

PARKSIDE PRESS

November

Allouez Parkside Village

2011

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Vicky displays a fall wreath she helped make.

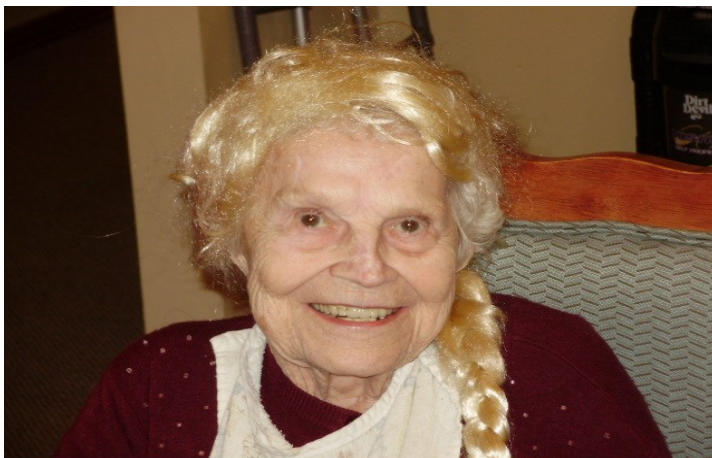
Thoughts from Tina and Hannah

How about those Packers,? 7– 0! Remember to join us on game days to cheer them on. Fall is quickly leaving and we ended October with a great Halloween party. Everyone seemed to enjoy themselves and the costumes were awesome. November brings fun with our new Wii game system. It was kindly donated by the Shirley Decker family.

Thanksgiving is coming soon. This reminds us to think about what we are thankful for. We will hang these thoughts on our thankful tree. Tina and Hannah



Scenes from our Halloween party.....





Karen's Korner

Where does the time go? Three weeks until Thanksgiving! Just writing that makes my mouth water. The weather for the most part has been superb. You can feel that fall is in the air – but no snow yet PLEASE.

When I was younger, this was the time to start Christmas shopping and house cleaning. Remember hanging sheets on the line and getting wound up because of the wind. Or holding your umbrella pointed into the wind because you'll blow away if you don't. Little things – walking backwards if the wind was in your face, Prange's windows lit up on Thanksgiving and the crowd was four deep by 6PM. Breaking your piggy bank to see how much you actually have in there.

Most of all enjoying the "season", tongue out when the snow starts falling-refreshing! That boy from school pulling down the scarf on your head as you walk home. Catalogs to go through to give mom an idea of what you want. Mom baking up a storm. Bliss. As I look outside today the grass is still green, but not for long, not for long.



Joke of the Month



Q: What do you get when you cross a parrot and a centipede?

A: A walkie-talkie!

Nutrition Nook - November, 2011

As I am writing this article today I hear that the eastern part of the United States should be receiving snow. Brrrrrrr! I am not ready for the cold, snow nor the cold and flu season. Think warm Paula! Think warm! And so as my mind turns to warmer thoughts, I think about fuzzy blankets; fires in the fireplace; hot chocolate; or better yet, how about a cup of hot tea?

As many articles have been written, tea has many, many great attributes. One great attribute is that tea will keep you trim. For one, tea will boost your metabolism.

Caffeinated teas stimulate thermo genesis, a heat-producing process that can burn up to 80 additional calories per day. According to a study at Maastricht University in the Netherlands, drinking tea also revs fat burn by up to 16 percent.

Secondly, tea blocks fat absorption. Japanese scientists found that theaflavin and thearubigin, polyphenols found in black tea, inhibit the activity of the fat-digesting enzyme lipase. This blocks the absorption of dietary fat in the digestive tract to ward off weight gain. Another way that tea will keep you trim is that tea steadies blood sugar.

Tea's polyphenols help stabilize blood sugar, according to research in the journal *Diabetes Care*. This can help tea drinkers avoid the blood sugar-induced energy crashes and excess belly fat that can result from consuming a high-carb meal. Have I tempted you to make a pot of tea or consider trying tea as of yet? Is the song "Tea for Two"

somehow playing in your mind? Well, many of you at Allouez Parkside Village have tried our summer iced tea that has added herbs. This month, I have for you four different recipes for hot herbal teas, that starts off with tea and then adding some herbs has results that give you an

additional "bonus."

So enjoy!

Paula



Herb-infused White Tea

Steep 1 white tea bag, 1 small sprig fresh rosemary and ¼ tsp. Whole cardamom seeds in 1 cup hot water 1 minute. Remove tea bag and strain, if desired. Add 1 teaspoon fresh lemon juice. Sweeten with honey or brown sugar to taste. Prep time: 5 minutes

Bonus: White tea helps even out skin tones.

Spiced Apple-Cranberry Tea

Steep 1 cinnamon-apple herbal tea bag, 1 sprig fresh rosemary and 1 tablespoon chopped fresh mint in ¼ cup hot cranberry-pomegranate juice and ¾ cup hot water 2 minutes. Remove tea bag and strain, if desired. Sweeten with sugar to taste. Prep time: 5 minutes

Bonus: Cinnamon helps sharpen mental focus.

Savory Ginger-Sage Tea

Steep 1 Irish breakfast tea bag, 1 teaspoon chopped fresh gingerroot and 1 sprig fresh sage in 1 cup hot water 2 minutes. Remove tea bag and strain, if desired. Sweeten with maple syrup to taste. Prep time: 5 minutes

Bonus: Ginger soothes an upset stomach.

