



Celebrating Our Heritage

November marks the annual National Native American Heritage Month, a much broader extension of the 1915 unofficial holiday, American Indian Day. Since that time, roughly half of the states have been recognizing the impact our original Native American ancestors had on the establishment, success and growth of America. Then, in 1990, President George H.W. Bush formally began to acknowledge November as Native American Heritage Month. Here are a few facts to help us celebrate our ancestors properly.

- The largest Native American tribe living in the United States is Cherokee. The next largest is Navajo, which is followed by Choctaw.

- When the Europeans first landed in America, there were 18 to 20 million Native Americans living in the U.S.
- New York City has the largest Native American population of any major city in America. But the majority of Native Americans can be found throughout the Western region of the U.S.
- Native Americans originally cultivated a range of today's common household staples. Popcorn, chocolate, corn, sweet potatoes and tobacco are among the Native American creations.
- Roughly 22 percent of the existing Native American population found in America live on tribal lands or reservations.
- Native American traditions vary among the tribes, but many tribes follow a matrilineal model that places women in positions of power and authority.



Sarasota

MEMORY CARE

harborchase.com

5311 Proctor Rd.

Sarasota FL, 34233

941-444-6629



Designed/Printed by Corwin Design
www.MyCorwin.com • 1-877-CORWIN2



NOVEMBER 2022

Management Team

JACQUELYN
O'SHAUGHNESSY
Executive Director

KRISTINA JACKSON
Director Resident Care

JUSTIN AYLOR
Business Office Manager

LUCAS MARIN
Director of Hospitality

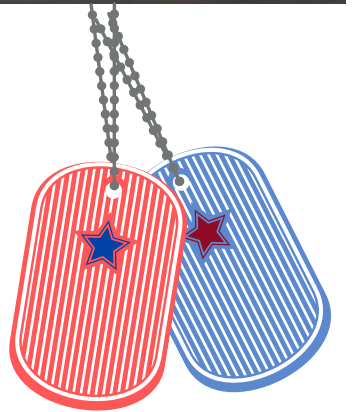
CHERYL ECKERT
Director Life Enrichment

LARITZA RAFOLS ARMAS
Director of Memory Care

ENRIQUE PEREZ
Director of Maintenance

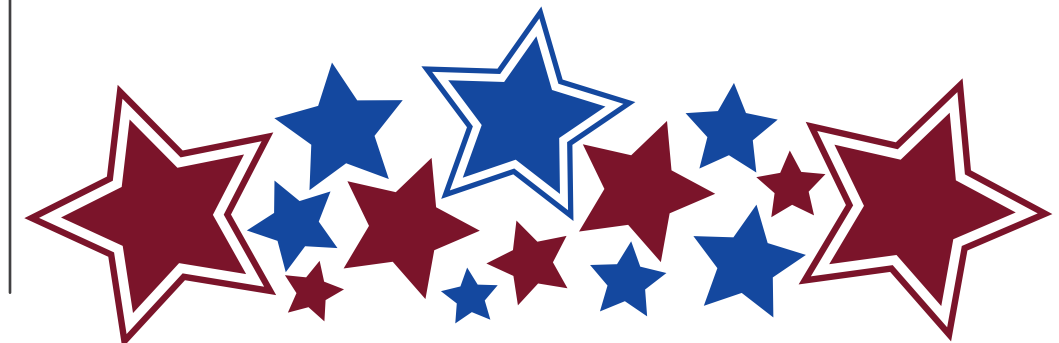
ASHLEY PETERS
Director of Sales

THANK A Veteran



In November of 1919, President Woodrow Wilson decreed that November 11 should be observed as Armistice Day to commemorate the end of WWI. In 1954, veteran organizations successfully lobbied congress to change the name of the observance to 'Veterans' Day' in order to include and honor the efforts of those who fought in World War II and in the Korean War. In 1968, the Federal Government passed legislation to observe legal holidays on Mondays, arguing that the three-day weekends would encourage travel and recreation, thus stimulating the economy. In 1978, President Gerald Ford moved Veterans' Day back to its original date of November 11 to honor its historic and patriotic significance.

