



Our Community Newsletter

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November 2024 763-233-5100

Veterans Day is a U.S legal holiday dedicated to American veterans of all wars, and Veterans Day 2024 will occur on Monday, November 11. In 1918, on the 11th day of the 11th month, an armistice, or temporary cessation of hostilities, was declared between the Allied nations and Germany in World War I, then known as "the Great War." Commemorated in many countries as Armistice Day the following year, November 11th became a federal holiday in the United States in 1938. In the Aftermath of World War II and the Korean War, Armistice Day became known as Veterans Day. Each Veterans Day an official wreath-laying ceremony is held each Veterans Day at the Tomb of the Unknown Soldier in Arlington National Cemetery, while parades and celebrations are held in states around the country. Veterans Day is not to be confused with Memorial Day - a common misunderstanding, according to the U.S. Department of Veterans Affairs. Memorial Day honors American service members who died in service to their country or as a result of injuries incurred during battle, while Veterans Day pays tribute to all American veterans-living or dead-but especially gives thanks to living veterans who served their country honorably during war or peacetime. We would like to Thank our Veterans **George Bendt, Frank Trenholm, and Wendell Shoberg**

Chaplains Corner

Take care of yourself

Election season can be both exciting and stressful. No matter what your personal political leanings may be, elections highlight current problems and dilemmas, and are often accompanied by conflicts at a national, community, family and personal level. However, when you approach election season - whether it's by actively campaigning or hiding in the woods! - practicing self care is essential for maintaining your mental health and well-being. With the 2024 General Election just around the corner you might be noticing shifts in your emotional or physical well-being. The good news is that there's still time to create a plan to take care of yourself and your community. May these tips below help you build a care toolkit for the upcoming election season.

Be mindful of your media consumption: Pay attention to how much news you're consuming, where it's coming from, and when you're engaging with it. After consuming news, take a moment to reflect on how you feel and whether any changes in your habits might be helpful.

Be intentional when sharing media: While some people find it helpful to talk about the news, others may not. Before starting a conversation or sharing a post, check in with the other person to see if they're open to discussing or receiving news. Respect their boundaries and be mindful that not everyone processes information the same way.

Create a list of things that bring you joy: Think about activities, people, or hobbies that make you feel happy or relaxed. Once you have a list, plan to intentionally include these activities in your daily or weekly routine. This can help create moments of calm and balance during stressful times.

In Memoriam

We would like to extend sympathy to our friends that passed away this month

Patricia Landowski, Merle (Butch) Norby, and Kathleen Wallatt,
Christian Halverson



November Birthdays

Those born between November 1-21 are passionate Scorpios, considered the most intense sign in the zodiac. While on the outside Scorpios are calm and composed, inside they are forceful, emotional, determined, and ambitious. If you were born between November 22-30, you are Sagittarius, the Archer. Archers are optimistic, energetic, generous, and honest. They enjoy exploration and keep an open mind during new encounters.

Joni Mitchell (musician) Nov 7, 1943
 Carl Sagan (Scientist) Nov 9, 1934
 Whoopi Goldberg (Comedian) Nov 13, 1955
 Rock Hudson (actor) Nov 17, 1925
 Robert F. Kennedy (Politician) Nov 20, 1925
 Ken Griffey Jr (athlete) Nov 21, 1969
 Joe DiMaggio (ballplayer) Nov 25, 1914
 C.S. Lewis (writer) Nov 29, 1898



Our Birthdays here are

Teresa Blackford 11/8
 Delores Palaia 11/16

Sandy Bergmann 11/11
 Wendell Shoeberg 11/24

**The monthly birthday party will be November 15th at
 1:30 in Memory Care and 3pm in Assisted Living**

Pun Fun Day

November 8 is a day to turn our groans and guffaws into laughter: it's Aid and Abet Punsters Day. Why would we want to encourage punsters to make their dreadful jokes? Because a good pun is a masterful, intelligent, and playful use of language, unlike these examples:

Becoming a vegetarian is a huge missed steak.

I couldn't figure out how to use my seat belt, but then it clicked.

The person who invented the door knocker won the "No Bell" Prize

Did you hear the one about the broken pencil? Forget it. It's pointless.

Every day Wisdom

People often tell us to use our common sense. Politicians always brag about their commonsense solutions to problems. But, as Frank Lloyd Wright said, "There is nothing more uncommon than common sense. November 4 may be Use Your Common Sense Day, but we may be hard pressed to find some common sense to use.

Common sense is defined as sound judgement gathered from experience rather than from a book, and it requires that a vast number of people share the same judgements. However, it often seems that common sense is neither common nor sense. Perhaps the best way to celebrate Use Your Common Sense Day is to exercise your uncommon nonsense.