



Daylesford Crossing

 **SAGELIFE** | Living to the Power of You

1450 Lancaster Avenue • Paoli, PA 19301 • (610) 640-4000



Happy Thanksgiving

As we celebrate Thanksgiving with our families and friends this month, we'll be thinking how grateful we are to have such wonderful neighbors. Thanks for making our community so pleasant, and we hope you have a terrific holiday.

A Tribute to Veterans

Veterans Day on Nov. 11 is a federal holiday that honors all men and women who have served in the U.S. armed forces. Originally called Armistice Day, the day marks the 11th hour of the 11th day of the 11th month of 1918 when an armistice between Germany and the Allies went into effect, ending World War I.

Here at Daylesford Crossing, we will be honoring all of our veterans with a special ceremony at 2:00pm on Monday, November 11. Our festivities will begin with a speech and pinning ceremony with our State Representative, Melissa Shusterman, and will conclude with a patriotic sing-along.

We hope that you will join us!

November 2024

Word for November: Thankful

This Thanksgiving, at tables across the country, friends and families will sit down and enjoy a bountiful meal together. Yet the holiday means more than having a delicious dinner. It's also a day to express thanks—to be thankful for our freedom, our loved ones and our lives, as well as mindful of the ways we are blessed, not just on Thanksgiving, but each and every day of the year.



November Gratitude

A few things to be thankful for this month:

- The beauty of the changing leaves.
- Time with loved ones during the holiday season.
- The service of veterans and current military members.

What else can you add?



"Giving Back" At Daylesford



"Giving Back" projects are one of the many programs our residents enjoy - especially when animals are involved! One of this month's projects was making homemade dog biscuits for Providence Animal Shelter in Media. What fun we had!

Dinner Outing



We had a wonderful group of residents for a dinner outing to the General Warren Inn in Malvern recently! They thoroughly enjoyed the evening - resplendent with delicious food and lively conversation!

Board Games



Scrabble with friends is a weekly event in our community - and sometimes the staff plays, too!



Monthly Birthday Party



Judy and Len at the sing-along

Fall Fitness



The Move for Life "Fall Fitness Kick-Off" was a huge success! Both residents and staff signed up for different distance goals to complete for the month of October. This focus combines nicely with the Sagelife's monthly theme of "Health and Wellness"!

"Health & Wellness"



Julie, Move for Life's occupational therapist, discussing the "Power of Everyday Tasks".



Ed, Move for Life's physical therapist, instructing residents on "How to Prevent a Fall".

Oktoberfest Party



Having fun with photo props!



Enjoying some accordion music during the party.

Fabulous Fall Activities



An outing to Highland Orchards



Our "Spooky" Ladies' Tea



Our Fall "Pizza Lunch"!

Preserving Veterans' Stories

With thousands of stories of service and sacrifice, the Veterans History Project preserves and shares the firsthand accounts of America's war veterans.

Created in 2000 by the U.S. Congress, the ongoing program is part of the American Folklife Center at the Library of Congress. The personal narratives of men and women who served in all branches of the military from World War I to present-day conflicts are being collected. Their memories help document history and provide a better understanding of the realities of war for

future generations.

Veterans are encouraged to share their experiences by submitting video or audio interviews, written memoirs, letters, photos and other historical documents. Families of deceased veterans can also contribute.

To learn more about the Veterans History Project and how to participate, visit LOC.gov/vets.



Appreciating Family Caregivers

Included in this season of giving thanks is National Family Caregivers Month, which pays tribute to the family members and friends who provide care and support for a loved one in need. The annual observance honors the estimated 45 million caregivers across the U.S.



Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease. We will be culminating our fundraising efforts with the Walk in Philadelphia on November 9th. We hope that you will join us!

Wit & Wisdom

"Many people will walk in and out of your life, but only true friends will leave footprints in your heart."

—Eleanor Roosevelt

"There's nothing like a really loyal, dependable, good friend. Nothing."

—Jennifer Aniston

"The most beautiful discovery true friends make is that they can grow separately without growing apart."

—Elisabeth Foley

"Friends are those rare people who ask how we are and then wait to hear the answer."

—Ed Cunningham

"A single rose can be my garden ... a single friend, my world."

—Leo Buscaglia

"A loyal friend laughs at your jokes when they're not so good, and sympathizes with your problems when they're not so bad."

—Arnold H. Glasow

"I would rather walk with a friend in the dark, than alone in the light."

—Helen Keller

"A true friend is someone who thinks that you are a good egg even though he knows that you are slightly cracked."

—Bernard Meltzer



“This Month In History”

NOVEMBER

1876: Yale defeats Princeton in the first college football game played on Thanksgiving.

1935: Departing from San Francisco, the China Clipper seaplane carries over 110,000 pieces of mail across the Pacific Ocean, arriving in the Philippines seven days later. The completion of the voyage marked the beginning of trans-Pacific airmail service and travel.

1945: The super-strong, spunky girl with the mismatched socks is introduced to readers when

Astrid Lindgren’s book “Pippi Longstocking” is published in Sweden.

1963: Priced at \$15.95, the Easy-Bake Oven debuts in toy stores. Half a million of the mini appliances were sold during the first year.

1982: The first Honda Accord rolls off the assembly line in Marysville, Ohio, making Honda the first Asian automaker to manufacture cars in the U.S.

1993: A football record is set when the Miami Dolphins defeat the Philadelphia Eagles, crowning head coach Don Shula the winningest coach in NFL history.

2005: Angela Merkel is sworn in as the first female chancellor of Germany.

2019: The iconic black leather outfit worn by Olivia Newton-John in the 1978 film “Grease” is auctioned off for \$405,700, with 100% of the proceeds donated to the actress’ cancer research organization.