Today, U.S. military officials point out that many people confuse Memorial Day with Veterans' Day. While Memorial Day is a day to honor military personnel who died in battle or as a result of their wounds, Veterans' Day is set aside to thank and honor all those who served in the military, in wartime and in peacetime. It is intended to thank living veterans for their services, to acknowledge their contributions to national security and to underscore their sacrifice and duty.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

 <p style="text-align: center;">HAPPY THANKSGIVING NOVEMBER 24</p>		<p>9:30 Chair Zumba 1</p> <p>10:00 Tuesday Paper</p> <p>11:00 Drumming Circle with Cindy</p> <p>1:30 Silver Parachutes</p> <p>2:00 Boggle my Mind Challenge</p> <p>3:00 Price Is Right - 1970'S Vs 2022</p> <p>4:00 Karaoke Challenge "Free Style"</p> <p>6:30 Dazzling Dominoes</p> <p>8:00 Music Mellow</p>	<p>9:30 Today in History 2</p> <p>10:30 Stretching with PT</p> <p>11:00 Craft Corner "Fall Leaves Bowls"</p> <p>1:30 Dunk it Basketball</p> <p>2:00 Recipe Season and Demo "Deviled Eggs"</p> <p>3:00 Gathering With Ice Cream</p> <p>4:00 Give Me Five Quiz</p> <p>6:30 Evening Stroll</p> <p>8:00 Music and Relaxation</p>	<p>9:30 Fitness On the Go 3</p> <p>10:00 All in The News</p> <p>11:00 Foot it Around with Brenda-MC</p> <p>1:30 Horseshoes on the Hook</p> <p>2:00 Food 911 "No Bake Coconut Candy"</p> <p>3:00 Call it out Trivia</p> <p>4:00 Draw A Beetle Dice Game</p> <p>6:30 Simon Says</p> <p>8:00 Guitar Music</p>	<p>9:30 Morning Paper 4</p> <p>10:30 Body Pump with PT</p> <p>11:00 Cupcake War Decoration</p> <p>1:30 Noodle Flex</p> <p>2:00 Let's Make Flowers Centerpieces!</p> <p>3:00 Short Story Club</p> <p>3:45 Music with The Jitterbugs</p> <p>4:00 Have You Ever Game</p> <p>6:30 Table Games</p> <p>8:00 Classical Concerto</p>	<p>9:30 Sing and Be Fit 5</p> <p>10:00 USA Today</p> <p>11:00 Calling the Artist "Fall Theme"</p> <p>1:30 Hit the Ball Tournament</p> <p>2:00 Nursery Rhymes Quiz</p> <p>3:00 Iced Tea, Refreshments</p> <p>4:00 Dance Dance Revolution</p> <p>6:30 Saturday Night Cinema</p> <p>8:00 Music Medley</p>		
		<p>9:00 Joel Osteen Virtual Service 6</p> <p>9:30 Communion Service with Dea. Kevin- AL</p> <p>10:00 Morning Pilates</p> <p>11:00 Gardening Club "Tomatoes"</p> <p>1:00 NFL Season "Packers vs Lions"</p> <p>2:00 Balloon Toss</p> <p>3:00 Sunday Fun Casino</p> <p>4:00 Sports Trivia Team Competition</p> <p>6:30 Relaxing Music</p>	<p>9:30 Chair Calisthenics 7</p> <p>10:00 Today in History</p> <p>11:00 English Landmark's Visual Quiz</p> <p>1:30 Bowling Championship</p> <p>2:00 Who's who in the Photo?