



# Jamestowne

A S S I S T E D L I V I N G

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### Senior Sense

Nov. 4 is Use Your Common Sense Day, in honor of the phrase "Common sense ain't common"—a quote often attributed to Will Rogers, who was born on this day in 1879. Do you agree with this statement? Have you noticed some common-sense knowledge from your youth that isn't so common today?

### Eat to Sleep

Did you know that certain foods can help you sleep while others may keep you up at night? If you want a peaceful rest, choose oatmeal, almonds, herbal teas, cherries and dark chocolate. Foods that can leave you restless include alcohol, caffeine, processed and smoked meats, spicy foods and milk chocolate.



### A Beneficial Berry

Whether as a sauce, a snack or an addition to salads, side dishes and desserts, cranberries will probably make an appearance at the holiday table. Help yourself to a serving, because this super food is full of disease-fighting antioxidants, fiber and vitamin C.

### Grace and Wrinkles

"When grace is joined with wrinkles, it is adorable. There is an unspeakable dawn in happy old age." —Victor Hugo

### Forgive for Your Health

Letting go of a grudge is good for your health. Chronic anger is linked to decreased lung function, heart disease and stroke, *WebMD.com* reports. Forgiving will reduce anxiety and lower blood pressure.

### November by the Numbers

46 million. Average number of turkeys eaten at Thanksgiving.

3,699. Weight in pounds of the world's largest pumpkin pie, made in Ohio in 2010.

43. New York City blocks in the route covered by the Macy's Thanksgiving Day Parade.

### Join the Chorus

Soon, holiday tunes will fill the air. If you get the chance, join in a sing-along. Singing in a group is good for you. Crooning in a chorus lowers your stress, elevates your mood and can even benefit your heart rate as much as yoga does.

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## Talk About It

### Memories of World War II

World War II brought out the best in a generation and fostered extraordinary patriotism. Use the questions below to start a discussion about your memories of this time in history, as well as those of your friends and neighbors.

How old were you during World War II? Did you or a loved one serve in the military during the war? If so, in what branch and what were the assigned duties?

Do you remember rationing? What was the hardest thing to do without?

How did you or your family contribute to the war effort? Did you work war-related jobs, grow a victory garden, or buy war bonds?

Do you remember the day the war with Europe or Japan ended? What do you remember about it?

### Weathering Joint Pain

Some people claim to feel the weather in their bones—an achy shoulder just before it rains or a sore knee when it's cold. For years, these sensations were written off as old wives' tales, but according to more and more health care professionals, there is a credible theory: the barometric pressure.

Barometric pressure often drops before bad weather arrives, and when it does, the lower air pressure allows the tissues in our bodies to expand. For those with chronic joint pain, this expansion can put extra pressure on inflamed joints and aggravate surrounding nerves.

So what can you do to minimize these aches and pains? Experts say exercise can provide relief. Although chilly, damp days may have you wanting to curl up on the couch, it's best to keep moving. Strong muscles better support joints, and low-impact

exercise can help the fluid that accumulates in your limbs flow back into your system, which can reduce the pressure on nerves when the barometer drops.

Keep your weight in check; this reduces excess stress on your joints. A healthy diet can also be beneficial. Load up on foods rich in omega-3 fatty acids, found in salmon and nuts, along with fruits and vegetables rich in vitamins C and K.



### Military Traditions

The military is a culture steeped in customs, and few things are more impressive than seeing a service member in uniform, proudly carrying out a longtime tradition. Here is some insight into a few of the most well-known practices.

**Saluting.** Opinions vary about how the hand salute began, but it is one of the oldest forms of expressing respect in the military. Lower-ranking service members are required to salute when

recognizing a senior member.

**The Arch of Sabers.** Anyone who attends a military wedding will undoubtedly be impressed by the sight of an honor guard holding up their swords or sabers to create an arch for the newlyweds to walk under when leaving the ceremony. The gesture represents the couple's safe transition into their new life together. It is also tradition to use a military sword to cut the wedding cake.

**Flag folding.** At military funerals, it is common for the coffin to be draped with an American flag. An honor guard folds the flag at the end of the service and presents it to the next of kin. The flag is folded with precisely 12 folds, ending in a triangular shape with only the field of blue and white stars showing.



## The First Thanksgiving

Festivals with the spirit of giving thanks have been common in many cultures, so determining the original Thanksgiving celebration proves difficult. But tradition recognizes the 1621 feast between the Pilgrim settlers at Plymouth Colony and neighboring American Indians as America's first Thanksgiving.

