

# THE 501

AT MATTISON ESTATE

501 Mattison Avenue • Ambler, PA 19002 • (215) 461-4880



Hey friends at The 501, meet our shining friendly neighbor, Norma Jacobs from assisted living. Norma enjoys playing canasta and loves mystery books. As a child, and into adulthood, she enjoyed the works of her favorite authors such as Nancy Drew, James Patterson, and Michael Connelly. Norma developed, built and managed community association family homes and apartments. She is a very passionate Democrat and has been active in the Democratic Party. Some other cool facts about Norma are she loves to laugh a lot. She has two children, a daughter and son, and twin granddaughters. She also loves lectures and entertainment in pop culture. Norma used to go to the Speaker Center at the Kimmel Center.

## Happy Thanksgiving to All

“What I love about Thanksgiving is that it’s purely about getting together with friends or family and enjoying food. It’s really for everybody, and it doesn’t matter where you’re from.” —Daniel Humm

## Breathe in Fall Fragrances

Surround yourself with the fragrances of fall by looking for scented products in woody or spicy aromas, such as cinnamon, clove, eucalyptus, juniper berry, patchouli or pine.

## November 2024



## 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?

## To Your Health: Don't Forget D

Sunlight helps our bodies produce vitamin D, a nutrient important for mental and emotional health. If chilly weather keeps you indoors, be sure to eat foods that are good sources of vitamin D, such as salmon, tuna, milk, eggs and fortified cereals. Vitamin D supplements are also an option.

## 'Coin' Is One

How many words can you come up with using the letters in “election”?





Bingo For A Cause!



## The Lowdown on Elections

Every four years, Americans head to the polls in November to cast ballots for the nation's president.

Late fall was historically considered a good time for elections because the harvest was mostly over and winter weather hadn't set in yet. The days varied, however, until 1845, when Congress set the first Tuesday after the first Monday in November as the day for presidential elections.

Enjoy these additional facts:

- Prior to 1804, the presidential candidate who received the second-highest number of electoral votes was named the vice president.
- The only bachelor elected president was James Buchanan.
- John F. Kennedy was the youngest elected U.S. president at 43. Joe Biden was the oldest at 77.
- The only president and vice president not elected to either office was Gerald Ford. He became vice president after Spiro Agnew resigned and became president when Richard Nixon resigned.

## A Guide to Medical Imaging

Different types of diagnostic imaging tests, collectively known as radiology, are used in the medical field to see inside the human body. These are some common procedures:

*X-ray.* An X-ray is the most frequently used imaging exam. This technology has been around since the 1890s, and uses a small amount of radiation to take a quick picture of the body's internal structure and view problems such as broken bones, swallowed objects and some types of tumors.

*CT scan.* A computed tomography scan is called a CT scan or a CAT scan and uses multiple X-rays taken at different angles to create a 3D image of bones, organs and tissues. A CT scan produces a more detailed picture than a standard X-ray.

*MRI.* Short for magnetic resonance imaging, an MRI is like a CT scan in that it produces a detailed view of inside the body, but uses strong magnetic fields and radio waves instead of radiation. This procedure takes longer than a CT scan.





## 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](http://LOC.gov/vets).



## Georgia Pecans on My Mind

Decades before national production took off, Thomas Jefferson imported pecan trees from Louisiana for his Monticello orchards. Now it seems the entire nation is "nuts" about Georgia pecans, and with good reason.

The National Pecan Shellers Association has published research proving that cooking with pecans can be as healthy as cooking with olive oil. Both contain oleic acid, a fatty acid that helps protect blood, lower cholesterol and combat heart disease. Pecans are also loaded with vitamins, minerals, antioxidants, fiber and

unsaturated fats.

Averaging 80 to 100 million pounds of pecans per year, Georgia leads the nation in pecan production. This month, celebrate National Georgia Pecan Month with our nutty quiz. It's promised to be entertaining, even if you don't know "nuttin" about them!

1. About how many pecans are in one pecan pie?

2. What state adopted the pecan tree as its state tree in 1919?

3. The word "pecan" comes from an Algonquian word meaning what?

(Answers: 1. 78 pecans; 2. Texas; 3. "A nut that requires a stone to crack")



Courtyard Concerts at The 501!





## Cooking Lessons

Cookbooks serve up tried-and-true recipes, helpful techniques, culinary history and culture. Check out this menu of bestselling titles, many of which remain kitchen classics.

Year	Cookbook Title	Author
1931	“The Joy of Cooking”	Irma Rombauer
1940	“Hors d’Oeuvre & Canapés”	James Beard
1950	“Betty Crocker’s Picture Cook Book”	Agnes White Tizard
1961	“Mastering the Art of French Cooking”	Julia Child
1976	“The Taste of Country Cooking”	Edna Lewis
1984	“Chef Paul Prudhomme’s Louisiana Kitchen”	Paul Prudhomme
1996	“Rick Bayless’s Mexican Kitchen”	Rick Bayless
2006	“The Soul of a New Cuisine: A Discovery of the Foods and Flavors of Africa”	Marcus Samuelsson
2017	“Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking”	Samin Nosrat

# “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.