

## Thanksgiving: Becoming Grounded in Gratitude



By Marissa Riley

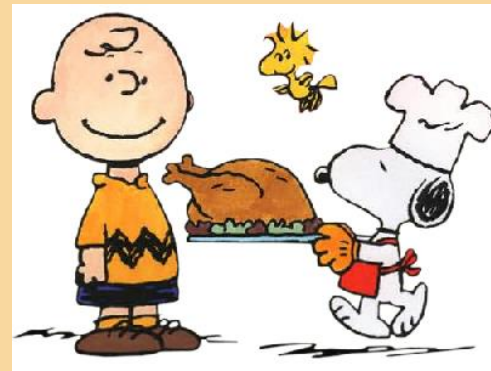
November jumpstarts a holiday season filled with expectations of festive celebrations. When most of us think of Thanksgiving, an image of turkey, stuffing, and a much needed nap comes to mind.

However, there is so much more to being thankful than eating food. Thanksgiving is an expression of gratitude, and it can be found anywhere and everywhere, and can yield both physical and emotional benefits. Gratitude has been found to be one of the strongest positive emotions we can experience, and it is often linked to an increased level of happiness and optimism.

Often our brains focus on wanting more and more and more, rather than appreciating what we have now. But moments of gratitude help center us in the here and now, grounding us in our everyday experiences. Sometimes we feel alone, and moments of gratitude and thanksgiving bring us back to the people around us, and connect us to our neighbors and our world. There are many different ways to cultivate gratitude. Some easy strategies to increase your daily gratitude quota include:

## Feast With Us!

The colder days make the cravings grow stronger for Thanksgiving favorites such as turkey, stuffing, corn, green beans, cranberry sauce, sweet potatoes, mashed potatoes, gravy, pumpkin pie with a scoop of ice cream. Join us on Tuesday, November 21<sup>st</sup> @ 11:30 p.m. for our Thanksgiving feast! Lunch will be served in the dining room at 11:30 A.M. Family and friends are welcome to dine with residents and patients. For a more intimate setting, reservations can be made for the private dining room at the front desk.



- Writing a thank-you note
- Thanking someone mentally
- Keeping a gratitude journal
- Counting your blessings at a designated time
- Praying or meditating

Counting your blessings at a The great news is we aren't stuck acknowledging and expressing our gratitude only in November, and the more you practice it the easier it becomes. There are many things in our lives, both large and small, that we might be grateful about whether it is a kind smile, a tasty treat, or even just a nice conversation. And the truly wonderful part is we have the opportunity to be the source of someone else's gratitude when we make the effort to reach out to them. Think back over the past day, week, year, or lifetime ... what are you are grateful or thankful for?

# Gainesville Insider

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## November Programs & Events

Music Therapy w/ Kelsi - Wednesday, November 1 @ 4:30p.m. in the CLR

Crafts w/ Capital Caring – Thursday, November 2 @ 10:30 p.m. in the AR

Regency Bingo - Thursday, November 2 @ 3:00 p.m. in the DR

Mass - Friday, November 3 @10:30 a.m. in the CLR

Bible Study w/ Charles - Friday, November 3 @ 2:00 p.m. in the CLR

Grace Bible Chapel – Saturday, November 4 @ 2:45 p.m. in the DR (Every Saturday)

Haymarket Garden Club – Monday, November 6 @ 1:30 p.m. in the AR

Lunch Inning- Tuesday, November 7 @11:30 a.m.

Crafts w/ Homeschoolers- Tuesday, November 7 @ 2:30 in the DR

Veteran's Ceremony – Friday, November 9 @ 10:00 a.m. in the DR

\*Walmart Trip – Friday, November 9 @ 1:00 p.m.

Wine & Cheese w/ Tom Stringer – Monday, November 13 @ 2:30 p.m. in the DR

Dominion Women's Bunko – Wednesday, November 14 @ 2:30 p.m. in the DR

Meatless Turkey Sandwich – Friday, November 17 @ 3:30 p.m. in the AR

Arbor Terrace Friends – Monday, November 20 @ 10:15 a.m.