</p> <p>3:00 Crafting Together "Making Rainbows"</p> <p>3:30 Music with Guitarist George Puleo -MC</p> <p>6:30 Strolling with Friends</p> <p>8:00 Classical Music</p>	<p>9:30 Fitness On the Go 8</p> <p>10:00 Tuesday Paper</p> <p>11:00 Drumming Circle with Cindy</p> <p>1:30 Kickball Tournament</p> <p>2:00 Tongue Twisters For Fun</p> <p>3:00 Craft Class "Paper Cup Chocolate Boxes"</p> <p>4:00 Sing along Competition</p> <p>6:30 Dazzling Dominoes</p> <p>8:00 Music Mellow</p>	<p>9:30 Today in History 9</p> <p>10:00 Golf Class with Pro Brad</p> <p>11:00 Inventors You've never Heard of ...</p> <p>1:30 Toss and Answer</p> <p>2:00 Call it Out Trivia</p> <p>3:00 Gathering With Ice Cream</p> <p>3:45 Music with Mark Greenberg</p> <p>6:30 Evening Stroll</p> <p>8:00 Music and Relaxation</p>	<p>9:30 Strength Exercises 10</p> <p>10:00 All in The News</p> <p>11:00 The USA Marine Corps History</p> <p>1:30 Bocce Balls Tournament</p> <p>2:00 Calling the Artists "Painting the Flag"</p> <p>3:00 10 Chances - Hangman Variation</p> <p>4:00 Karaoke Challenge "Patriotic Songs"</p> <p>6:30 Simon Says</p> <p>8:00 Guitar Music</p>	<p style="text-align: center;">Veterans Day </p> <p>9:30 Morning Paper</p> <p>10:30 Morning Pilates with PT</p> <p>11:00 Veterans Day Memorabilia</p> <p>1:30 Flag Ceremony</p> <p>2:00 Veterans Pinning Ceremony</p> <p>3:00 Guest Speaker LT. Colonel Jacobson</p> <p>3:45 Americana Music with George Puleo</p> <p>6:30 Table Games</p>	<p>9:30 Morning Yoga 12</p> <p>10:00 USA Today</p> <p>11:00 Crafting Together "Pinecone Animals"</p> <p>1:30 Bean Bag Ladder</p> <p>2:00 Finish the Song Title -1940</p> <p>3:00 Fruit Punch and Relaxation</p> <p>4:00 Boggle my Mind Competition</p> <p>6:30 Saturday Night Cinema</p> <p>8:00 Music Medley</p>
		<p>9:00 Joel Osteen Virtual Service 13</p> <p>9:30 Communion Service with Dea. Kevin- AL</p> <p>10:00 Sing and Be Fit</p> <p>11:00 Craft Corner "Monet Water Lillies Recreation"</p> <p>1:00 NFL Season "Broncos vs Titans"</p> <p>2:00 Indoor Volleyball</p> <p>3:00 Sunday Fun Casino</p> <p>4:00 Funniest Animals Videos</p> <p>6:30 Relaxing Music</p>	<p>9:30 Morning Yoga 14</p> <p>10:00 Today in History</p> <p>11:00 Artist Team "Monet Water Lillies Recreation"</p> <p>1:30 Soccer Team Tournament</p> <p>2:00 Which Transport Is Faster</p> <p>3:00 Gazebo Word Games</p> <p>3:45 Music with Amandah Janzten</p> <p>6:30 Strolling with Friends</p> <p>8:00 