



PLUSH MILLS

A SAGE SENIOR LIVING COMMUNITY

501 Plush Mill Road • Wallingford, PA 19086 • 610-690-1630

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

Sweet Potato Season

When seeking out fall flavors to enjoy in a scrumptious dessert, don't sleep on sweet potatoes! Though mashed sweet potatoes share many similarities with pureed pumpkin, subtle differences make the root vegetable a favorite for many. Because sweet potatoes are naturally sweeter than pumpkin, recipes starring the spud usually require smaller amounts of spices. Also, sweet potato pie tends to have a light, airy texture, whereas pumpkin pie is usually thick and creamy.

Memorable Melody: 'We Are Family'

It's fitting that Sister Sledge, a disco group formed by four siblings, would become best known for a song called "We Are Family." Released in 1979, the bop was written for the sisters by Bernard Edwards and Nile Rodgers, members of the band Chic. Youngest sister Kathy recorded the lead vocals in one take, and all four women can be heard harmonizing on the memorable line "Get up, everybody, and sing!" Along with celebrating literal family bonds, the song exemplifies the unifying message of disco music, where everyone is invited to come together, regardless of their backgrounds and beliefs.

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"?

Flowers of November

Changing leaves take center stage this time of year, but several flowers hold special meaning during the month of November.

Chrysanthemum. From Greek words meaning “gold flower,” this stunning autumnal bloom is not only found in shades of orange and yellow, but also white, red, pink, purple and green. Mums, which are the primary birth flower of November, are associated with loyalty, friendship and joy.

Red poppy. Veterans Day, Nov. 11, is a time to recognize all past and present U.S. veterans and thank them for their service. The red poppy has been linked with veterans since World War I, thanks to the poem “In Flanders Fields,” written by Canadian soldier Lt. Col. John McCrae. Red poppies are a large part of veterans’ ceremonies in countries such as Australia, Canada and the U.K., where Nov. 11 is known as Remembrance Day. In the U.S., red poppies are more often associated with Memorial Day in May, but you’ll still find veterans groups handing out artificial poppies in November.

Forget-me-not. The delicate blue forget-me-not is a poignant symbol of Alzheimer’s disease and other dementias. Since November is Alzheimer’s Disease Awareness Month, now is a good time to showcase the blossom.



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.



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")

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



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.

<u>Year</u>	<u>Cookbook Title</u>	<u>Author</u>
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

“Then & Now”



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