\*Target Trip – Tuesday, November 21 @1:00 p.m.

Thanksgiving Lunch – Tuesday, November 21 @ 11:30 a.m. in the DR

November Birthday Party w/ Steve Gellman – Tuesday, November 28 @ 2:30 p.m. in the DR

## Celebrating November

**Sandwich Day**  
*November 3*

**Saxophone Day**  
*November 6*

**World Kindness Day**  
*November 13*

**Clean Out Your Refrigerator Day**  
*November 15*

**Use Less Stuff Day**  
*November 18*

**International Games Day**  
*November 19*

**Thanksgiving Day**  
*November 23*

**National Flossing Day**  
*November 25*

## A Journey to Self Discovery



Kathleen McKenna posing by our fall window display.

### By Andrea Rojanavongse, Activities Director

Kathleen McKenna came to the Gainesville Health and Rehab Center in March, 2016 and in need. The long battle she had with alcohol had finally brought her to a place that would eventually lead her on a journey to sobriety and peace.

Kathleen's time at the facility promoted reflection and growth. At first, the transition was not easy. Prior to the Color Squad, the leader of the adult coloring group was apprehensive about engaging in the activity of adult coloring. Kathleen's sister, Nancy, would encourage her to go beyond her comfort zone and try out two adult coloring books that she had given to Kathleen. Fast forward to now, and Kathleen is often found introducing her peers at the center to explore the world of coloring for themselves and to ultimately appreciate the importance of color.

Kathleen meets with patients and residents, those who happen to spark an interest in coloring, but are apprehensive about getting started. First, she gets to know her fellow patient/resident. Once he or she is comfortable with her, she then visits her peers in their room and encourages them to try coloring with her. She ultimately wants to spread the message that creativity through adult coloring can have a positive effect on one's life.

## November Birthdays

John "Jackie" Sexton, Nov 03, 1948  
 Susan "Sue" Penrod, Nov 03, 1958  
 Mary Swan, Nov 04, 1928  
 Van Dade, Nov 13, 1960  
 David Bailey, Nov 15, 1964  
 Catherine Wood, Nov 19, 1932  
 Alice Prosha, Nov 19, 1945  
 Charles Becker, Nov 21, 1953  
 Elizabeth "Lizzie" Cobb, Nov 23, 1934  
 Rebecca Flask, Nov 26, 1945



Soon Kathleen will be setting off and leaving the center to live independently. Although she will be living elsewhere, she will likely be returning to the center as a volunteer to continue her efforts in the Color Squad. She has stated that people at the facility here have become family to her and she will come back to her family for frequent visits. From her experiences at the center, Kathleen has found that she loves being able to show others that they too can express themselves freely through adult coloring. Kathleen will continue on her journey to self-discovery and surely inspire others to open up the doors to self-expression through adult coloring.

## What We Were Up To Last Month...



Carol "Cat" Lena poses with her artwork and a Nova student.



Celeste is captured creating her masterpiece.



Sonue "Sonny" Wadhvani and his partner display their vibrant fall tree.

## How to Make Your Own Monster Bark

### Ingredients

- 2 packages of chocolate chips
- 1/2 cup candy corn
- 3/4 cup mini pretzels
- 1/2 M&Ms (or Reese's Pieces Candy)
- Candy eyes

### Instructions

1. Preheat oven to 300 degrees. Line a cookie sheet with wax paper or baking paper. Pour out the first bag of chocolate chips so that they are close together but not stacked on top of each other.
2. Put the cookie sheet in the oven, and watch closely. When chocolate chips begin to look shiny and just starting to melt, pull tray out and smooth the chocolate out with a spatula. Sprinkle on half of your candies then layer on the second bag of chocolate chips. Put in the oven again and when the second layer of chocolate chips begin to look shiny and a little melty, remove, smooth out chocolate, and sprinkle on more candy.
3. Let the bark sit out at room temperature until completely hardened. Break the bark into serving size pieces and place onto a serving plate or bowl.



<https://www.keyingredient.com/recipes/717111720/monster-bark/>