Classical Music</p>	<p>9:30 Chair Calisthenics 15</p> <p>10:00 Tuesday Paper</p> <p>11:00 Drumming Circle with Cindy</p> <p>1:30 Music Balls</p> <p>2:00 Jewelry 101 Making with LE Staff</p> <p>3:00 Find The Linking Word Quiz</p> <p>4:00 Old Hollywood: Rita Hayworth</p> <p>6:30 Dazzling Dominoes</p> <p>8:00 Music Mellow</p>	<p>9:30 Today in History 16</p> <p>10:30 Body Bump with PT</p> <p>11:00 Antiques Roadshow: Best of 25!</p> <p>1:30 Music Balls</p> <p>2:00 Listmania "Fast Food"</p> <p>3:00 Gathering With Ice Cream</p> <p>4:00 Karaoke Challenge</p> <p>6:30 Evening Stroll</p> <p>8:00 Music and Relaxation</p>	<p>9:30 Chair Zumba 17</p> <p>10:00 All in The News</p> <p>11:00 Two Step with Brenda</p> <p>1:30 Kick it Around</p> <p>2:00 Sport Memorabilia</p> <p>3:00 Food 911 "Strawberry Fristi"</p> <p>4:00 Holiday Piano Music with Cheryl</p> <p>6:30 Simon Says</p> <p>8:00 Guitar Music</p>	<p>9:30 Morning Paper 18</p> <p>10:30 Get Fit with PT</p> <p>11:00 Calling The Artist "Mickey Mouse Ears"</p> <p>1:30 Dunk it Basketball</p> <p>2:00 Let's Make Flowers Centerpieces!</p> <p>3:00 Shabbat Worship Service</p> <p>3:45 Music with Larry Bradenbach</p> <p>6:30 Table Games</p> <p>8:00 Classical Concerto</p>	<p>9:30 Morning Warm-Up 19</p> <p>10:00 USA Today</p> <p>11:00 Boggle my Mine Challenge</p> <p>1:30 Bocce Balls</p> <p>2:00 H2H Trivia</p> <p>3:00 Iced Tea, Refreshments</p> <p>4:00 Dance Dance Revolution</p> <p>6:30 Saturday Night Cinema</p> <p>8:00 Music Medley</p>
		<p>9:00 Joel Osteen Virtual Service 20</p> <p>9:30 Communion Service with Dea. Kevin- AL</p> <p>10:00 Strength Exercises</p> <p>11:00 Gardening Class "Gardenias"</p> <p>1:00 NFL Season "Brown vs Bills"</p> <p>2:00 Noodle Flex</p> <p>3:00 Sunday Fun Casino</p> <p>4:00 Call it out Trivia</p> <p>6:30 Relaxing Music</p>	<p>9:30 Flex Exercises 21</p> <p>10:00 Today in History</p> <p>11:00 Gingerbread Cookie Decoration</p> <p>1:30 Parachutes and Balls</p> <p>2:00 Fall Holiday Craft "Thanks Cards"</p> <p>3:00 Gazebo Word Games</p> <p>4:00 Want to be a Millionaire Challenge</p> <p>6:30 Strolling with Friends</p> <p>8:00 Classical Music</p>	<p>9:30 Chair Zumba 22</p> <p>10:00 Tuesday Paper</p> <p>11:00 Drumming Circle with Cindy</p> <p>1:30 Toss and Answer</p> <p>2:00 Calling The Artist "Silhouette Pictures"</p> <p>3:00 Mark Greenberg and His Guitar-MC</p> <p>4:00 Trivia Americana</p> <p>6:30 Dazzling Dominoes</p> <p>8:00 Music Mellow</p>	<p>9:30 Today in History 23</p> <p>10:30 Flex Exercises with PT</p> <p>11:00 Drinksgiving "Night