinson
C. Babe Ruth
- Mahatma Gandhi and his 72 followers begin a march to the salt beds of Jalapur. How many miles did they march?
A. 800 **B.** 200 **C.** 26
- A loaf of bread cost ___?
A. 18¢ **B.** 12¢ **C.** 9¢
- What was the US life expectancy in 1930?
A. 62-73 **B.** 58-61 **C.** 57-60
- What cartoon character made their debut?
A. Batman **B.** Betty Boop **C.** Bugs Bunny
- Who won the World Cup in Uruguay against Argentina in 1930?
A. Uruguay **B.** Argentina
- Who was the president in 1930?
A. George Washington **B.** Herbert Hoover
C. George H. Bush
- Which film won Best Picture at the Academy Awards?
A. All Quiet on the Western Front
B. The Wizard of Oz
C. Gone with the Wind
- Who created the Mickey Mouse comic strip debuting 1/13/1930?
A. A.A. Milne **B.** Charles Schulz
C. Walt Disney
- 3M began marketing which product?
A. Glue Stick **B.** Scotch Tape
C. Post-It Notes
- The chocolate chip cookie is invented by Ruth Wakefield in which state?
A. Massachusetts **B.** Alabama
C. Washington
- Who won the 1930's Stanley Cup?
A. Montreal Canadiens
B. Boston Bruins
C. Chicago Black Hawks

Good Luck!

12. A. Montreal Canadiens
11. A. Massachusetts
10. B. Scotch Tape
9. C. Walt Disney
8. A. All Quiet on the Western Front
7. B. Herbert Hoover
6. A. Uruguay
5. B. Betty Boop
4. B. 58-61
3. C. 9¢
2. B. 200
1. C. Babe Ruth

ANSWERS

Ya jokin?

Babe Ruth made more than the President Herbert Hoover in 1930.
Honey is the only natural food that never spoils.
Dueling is legal in Paraguay as long as both are registered blood donors.

SENIOR HUMOR

Three old guys were out walking of a football game. First one said, "Windy, isn't it?" The second one said, "No, it's Thursday!" The third one said, "So am I. Let's go get a beer!"

An elderly gent was invited to his old friends' home for dinner one evening. He was impressed by the way his buddy preceded every request to his wife with endearing terms - Honey, My Love, Darling, Sweetheart, Pumpkin, etc. The couple had been married almost 70 years, and clearly they were still very much in love. While the wife was in the kitchen, the man leaned over and said to his host, "I think it's wonderful that, after all these years, you still call your wife those loving pet names." The old man hung his head. "I have to tell you the truth," he said, "I forgot her name about 10 years ago."

An elderly lady decided it was time to get her body in shape, once and for all. She joined an aerobics class for seniors, and spent a whole hour jumping, twisting, and sweating. Unfortunately, by the time she had gotten her leotard on, the class was over!

One day a famous man went to a nursing home to see all of his friends again and see how they were doing. When he got there EVERYBODY greeted him [because, of course, everybody knows him]. One man he noticed didn't come up to him or say anything to him, so later he walked up to the man and asked him "Do you know who I am?" and the old man replied "No, but you can go to the front desk and they'll tell you."



The number of Americans ages 65 and older is projected to more than double from 46 million today to over 98 million by 2060