



Alamitos West
Health Care Center

Al Westerner's News

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Linda Hardin
Payroll Department
Charlene Gadlin
Life Enrichment Director
Esperanza Sallar
Dietary Supervisor
Gerardo Tapia
Maintenance Supervisor
Brent Tucker
Housekeeping Supervisor

This month we celebrate Thanksgiving Day!

The first American Thanksgiving was celebrated in 1621 to commemorate the harvest reaped by the Plymouth Colony after a harsh winter. In that year, Governor William Bradford proclaims a day of thanksgiving. The colonists celebrated it as a traditional English harvest feast, and they invited the local Wampanoag Indians.

Days of thanksgiving were celebrated throughout the colonies after fall harvests. October 1777 marked the first time all 13 colonies had a common thanksgiving celebration. It was a one-time affair. In 1789, President George Washington declared Thanksgiving to be a national holiday, celebrated on the last Thursday in November. The day wasn't celebrated annually across the nation, though.

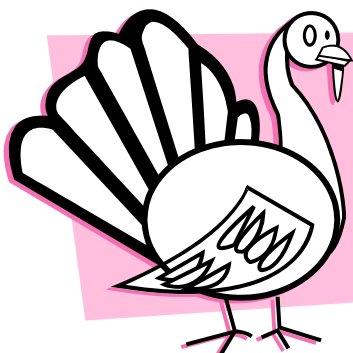
By the mid 1880s, many states observed a Thanksgiving holiday. Meanwhile, poet and editor of Boston Ladies' Magazine, Sarah J. Hale, began lobbying for a national Thanksgiving holiday. During the Civil War, President Abraham Lincoln, looking for ways to unite the nation during the Civil War, discussed the subject with Hale. In 1863, he gave his Thanksgiving Proclamation, declaring the last Thursday in November a day of Thanksgiving.

In 1939 and 1940, President Franklin D. Roosevelt, seeking to lengthen the Christmas shopping season, proclaimed Thanksgiving the third Thursday in November. Controversy followed, and Congress passed a joint resolution in 1941 decreeing that Thanksgiving should fall on the fourth Thursday of November, where it remains.

TURKEY TRIVIA



TURKEY TRIVIA



- There are a number of explanations for the origin of the name of Thanksgiving's favorite dinner guest. Some believe Christopher Columbus thought that the land he discovered was connected to India and believed the bird he

discovered (the turkey) was a type of peacock. He called it tuka, which is peacock in Tamil, Indian language, though the turkey is a type of pheasant.

- Native American Indians were raising turkeys for food around 1000 A.D. Aztec Indians were raising turkeys as early as 200 B.C.
- Turkeys originally existed in the eastern U.S. and Mexico.
- The turkey industry grosses over \$1 billion a year.
- Male turkeys are called toms, female turkeys are called hens, and baby turkeys are called poults.
- The average American consumes over 15 pounds of turkey on Thanksgiving Day.
- Turkey, like other types of poultry, is lower in cholesterol than beef. The dark meat (thigh and legs) contains more fat and cholesterol than the white meat. Turkeys are the only breed of poultry native to the Western Hemisphere.
- Sleepiness after eating turkey is caused by an amino acid called tryptophan sets off a chemical chain reaction that calms you down and makes people sleepy.
- According to the U.S. Department of Agriculture, more than 45 million turkeys are cooked and eaten at Thanksgiving; that's one sixth of all turkeys sold each year in the U.S.

NOVEMBER EVENTS

November 4

Outing: Rosmoor Center

November 5

Blockbuster Film:

It's Complicated

November 9

Petting Zoo

November 11

Veterans' Day Celebration

November 12

Peanut Butter Lover's Day

November 15

Catholic Mass

November 18

Lunch Outing: Polly's Pie

November 19

Fondue Day

November 20

One Woman Broadway Show

November 24

Treasures Of The Heart

November 25

Thanksgiving Celebration

November 26

November Birthday Party



Alamitos West Culinary Information

Our culinary and dietary technicians take great pride in preparing a variety of nutritious meals while following each resident's needs and requirements.

Our daily menu changes weekly and is posted at the activities board across from the beauty salon. The following substitutions can be made with one hour prior notice to the kitchen. Just let your nursing station know of your preference. Family is welcome to dine with our residents. You may purchase a meal ticket at the reception desk for \$3.00, by 11AM for lunch and 3PM for dinner.



