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# THE AUTUMN HOUSE TIMES



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## Celebrating November

**Aviation Month**

**Native American Heritage  
Month**

**Family Stories Month**

**Peanut Butter Lovers' Month**

**All Saint's Day**  
*November 1*

**Veterans Day &  
Remembrance Day**  
*November 11*

**Homemade Bread Day**  
*November 17*

**Game and Puzzle Week**  
*November 21-27*

**US: Thanksgiving Day**  
*November 25*

**Square Dance Day**  
*November 29*

**Mark Twain's & Winston  
Churchill's Birthday**  
*November 30*

## THOUGHT FOR THE DAY

“Do not go where the path may lead, go instead where there is no path and leave a trail.”  
~ Ralph Waldo Emerson

November is here already!!! Let's see, that means there are how many days before Christmas? 53 days as of November 1<sup>st</sup>.

Micheal Cruz came and sang for the residents and families in October. Thank you for the fun times.

We have some important dates for you to write down. November 20<sup>th</sup> at 12:00 pm we will be having our annual Thanksgiving dinner. RSVP with the office so we can plan accordingly. December 18<sup>th</sup> at 12:00 pm our Christmas dinner will be served. We will discuss what we will have for our Christmas dinner at the Thanksgiving date so if you like Italian, Chinese or Mexican let us know.

The weather is cool once again, so please make sure we have warm clothes for your loved one.

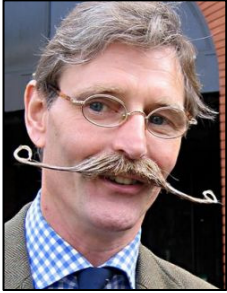
We had to say good bye to one of our residents here at Autumn House on October 28<sup>th</sup>. Terry Jones passed away. We will miss you and your family.

Becky, Shelly, Dale, Michelle, Bill, Nancy, Rosenda, Arlin, Manuely, Maggie and Betzy

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## Grow a Mo, Man

This just in: November has been renamed Movember – well, at least according to Australia’s Movember Foundation. Movember is a combination of the words moustache and November. Every November, men are invited to



grow a moustache to raise money and awareness of men’s health issues such as prostate cancer, testicular cancer, and depression. It’s time to put away the razor and shaving cream and support a good cause.

The Movember movement began in 2003 when a couple of friends were inspired by the women’s health movement and its famous pink ribbon. They thought, “Why not have a health movement for men?” And what better way to show your support than grow that most masculine of facial hair, the moustache?

Every participant shaves his upper lip clean on November first. For the next thirty days he will be known as a Mo Bro, and he will grow and groom the most beautiful moustache he can. Each time a person remarks on his fabulous moustache, he will have an opportunity to explain how important it is to get checked for prostate and testicular cancer, and he will break the silence that often accompanies male depression. Mo Bros also raise donations for the Movember Foundation. Last year, 125,000 participants raised over \$8,000,000.

Since 2003, Movember has expanded to New Zealand, the United States, Europe, Canada, and South Africa, and has raised \$47,000,000 in total. Come December, cities all around the world host Movember Gala Parties, and all participants attend and show off their mighty moustaches. You can grow a “mo” alone or form a team. Whoever raises the most money is known as the Mo Mo. The man with the best moustache wins the title International Man of Movember. All Movember long you can raise funds and fun.

## AN ALZHEIMER’S DISEASE BILL OF RIGHTS

Every person diagnosed with Alzheimer’s disease or a related disorder deserves the following rights:

- \*To be informed of one’s diagnosis
- \*To have appropriate, ongoing medical care
- \*To have productive in work and play for as long as possible
- \*To be treated as an adult, not like a child
- \*To have expressed feelings taken seriously
- \*To be free from psychotropic medications, if possible
- \*To live in safe, structured, and predictable environment
- \*To enjoy meaningful activities that fill each day
- \*To be outdoors on a regular basis
- \*To have physical contact, include hugging, caressing, and hand holding
- \*To be with individuals who know one’s life story, including cultural and religious traditions
- \*To be cared for by individuals who are well trained in dementia care

## November’s Harvest

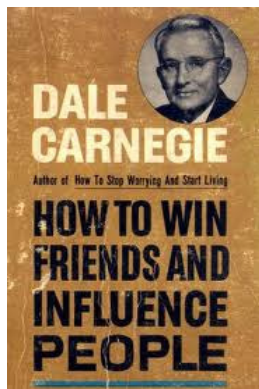


Although November grows cold in the Northern Hemisphere, there are still a surprising number of fruits and vegetables that can spring from a November garden. With Thanksgiving just around the corner, you can consider which

November-harvested fruits and vegetables to serve on your holiday table.