before Thanksgiving"</p> <p>1:30 Bowling Championship</p> <p>2:00 Unscramble me</p> <p>3:00 Gathering With Ice Cream</p> <p>4:00 Karaoke Challenge "Free Style"</p> <p>6:30 Evening Stroll</p> <p>8:00 Music and Relaxation</p>	<p style="text-align: center;">Thanksgiving Day </p> <p>9:30 Simply Stretching</p> <p>10:00 All in The News</p> <p>11:00 Art and Craft "Tanksful Tree"</p> <p>12:00 Thanksgiving Luncheon</p> <p>1:30 Bean Bag Ladder</p> <p>2:00 Macy's Thanksgiving Parade</p> <p>3:00 World's Thanksgiving Traditions</p> <p>3:30 Play The Chimes with Steve-MC</p> <p>6:30 Simon Says</p> <p>8:00 Guitar Music</p>	<p>9:30 Morning Paper 25</p> <p>10:30 Pilates with PT</p> <p>11:00 How did Black Friday Start?</p> <p>1:30 Indoor Volleyball</p> <p>2:00 Let's Make Flowers Centerpieces!</p> <p>3:00 Craft Corner "Picasso Line Art Drawings"</p> <p>4:00 Nursery Memorabilia</p> <p>6:30 Table Games</p> <p>8:00 Classical Concerto</p>	<p>9:30 Chair Fitness 26</p> <p>10:00 USA Today</p> <p>11:00 The Breakfast Shoppe "French Toast"</p> <p>1:30 Balloon Toss</p> <p>2:00 Uses your Senses-what's in the Box</p> <p>3:00 Iced Tea, Refreshments</p> <p>4:00 Remember and Repeat Game</p> <p>6:30 Saturday Night Cinema</p> <p>8:00 Music Medley</p>
<p>9:00 Joel Osteen Virtual Service 27</p> <p>9:30 Communion Service with Dea. Kevin- AL</p> <p>10:00 Morning Yoga</p> <p>11:00 Recipe Season "Bavarian Cream Pie"</p> <p>1:00 NFL Season "Bears vs Jets"</p> <p>2:00 Hit the Ball Tournament</p> <p>3:00 Sunday Fun Casino</p> <p>4:00 Try Some Analogies!</p> <p>6:30 Relaxing Music</p>	<p>9:30 Simply Stretching 28</p> <p>10:00 Today in History</p> <p>11:00 Craft Time "Water Bottle Fish"</p> <p>1:30 Horseshoes on the Hook</p> <p>2:00 Animal Planet "Wild Life-Sea Lions"</p> <p>3:00 Musical Trivia Championship</p> <p>4:00 Follow my Step</p> <p>6:30 Strolling with Friends</p> <p>8:00 Classical Music</p>	<p>9:30 Simply Stretching 29</p> <p>10:00 Tuesday Paper</p> <p>11:00 Drumming Circle with Cindy</p> <p>1:30 Bocce Ball Team Challenge</p> <p>2:00 Largest Abandoned Cities on Earth</p> <p>3:00 Funniest Moments Caught in Camara</p> <p>4:00 Cheryl Plays the Keys</p> <p>6:30 Dazzling Dominoes</p> <p>8:00 Music Mellow</p>	<p>9:30 Today in History 30</p> <p>10:30 Pilates with PT</p> <p>11:00 Fall Craft Team "Mason Jar"</p> <p>1:30 Dunk it Basketball</p> <p>2:00 Label The Skeleton Team Game</p> <p>3:00 Gathering With Ice Cream</p> <p>4:00 Karaoke Challenge "The 70's"</p> <p>6:30 Evening Stroll</p> <p>8:00 Music and Relaxation</p>					

