

# HALLOWEEN PHOTOS

The Manor Monthly  
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The Manor at Woodside 168 Academy St. Poughkeepsie, NY 12601 (845) 473-1943



Manor News	1
Veteran's Day	2
Biography	3
Calendar	4 & 5
Monthly News	6 & 7
Photo Gallery	8



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This year has just flown by, can you believe we are already going into November? Pretty soon Santa will be making his annual visit. October was filled with lots of activities and entertainment. We have begun a men's wii bowling league on Wednesday afternoons at 4pm outside of the dining room, we will still have the regular Wii Bowling on Tuesdays and Thursdays at 1:30pm. The Wii is also available for personal use at any time there is not a scheduled event outside the dining room, just ask at the front desk and they can set it up for you to play. Our new special breakfast was a great success, we had an omelet station and everyone enjoyed it. The Halloween Parade was a fun event as usual, all of the children enjoyed getting candy and the residents enjoyed seeing all the little ghosts and ghouls. With winter weather quickly approaching, I want to remind all residents that drive, that we should have a copy of your car keys at the front desk in order to move your vehicle for the snow plow. Also the Manor bus will not run in dangerous weather, if the roads are covered in snow please call the front desk to find out if the bus will be still be going. On November 16th we will host our resident prepared Thanksgiving meal. This is a special meal that requires residents to sign up and assist in the preparation and enjoy the outcome at dinner time in the 2nd floor kitchen. The birthday dinner will take place early this month, on November 17th due to Thanksgiving being on the last Thursday. The main meal on Thanksgiving day will be served at lunch time and there will most likely only be one seating at 12pm. Dinner will be a lighter meal and will be served in the dining room at 5pm. Everyone here at the Manor hopes you all have a magnificent holiday and give thanks for all you have. Also I wanted to put in a save the date for our Holiday Family Fun day, which will take place on Saturday, December 17th beginning at 1pm. Our resident holiday party will be held on Tuesday, December 20th. Hard to believe we are already approaching Christmas!





Many Americans mistakenly believe that Veterans Day is the day America sets aside to honor American military personnel who died in battle or as a result of wounds sustained from combat. That's not quite true. Memorial Day is the day set aside to honor America's war dead.

Veterans Day, on the other hand, honors *ALL* American veterans, both living and dead. In fact, Veterans Day is largely intended to thank *LIVING* veterans for dedicated and loyal service to their country. November 11 of each year is the day that we ensure veterans know that we deeply appreciate the sacrifices they have made to keep our country free.

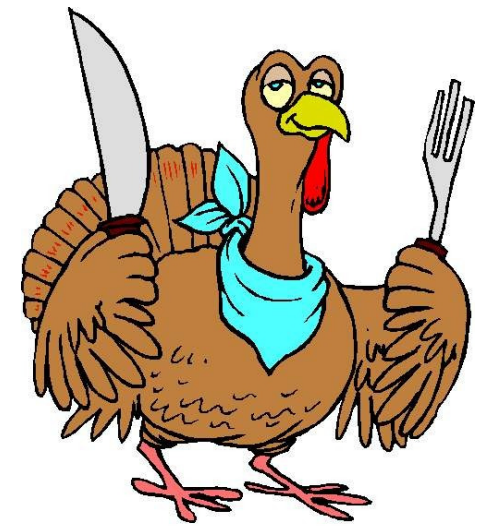
Here at the Manor, our Veteran's Day Ceremony will take place on Thursday, November 10th at 7:00pm in the Lower Level.



# Fall Prevention

1. If your doctor or health care provider has suggested that you use a cane or walker, use it.
2. Wear rubber soled shoes.
3. If there are carpeted runners in public buildings - stay on them. Many public buildings have marble or other surfaces that may become very slick.
4. Always keep your hands free. Never carry a purse. Use shoulder straps on a purse or better yet, use a fanny pack.
5. Lighten up your purse. Leave unnecessary papers, books, bottled water and such at home if you can.
6. Keep your house free of clutter. Your pathways should be wide and easy to navigate.
7. If you use throw rugs, make sure to put skid-proof backing on them.
8. Always wear shoes. Never walk around the house in your stockings or socks.
9. Avoid shoes without backs.
10. Make sure railings on steps and stairs is sturdy and does not wobble.
11. Remove fall hazards like electrical cords from your pathways.
12. Try sound activated lamps and lights.
13. Install grab bars in the bathroom around the tubs and toilets.
14. Use a reach grabber to retrieve items out of your reach.
15. Use and carry a portable phone (with you at all times) inside your house.
16. Practice balance exercises every day. Check with your doctor for the exercises you should do.

On Wednesday, November 16th we will be holding a resident cooked Thanksgiving meal. This activity is limited to 20 residents. Throughout the day we will have various cooking activities including preparing pies, vegetables and more. Please be sure to sign up at the front desk and there will be flyers posted on the times of each cooking activity. The days events will begin at about 1pm and the meal will be served in the 2nd floor kitchen at 4:30pm! This event is a lot of fun. Please sign up as soon as possible at the front desk as seating is limited!



Though the current holiday of Thanksgiving was based on the 1621 feast, it did not immediately become an annual celebration or holiday. Sporadic days of Thanksgiving followed, usually declared locally to give thanks for a specific event such as the end of a drought, victory in a specific battle, or after a harvest.

It wasn't until October 1777 that all 13 colonies celebrated a day of Thanksgiving. The very first national day of Thanksgiving was held in 1789, when President George Washington proclaimed Thursday, November 26 to be "a day of public thanksgiving and prayer," to especially give thanks for the opportunity to form a new nation and the establishment of a new constitution.

Yet even after a national day of Thanksgiving was declared in 1789, Thanksgiving was not an annual celebration.

We owe the modern concept of Thanksgiving to a woman named Sarah Josepha Hale. Hale, editor of *Godey's Lady's Book* and author of the famous "Mary Had a Little Lamb" nursery rhyme, spent 40 years advocating for a national, annual Thanksgiving holiday. In the years leading up to the Civil War, she saw the holiday as a way to infuse hope and belief in the nation and the constitution. So, when the United States was torn in half during the Civil War and Lincoln was searching for a way to bring the nation together, he discussed the matter with Hale.

On October 3, 1863, Lincoln issued a [Thanksgiving Proclamation](#) that declared the last Thursday in November (based on Washington's date) to be a day of "thanksgiving and praise." For the first time, Thanksgiving became a national, annual holiday with a specific date.