Spinach hates the heat and is often the perfect cool weather vegetable to grow. But other vegetables, too, actually improve their taste with a little frost – like kale varieties with wintry names like Winterbor and Red Russian. Swiss chard is both delicious and beautiful, with colors of silver, gold, orange, pink, and red. Brussels sprouts are a slow-growing crop that needs the cool weather of fall and early winter. It’s also time to start planting crops that will stay in the ground over winter and be ready to harvest in early spring. Garlic, shallots, beans, and peas are best.

## The Father of Self-Help



Dale Carnegie was born on November 24, 1888, as the son of a poor Missouri farmer. By 1914 he was earning the equivalent of \$10,000 a week as a motivational speaker. In 1937 he published his famous book, *How to Win Friends and Influence People*, which would

become the first and greatest self-help book of all time. For over seventy years Carnegie's advice has inspired people to be confident and charismatic leaders.

Many people list public speaking as one of their worst fears. Carnegie believes it is because people lack self-confidence. His key to overcoming this fear is to improve human relationships. In the book, Carnegie lists six simple ways to make people like you:

1. Become genuinely interested in other people.
2. Smile.
3. Remember that a person's name is to that person the sweetest and most important sound in any language.
4. Be a good listener. Encourage others to talk about themselves.
5. Talk in terms of the other person's interests.
6. Make the other person feel important and do it sincerely.

Unfortunately, not everyone agreed with Dale Carnegie's philosophy. Immediately after Carnegie's book was published, a comedian named Irving Tressler published his own book entitled *How to Lose Friends and Alienate People*. Smiling? What good is that? Tressler offers, "Take my course for six weeks and develop a frown." As you can imagine, Tressler's book has not sold the fifteen million copies that Carnegie's has and is no longer in print. Perhaps Tressler should have read Dale Carnegie's book?

## New York's Lost Landmark

New York City's Pennsylvania Station opened on November 27, 1910. The train station was hailed as a masterpiece, an architectural jewel, and a temple to transportation. It was made of pink granite and lined with strong columns. Its interior was the size of St. Peter's Cathedral in Rome, one of the largest public indoor spaces in the world. Hundreds of trains arrived and departed daily, whisking passengers off to Chicago, St. Louis, and beyond. Penn Station was the greatest train station in the world.

By the 1950s, travel by train had shrunk as passengers began to travel by airplane and by car along the new interstate highway system. The Pennsylvania Railroad company could not afford to maintain such a monumental structure as Penn Station, and the majestic station's demolition began in 1963 to make way for Madison Square Garden. But New York took the loss hard, and many vowed to protect the city's other architectural landmarks. In 1965 a Landmarks Commission was created that would preserve the Empire State Building and Central Park.

## Race Across the Sea



Commissioned on November 22, 1869, the *Cutty Sark* is the only remaining clipper ship from the 1800s. The trading ship was built for speed, designed to race across the globe from China to England, transporting the first tea of the year. The tea trade was incredibly competitive, and the *Cutty Sark's* chief rival was the *Thermopylae*. In 1872, both ships left Shanghai on the same day, loaded with tea, but two weeks later the *Cutty Sark* lost her rudder near Java. The hobbled ship arrived only a week after the *Thermopylae*, lending the *Cutty Sark* legendary status as one of the world's fastest ships.

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Administrator: Michele Nixon

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Woodburn Oregon 97071  
Administrator: Shannon Souza

## November Birthdays

If you were born from October 23-November 21, you are a Scorpio, the Scorpion. If you were born from November 22-December 21, you are a Sagittarius, the Archer. Scorpios are determined, independent, and resourceful, which makes them very ambitious.

Sagittarians are some of the luckiest people. Their positive attitudes, creative imaginations, and big hearts make them a joy to be around.

Burt Lancaster (actor)	Nov. 2, 1913
Morley Safer (newsman)	Nov. 8, 1931
Alger Hiss (accused spy)	Nov. 11, 1904
Grace Kelly (actress)	Nov. 12, 1929
Arlin Suda (caregiver)	Nov. 13, ????
Robert Fulton (inventor)	Nov. 14, 1765
Ted Turner (millionaire)	Nov. 19, 1938
Hoagy Carmichael (songwriter)	Nov. 22, 1899
Frank DeMay	Nov. 23, 1917
Bruce Lee (martial artist)	Nov. 27, 1940
Madeleine L'Engle (novelist)	Nov. 29, 1918
G. Gordon Liddy (burglar)	Nov. 30, 1930

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Postage  
Information