HELLO, November!

Sudoku

A N A C I R E M A E V I T A N N Y A R G O
 A B S N A T I V E A M E R I C A I O I A R
 B C T Y R E T A E W S H T P D R R T L A N
 L R V I G O B B L E O A D S N U U T R C E
 A A A S A S Q U A T C H S E T N P S E M A
 C H G R A T I T U D E E G R A T I T U D U
 K A T A U Q S A S H N T N T E T A E W S O
 F B L A C K F R I D A Y I B D K R U T N E
 R P F A V R A H N E A P V B Y E I N N A P
 I Y A V V A G I D D N E I O R P P R A R P
 D E M U O T K A S T E K G G N O I E P E A
 A K I D V D R N A I G R S A C A K S E T A
 A R L I L A A T P E T U K U T R A N C E C
 A U L R P R S N M T G T N F U H E G A V I
 F T O T E E I T I E C R A T P E E V N A N
 I W R T V K U Y F E O E H G K P R R P D I
 N D E R P N M L C C M N T U K Y A N I C I
 C V A M I A E I A I P O C U N R O C E N A
 I H U A I F I M K C I T S M U R D T V E G
 U P F O O T B A C E S A C F O O T B A L L
 E K S V R R A F A D A R E A U S R W P I C

2			4			7
8	7		3		1	5
			8		2	3
		9	3	2	1	7
	2		7		3	8
		3		5	6	9
	7		8	1	4	
5	4	2	7		3	8
			2		7	4

4						5
		8				1
1	9				3	7
			6	3		
2				5		
8			2		9	7
	4		5		2	9
			3			
	7				6	1

EASY

MEDIUM

		2		9		
			5			9
		5		8	7	4
	7					
6				2		5
		1		6	3	
						7
7						8
2	4			1	9	5
				7		

DIFFICULT

GIVE
Thanks!



Black Friday
 Cornucopia
 Drumstick
 Family
 Football
 Gathering
 Gobble

Gratitude
 Harvest
 Native American
 Nutmeg
 Parade
 Pecan Pie
 Pumpkin Pie

Sasquatch
 Sweater
 Thanksgiving
 Turkey
 Veterans Day
 World Kindness Day



HONORING an Artist

Oscar-Claude Monet was born November 14, 1840, in Paris, France, to parents Louise-Justine Aubrée and Adolphe Monet. At a young age, his family moved to the coast of Normandy and his love of art began to blossom, surrounded by the glorious beauty of nature, seascapes and landscapes daily. An immersion in such a dramatic setting created quite the inspiration for the child. His mother was fully supportive of his aspirations to become a painter while his father was less so. Monet's mother passed away when he was just 16 years old, so he was destined to overcome the pressure of his father's desire for him to work in the business world—a feat he very much successfully accomplished.



Self-Portrait, Claude Monet, 1886

In fact, Monet's youthful artistic endeavors were instrumental in earmarking the Impressionist movement. He continued to refine and re-invent his brushstrokes and painting methods as he tirelessly attempted to convey that which is verbally impossible to describe. His art spoke volumes with the methods by which he translated light and the variation of seasons, among other things. Monet used his seasonal inspirations to create a shifting series' that captured his personal portrayal of light in its myriad forms. The "Rouen Cathedral," "Haystacks" (below) and "Water Lilies" series are a few of his most famed works that fit in this motif.



Photos courtesy of Wikipedia Public Domain

Monet passed away December 5, 1926, in the city of Giverny, France.

PANDEMIC OF THE PAST:

Polio



Polio: You remember when it was the ailment that took life after life? Now we are plagued with another ailment that continues to be a catalyst for loss of life. As we reflect on the COVID-19 pandemic, it might be a nice time to remind ourselves how far we've come in the scientific realm.

Here's where the conversation of polio comes into play.

It was formerly one of the most feared diseases in America, causing paralysis in more than 15,000 people annually back in the 1950s. The disease is transmitted through sneezing, coughing and stool matter that transfers from person to person, or even from a child's toy that another child handles. Back in the day, it was one of those diseases that easily traveled from one human to another through these methods. One to two weeks might pass before symptoms emerged, but the transference would occur immediately. Symptoms include fever, vomiting, headache, limb pain, fatigue and neck stiffness, among others.

But there hasn't been a case of polio since the late 1970s, something we can attribute to the success of the polio vaccine. Two types of polio vaccines, actually, made their way into doctors' offices and hospitals and helped substantially stave off the epidemic. In 1955 and 1963, respectively, the inactivated poliovirus vaccine and trivalent oral poliovirus vaccine were introduced.

Between the two, polio cases dropped to less than 10 annually by the 1970s. Vaccinations, as history shows, can be lifesaving and debilitating to the spread of infectious disease.



2022 November DATES TO CELEBRATE

- Daylight Saving Time Ends.....11/6
- Full Beaver Moon.....11/8
- Veterans' Day 11/11
- World Kindness Day..... 11/13
- Thanksgiving..... 11/24
- Black Friday..... 11/25

Birthstone - Yellow Topaz
Flower - Chrysanthemum
Zodiac - Scorpio & Sagittarius