




River Hills Health & Rehabilitation Center

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November 2017

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100 Years of Hockey

The National Hockey League officially turns 100 years old on Nov. 26. Centennial celebration events began in January and have continued throughout the year. To cap it off, on Dec. 16, the Ottawa Senators will host the Montreal Canadiens in a special outdoor game, a rematch that commemorates the NHL's opening night on Dec. 19, 1917.

Remember When: Parlors

If you or a family member grew up in a house built in the 1800s, it may have had a parlor, a room that was used to receive visitors. The family's best furniture and décor were usually displayed in the space, giving it an air of formality. Parlors served as a place to visit with guests and hold special receptions. In time, the more casual living room became the social hub of the home.



Taste of Tradition

"Hurrah for the pumpkin pie!" The season's traditional dessert received that tribute in Lydia Maria Child's 1844 poem "Over the River and Through the Wood." While Thanksgiving has been a celebration of gratitude since the first feast nearly 400 years ago at Plymouth Colony, pumpkin pie didn't become part of the holiday menu until the 1800s.

Gather Together

"It's not so much what's on the table that matters, as what's on the chairs." —W.S. Gilbert

That's a Wrap

Although it's a common kitchen essential today, aluminum foil didn't appear on grocery store shelves until 1947, when Reynolds Wrap debuted. Before that, tin foil was used to wrap up leftover food and to package products such as sticks of chewing gum.

Hobby Haven

Check out your local library for an array of hobby equipment. Some branches allow patrons to borrow supplies for knitting, sewing and scrapbooking; musical instruments; fishing gear; and tools for woodworking and gardening.

Shopping Savvy

When a salesperson spends time assisting you as you shop, you may feel more obligated to make a purchase, and that's what some stores bank on. Don't feel guilty about using a sales associate's help, and only buy something you truly want.



Trivia Whiz

The World's Most Famous Mouse

He's one of the most recognizable faces in the world, and he turns 89 years old this month.

Enjoy these fun facts about Mickey Mouse:

Mickey's birthday is Nov. 18, 1928, the date when "Steamboat Willie" premiered.

Originally, creator Walt Disney wanted to name him Mortimer, but his wife, Lillian, convinced him that Mickey was a better choice.

Some of Mickey's movements and mannerisms were said to be inspired by Charlie Chaplin's character the Tramp.

Disney himself voiced Mickey from 1929 to 1946.

During World War II, Mickey's image was used to advertise war bonds.

He was the first cartoon character to receive a star on the Hollywood Walk of Fame.

The Fight Against Alzheimer's

National Alzheimer's Disease Awareness Month takes place every November, but scientists and medical teams are working year-round to make strides in the diagnosis and treatment of this complex condition that affects millions of people worldwide.

Researchers are constantly learning more about Alzheimer's. Advances in brain imaging are helping provide a clearer understanding of how the brain is affected by the disease. Studies are exploring links to other health conditions, including heart disease, diabetes, stroke, high blood pressure and high cholesterol. This research may make earlier diagnosis of Alzheimer's possible, leading to better treatments and possible prevention.

Currently, there are medications that can temporarily slow the progression of symptoms and provide a better quality of life for patients.

Non-medical therapies have been

shown to help both patients and caregivers living with Alzheimer's. Music therapy often involves playing upbeat tunes during everyday activities and calming music near bedtime or to ease confusion. Art therapy can give patients a way to express themselves when communication is difficult.

Storytelling is another therapeutic technique. Scrapbooks, photo albums and memory boxes can encourage patients to talk about their lives.



A Sweet Side Dish

Whether they are baked or roasted, topped with marshmallows or served in a pie, sweet potatoes are a staple at many Thanksgiving dinners. But the orange root vegetable is a nutritious, tasty choice year-round.

Historians estimate that sweet potatoes were first cultivated in Central and South America about 5,000 years ago. Despite their name, sweet potatoes are not closely related to white potatoes and belong to the

morning glory family of plants. They are often called yams, especially in the South, but true yams are an entirely different plant that is native to Africa and Asia.

One serving of sweet potatoes contains more than 100 percent of the recommended daily amount of vitamin A, plus plenty of vitamin C, potassium and antioxidants. Though they have a rich flavor, sweet potatoes have fewer calories than white potatoes and cause a smaller spike in blood sugar, making them a good choice for diabetics.

Sweet potatoes are often served baked in their skin, as fries, or mashed with butter and seasonings. Cinnamon, nutmeg, brown sugar and pecans are frequently used to complement the flavor of the versatile veggie.



Piece by Piece

Anyone who has stayed up late to work a jigsaw puzzle knows how easy it is to say “just one more piece.” Both relaxing and a good workout for the brain, puzzles are a favorite pastime of many, from preschoolers to centenarians.

British mapmaker John Spilsbury created the first jigsaw puzzles in 1767 to help children learn geography. He pasted maps onto wood and, using a fine saw, cut them into small pieces for children to assemble, calling his creations “dissected maps.”

Hobby puzzles for adults evolved around 1900. Made of wood and hand-cut one piece at a time, the intricate creations were expensive and served as entertainment for wealthy families during weekend socials. Parker Brothers and Milton Bradley made popular lines of jigsaws during this time.

In the 1930s, die-cut cardboard puzzles began to be mass-produced, reducing the cost and making the games an affordable escape for millions during the Depression. Many drugstores and libraries rented puzzles, and some stores used them as advertising, offering free puzzles with purchases.

Today, jigsaw puzzles come in all shapes and sizes.

Native American Contributions

From the foods we eat to the games we play, the innovations and influences of Native Americans have shaped our everyday lives. November is National American Indian Heritage Month, a time to recognize the countless contributions of North America’s native peoples.

Food. Nearly half of the crops grown in the world today were first cultivated by Native Americans, including corn, potatoes, pumpkins, squash, melons and peanuts.

Language. From “barbecue,” “chipmunk” and “hammock” to the names of U.S. cities and states, numerous English words derived from native languages. During World War II, the Navajo language was used as a secret, unbreakable code by the U.S. Marine Corps.

Recreation. Canoes, kayaks, toboggans and snowshoes, often used for leisure today, served as transportation for American Indians. Hockey, lacrosse and relay races also have roots in their culture.

Ecology. Native Americans have always respected the land they lived on and helped early European settlers survive by teaching them what crops to plant and to only hunt and fish for what was needed.

Government. Some historians say the foundation of America’s democracy, with individual freedoms and power divided between federal and state governments, was partly based on the Iroquois League, a confederation of tribes that dates to the 17th century.



Wit & Wisdom

“May your thoughts turn to gratitude this holiday season and carry on throughout the next year.”
—James A. Murphy

“I find that it’s the simple things that remind you of family around the holidays.”
—Amy Adams

“It’s like your children talking about holidays; you find they have a quite different memory of it from you. Perhaps everything is not how it is, but how it’s remembered.”
—Denis Norden

“There’s something about a holiday that isn’t all about how much money you spend.”
—Hilarie Burton

“To many people, holidays are not voyages of discovery, but a ritual of reassurance.”
—Philip Andrew Adams

November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>November</i>			1	2	3	4
5	6	7	8	9	10	Veterans Day 11
12	13	14	15	16	17 	18
19	20	21	22	Thanksgiving 23	24	25
26	27 	28	29	30		

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