



**Notable  
Quotable**

“The thankful receiver bears a plentiful harvest.”

~ William Blake, poet

## November Horoscopes and Birthdays

In astrology, those born between November 1–21 are Scorpios. Scorpios are passionate, deep, and intense—qualities that help them counsel others in deep and meaningful ways. Those born between November 22–30 are the Archers of Sagittarius. Sagittarians are travelers, open-minded, and constantly in search for meaning. Extroverted and optimistic, Archers seek change and take concrete steps to achieve their goals.

**Happy Birthday to our Edencrest Residents**

- Dianna*      *November 16*
- Carroll*     *November 22*
- Joe M*        *November 25*
- Cynthia*     *November 26*
- Rich S*        *November 28*



## Redefining The Role Of The Caregiver

*Presented by Avalon Hospice*

Tuesday, November 7<sup>th</sup>  
6:30 pm – 7:30 pm

**The Journey**

- Dementia vs. Alzheimer’s disease
- Signs & Symptoms
- Stages & Characteristics
- Community Resources

Tuesday, November 14<sup>th</sup>  
6:30pm-7:30pm

**Healthy Lifestyle of the Caregiver**

- Caregivers Personal Support Plan
- Signs of Stress & Burnout
- Tips on Self-Care & Healthy Lifestyle

Tuesday, November 21<sup>st</sup>  
6:30 pm – 7:30 pm

**Facing the Holidays**

- Planning the Event
- Preparing the Individual with Dementia for Holiday Celebration
- Celebrating Together While Caring for Self

*These classes are open to residents, families and to the public free of charge!  
Please RSVP to Susan at 207-1984 or lifeenrichmentgm@edencrestliving.com*

# November 2017



**Edencrest at Green Meadows**

6750 Corporate Drive  
Johnston, Iowa  
515.207.1984

**Celebrating  
November**

**Russ Barlow**  
*November 6*

**Education  
Series**  
*November 7*

**Veterans Day  
Program**  
*November 11*

**Steve Howard  
Music**  
*November 12*

**Education  
Series**  
*November 14*

**Thanksgiving  
Meal**  
*November 17*

**Education  
Series**  
*November 21*

**Joe Klinefelter  
Music**  
*November 30*

## Edencrest Thanksgiving Meal November 17th

*You are invited to the Edencrest*

*Annual Thanksgiving Meal!*

*Friday, November 17<sup>th</sup> 6:00 pm.*

*Enjoy a special meal with your loved*

*one on us on!*

*Please RSVP by November 8<sup>th</sup> by*

*calling 207-1984*

*\*Free will donation will be taken with funds going to the Alzheimer’s Association.*



## Juke History

The jukebox has been around throughout many musical eras: big band, jazz, country, blues, and rock and roll. November 22, Jukebox Day, commemorates the day the first jukebox was installed in the Palais Royale Saloon, in San Francisco, California, in 1889. The history of the jukebox begins with inventor Louis Glass, who began his career working the telegraph and telephone lines. In 1880, Glass switched

careers to the new technology of the phonograph and invented a machine that would play music from a wax cylinder at the drop of a nickel. When Glass boasted that his 15 machines had raked in over \$4,000 in six months, copycats hurried to replicate his music-playing machine. The word *juke* originated with the juke, or jook, joints of the early 1900s, where rural laborers could congregate to drink, dance, and gamble.



*The pomegranate was one of the first fruits cultivated by humans.*

## Food of the Underworld

November is Pomegranate Month, a month to celebrate this unique superfood, known for its antioxidants and anti-inflammatory properties. But why is this fruit celebrated in November? That story goes back thousands of years.

In ancient Greek mythology, the pomegranate takes center stage in the story of Persephone and Hades, the god of the underworld. In this myth, Hades kidnapped Persephone and stole her away to his underworld realm. Persephone's mother, Demeter, was the goddess of the harvest and agriculture, ruler of the fertility of the earth. Demeter, upon losing her daughter, went into deep mourning, which caused all the crops and plants to cease growing. The world became cold and barren.

Zeus, king of all the gods and goddesses and brother of Hades, finally commanded Hades to release Persephone. However, the clever Hades had already tricked Persephone into eating the food

of the underworld: a pomegranate. The Fates had decreed that anyone who ate such food was doomed to stay in the underworld for all eternity. But, because Persephone had eaten only six pomegranate seeds, she was doomed to remain with Hades for only six months out of the year. For the other six months, she was allowed to return to the earth and be with her mother. Demeter grew so overjoyed with Persephone's return that the world was again bountiful and fruitful. Alas, during Persephone's absence, Demeter fell into sorrow, and the world fell barren. This was the ancient Greeks' explanation for the seasons. Demeter's joy brought spring and summer, and her sorrow marked fall and winter.

For this reason, November is the perfect month to celebrate the pomegranate, which has long been a symbol of life and death, rebirth and eternal life... more impressive than your average health food.

## Mermaids and Manatees

Manatees go by many names, including sea cows and Teddy bears of the sea. Explorer Christopher Columbus reported seeing women, or mermaids, swimming in the ocean. It was later scientifically understood that these were actually manatees. This gentle undersea beast finally gets its due during Manatee Awareness Month in November.

There are three species of manatee: the West Indian manatee common in Florida, the West African manatee that lives from

the coasts of Senegal to Angola, and the Amazonia manatee, which is found in the rivers and swamps of the Amazon basin. Warm water is a must for these large, slow-moving creatures. For this reason, they are attracted to warm water outputs from power plants. If the water gets too cold during the winter months, manatees suffer greatly. Because they move so slowly, they are also in danger of being hit by boats. While these creatures have no natural predators, these gentle mermaids of the sea are in decline due to human behaviors.

*Roly-poly manatees are closely related to elephants.*

## From the desk of Nick Lensch.....

Edencrest Family,

I can't believe the holiday season is upon us already, what a fast year this has been. I am excited for all the great things that will be happening at Edencrest in November! Especially our Thanksgiving Dinner! Mark your calendars for Nov 17<sup>th</sup>. Chef Tim and the Culinary Team are preparing a great meal for the Edencrest family. Make sure to RSVP to myself or Susan by November 8<sup>th</sup>

Top Ten shout out for November!

- Doreen- For her always being so kind and smiling and always asking with how she can help.
- Bruce- for his caring attitude and caring smile.
- Ruth- For her continuous friendliness and show casing her apartment on tours.
- Ashley- for being so helpful and friendly
- Amanda- For always stepping up to help out regardless of the job or department.
- Mike- for helping fix a wheelchair
- Nurse Deb- for making a quick and positive impact
- Nirmana- for always willing to pick up shifts, doing your best, and being wonderful
- Doreen- for your friendly smile
- Amanda- cleaning all the rooms very nicely and always helping others.

I wish everyone a warm and Happy Thanksgiving!  
As always my door is open, so stop in and say hello!  
Nick Lensch, Manager