Sweet Cherry-Vanilla Tea

Steep 1 French vanilla tea bag and 1 tablespoon chopped crystallized ginger (optional) in ½ cup hot cherry juice and ½ cup hot water 2 minutes. Remove tea bag. Sweeten with brown sugar to taste. Prep time: 5 minutes

Bonus: The scent of vanilla improves mood.

Presidential Proclamation -- National Alzheimer's Disease Awareness Month, 2011

NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH, 2011 BY THE

PRESIDENT OF THE UNITED STATES OF AMERICA

A PROCLAMATION

For millions of Americans, the heartbreak of watching a loved one struggle with Alzheimer's disease is a pain they know all too well. Alzheimer's disease burdens an increasing number of our Nation's elders and their families, and it is essential that we confront the challenge it poses to our public health. During National

Alzheimer's Disease Awareness Month, we stand united in our commitment to improve care for Alzheimer's patients, identify new therapies for the disease, and support all those whose lives have been touched by this tragic ailment. As we confront the challenges of supporting an aging population, my Administration is

dedicated to advancing research that brings us closer to understanding and treating Alzheimer's disease. In January, I signed the National Alzheimer's Project Act, which calls for an aggressive and coordinated national strategy to enable earlier diagnosis of the disease, improve strategies for long term care, and accelerate the search for a cure by promoting collaboration among researchers. The Act also establishes an Advisory Council on Alzheimer's Research, Care, and Services, which brings together some of our Nation's foremost experts on Alzheimer's disease to ensure our efforts do the most good for patients and their families.

My Administration, in collaboration with a variety of private and public partners, is making headway in the fight to eliminate Alzheimer's disease. Research funded by the National Institutes of Health has identified

genetic markers that may indicate increased risk of developing Alzheimer's, and researchers across our

Nation and around the world continue to shed new light on the disease. These discoveries bring us closer than ever to lifting the immense physical, emotional, and financial burdens that Alzheimer's disease imposes upon aging Americans and their families. This month, we remember the Americans we have lost to

Alzheimer's disease, and we stand with the individuals and families who have felt the pain and sorrow brought in its wake. In light of their hardship, let us make every effort to support the families, caregivers, medical

professionals, and researchers who improve the lives of those affected by this disease. We join them in looking toward a future free of Alzheimer's disease, and we recommit to making that vision a reality.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the

authority vested in me by the Constitution and the laws of the United States, do hereby proclaim

November 2011 as National Alzheimer's Disease Awareness Month. I call upon the people of the United States to learn more about Alzheimer's disease and to offer their support to the individuals living with this disease and to their caregivers.

IN WITNESS WHEREOF, I have here unto set my hand this first day of November, in the year of our Lord two thousand eleven, and of the Independence of the United States of America the two hundred and

thirty-sixth.

BARACK OBAMA

Guys and Dolls



at

East High School

November 9th at 9:00 AM

Doors open at 8:30 AM

***We were invited to a private presentation by
the students of East High School.***

**If you would like to attend, please let Lorrie,
Hannah or Tina in Life Enrichment know so
we can let the school know how many
residents and family will be there.**

We did two community service projects this month. The first was a donation to the Happily Ever After no kill shelter. We filled small bags with dog and cat treats. Tina delivered them in a special bag made by covering it with pictures of pets from a magazine. The residents made a beautiful fleece blanket. Hannah and Lorrie brought it to the S. John the Evangelist Homeless Shelter in Green Bay. Each month we talk about needs in the community and how we can do our part. If you have any suggestions for us please let us know.

Happilyeverafterinfo.org

StJohnhomelessshelter.org





Two of our favorite trick or treaters,
Athos the skunk and Josie the cupcake.



November Birthdays

Betty P. November 10th

Jeanette S. November 15th

Millie G. November 29th

A Few Thanksgiving Quotes.....

"Gratitude, in most men, is only a strong and secret hope of greater favors."

~ **La Rochefoucauld**

"Gratitude is a quality similar to electricity: it must be produced and discharged and used up in order to exist at all." ~ **William Faulkner**

"Gratitude is a fruit of great cultivation; you do not find it among gross people." ~ **Samuel Johnson**

"If pity is akin to love, gratitude is akin to the other thing."

~ **George Bernard Shaw**

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." ~ **John Fitzgerald Kennedy**

"To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven." ~ **Johannes A. Gaertner**

"Gratitude is not only the greatest of virtues, but the parent of all the others."

~ **Cicero**

"Gratitude is the heart's memory." ~ **French Proverb**

"Who does not thank for little will not thank for much." ~ **Estonian proverb**



Four of our dedicated, caring CNAs.

From left: Melissa N., Maiki, Sarah,
and Melissa M.

Turkey Hunter's Tale

Tommy and Billy were discussing their latest turkey shoot. Tommy says emphatically, 'I am never going to take my wife Laura shooting with me ever again, Billy!'

'That bad, eh?' enquires Billy smiling.

'Yeah, Laura did everything wrong, got nothing right. She chattered too much, constantly disturbed the undergrowth, loaded the wrong gauge shot in the gun, used the wrong luring whistles and worst of all,' bellows Tommy, 'she shot more turkeys than me!'



A Piece of Pumpkin Pie

Jolene was only 8 years old and lived with family in the country with her parents and brother. Consequently they did not often have visitors from the city. One day Jolene's mother said that father was bringing two guests home for Thanksgiving supper.

After they had enjoyed the turkey, Jolene went to the kitchen to help her mother, and proudly brought in the first piece of pumpkin pie and gave it to her father. He then passed the plate to a guest. When Jolene came in with the second piece and gave it to his father, he again gave it to a guest.

This was too much for Little Jolene, who blurted out, 'It's no use,