Sailing from England aboard the *Mayflower*, the Pilgrims arrived in present-day Massachusetts in the fall of 1620, yet remained on the ship for several months. When the colonists moved ashore the following spring, they were visited by two English-speaking Indians, Samoset and Squanto, who showed the Pilgrims how to hunt and grow their own food. Squanto also served as an interpreter and mediator between the settlers and the neighboring Wampanoag tribe.

Sometime between Sept. 21 and Nov. 1, the Pilgrims organized a feast to celebrate the success of their first crop. Around 90 Wampanoag, including Chief Massasoit, joined the surviving colonists for the festivities, which lasted for three days and included games, singing and dancing, in addition to the elaborate meal.

The Pilgrims' records indicate that regional fowl, such as ducks, geese, swans and, yes, probably turkey, were served at the feast, along with venison brought by the Wampanoag. Historians believe that other foods present at the meal included fish and shellfish, beans, onions, porridge made from cornmeal, berries, squash and pumpkin—but no pumpkin pie.



### Nutritious Fish Choices

Along with fruits, vegetables, whole grains and nuts, a recommended healthy diet includes regular servings of fish. With so many fish in the sea—not to mention at the supermarket and on restaurant menus—it can be overwhelming to know which is best. Here's a look at some popular varieties to put on your plate:

**Salmon.** High in omega-3 fatty acids and vitamin D, this fish is No. 1 on many nutritionists' lists. Canned salmon is also a good source of calcium, since the bones are included and safe to eat.

**Canned light tuna.** Tuna provides the benefits of omega-3s, niacin, selenium and vitamin B12. It can contain moderate to high levels of potentially harmful mercury, but canned light varieties have the lowest risk.

**Tilapia.** Even though this popular freshwater fish has a minimal amount of omega-3s, it contains almost no mercury and is rich in selenium and B12.

**Catfish.** Healthy fats, vitamin B12 and three times the recommended daily amount of vitamin D make this whiskered fish a favorite among health-conscious eaters.



## Wit & Wisdom

"Where thou art, that is home."  
—Emily Dickinson

"Home isn't where our house is, but wherever we are understood."  
—Christian Morgenstern

"The light is what guides you home; the warmth is what keeps you there."  
—Ellie Rodriguez

"There is nothing like staying at home for real comfort."  
—Jane Austen

"Home is the place where, when you have to go there, They have to take you in."  
—Robert Frost

"I long, as does every human being, to be at home wherever I find myself."  
—Maya Angelou

"Any old place I can hang my hat is home sweet home to me."  
—William Jerome

# Crossword Puzzle

1	2	3	4		5	6	7	8		9	10	11	12	13	
14					15					16					
17					18					19					
20					21					22					
				23				24				25	26	27	
	28	29				30	31		32		33				
34					35		36			37					
38					39					40					
41					42					43					
44				45		46	47								
48				49		50		51							
				52				53	54				55	56	57
58	59	60				61				62					
63						64				65					
66						67				68					

## ACROSS

- Cargo
- French cleric
- O. Henry, to Porter
- Name for 2 of Henry VIII's wives
- Explosion
- Shape metal
- Sweet treat
- Part
- One in last place
- Costumed child's words
- Aunt Juanita or Aunt Lupe
- Orange-colored edible
- Downed
- Molar
- European language
- One lacking freedom
- Low
- Dryer
- Typewriter type size
- Chest material
- Bet
- Miners' passage
- Mars counterpart
- Viper
- Feel bitter about
- Ballroom dances: var.
- Suffix for cold or calm

- Poetic contraction
- Nothing
- Was an indicator of
- Performed
- Piece of concrete
- Concern
- Edible mushroom
- Cash register drawer
- Oven
- Slyly derisive
- Pintail duck
- Editor's notation

## DOWN

- Survive
- \_\_\_ about; approximately
- "The King \_\_\_"
- Make inoperable
- Overseas
- Inconsiderate one
- Leave quickly
- \_\_\_ board
- On fire
- Pillage
- Not-too-popular U. S. agcy.
- Generation
- To be in Spain
- Cows
- Avid
- Blake of "Gunsmoke"

- Uses one of the senses
- Penetrate
- Moves smoothly
- Bigot
- Word with who or when
- Horseman
- Motorists' obstructions
- Oven
- Extra
- Whip
- \_\_\_ to; serve
- Hemmed in by
- Head: colloq.
- Incompetent
- Catches some Zs
- Nourish
- Svelte
- Vigorous
- Cool one's heels
- Perry Mason's creator
- Car blemish
- Mornings, for short
- Felon
- Numerical prefix