Fruit or Yogurt and Cottage Cheese Plate
 Chef's Salad
 Hamburger or Hotdog on a Bun
 Grilled Cheese Sandwich
 Peanut Butter and Jelly Sandwich
 Egg Salad Sandwich
 Quesadilla
 Soup of the Day

If you need to get a haircut or a manicure our **Beauty Shop** is open *Tuesday to Friday from 8am to 3pm.*

Please make sure to see **Eileen, Alice, or Betty** in the beauty shop to make appointments.



PEANUT BUTTER LOVER'S MONTH

HISTORY OF PEANUT BUTTER: The origin of peanut butter is murky. As early as the 15th century, Africans ground peanuts into stews. The Chinese have crushed peanuts into creamy sauces for centuries, and U.S. Civil War soldiers ate peanut porridge. These variations, however, do not resemble what we scoop out of jars today.



- Peanut butter as we know it was introduced in 1890, when an unknown physician from St. Louis, MO encouraged the owner of a food products company to process and package ground peanut paste. The doctor thought a soft protein substitute would be welcomed by people with bad teeth who couldn't chew meat. George Bayle, Jr., the company owner, mechanized the grinding process and began selling peanut butter out of barrels for approximately six cents per pound.
- During the same time period, Dr. John Kellogg at the Western Health Reform Institute in Battle Creek, MI also was experimenting with peanut butter as a vegetarian protein source for patients. Brother and business manager W.K. Kellogg soon opened Sanitas Nut Company, which supplied foods (including peanut butter) to local grocery stores. Eventually, the brothers decided to focus their attention on cereal, a most lucrative choice

FACTS:

- Peanut butter is found in 85% of American homes, and nearly \$800 million is spent purchasing the spread.
- Americans eat approximately three pounds per person per year, totaling 800 million pounds. That's enough to make more than 10 billion peanut butter and jelly sandwiches, estimating two tablespoons of peanut butter each.



- Consumers prefer creamy to crunchy, 60% to 40%. Children and women like creamy, while men select crunchy.
- Peanut shells are used to make animal feed, power plant fuel, kitty litter, and fireplace logs.
- Peanut brittle was accidentally invented when baking soda, instead of cream tartar, was added to a syrup mixture intended to be a smooth taffy. The baking soda foamed up, created small air bubbles, and made the peanut candy harder than taffy, yet easy to bite.

VETERANS' DAY

November 11, 2010

HISTORY

In November 1919, President Wilson proclaims November 11 as the first commemoration of Armistice Day with the following words, *"To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who die in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nation..."*

An Act approved May 13, 1938, made November 11 a legal holiday, *"a day to be dedicated peace and to be celebrated and known as Armistice Day"* was aside to honor veterans of World War I, but in 1954, after required the great-soldiers, sailors, men in the nation's forces had fought in Congress, at the vice organizations, 1938 by striking "Armistice" and inserting in its place "Veterans." With the approval of this legislation (Public Law 380) on June 1, 1954, November 11 became a day to honor veterans of all wars. Later that same year on October 8, President Dwight D. Eisenhower issued the first Veterans' Day Proclamation which stated, *"In order to insure proper and widespread observance of this anniversary, all veterans, all veterans' organizations, and the entire citizenry will wish to join hands in the common purpose."*



HOW TO COOK A TURKEY

Source: Kindergarten-aged Children

Lauren: "Find a turkey in the woods. Shoot it and put it in a big bag and take it home. Put it in the fireplace for 20 minutes. Eat it."

Jake: "Go to the farm and shoo tit. Then you cook it in the oven. Put it in a pan or something else, kind of like a chicken. Cook it for 10 minutes. Take it, put it on the table, and eat it."

Molly: "Go to a chicken barn or wherever there are turkeys. Look at every farm until you find one. You just duck down behind something and sneak into the turkey cage and grab a turkey and tell him to sit down-I bet he will. Take him home and cook him. You just fry him up and if he gets cold, you just heat him up in the microwave."

Mary: "I think you go to Cincinnati. Go to the desert and catch 'em. Walk back to the airport and get on the plane. You cook it and take the bad stuff put and eat it for Thanksgiving."

Stephanie: "Ya shoot one, and then you slice it. You take the bone out. Eat it."

Happy Birthday To You!

Residents

Esther A.	Nov. 2
Myrna A.	Nov. 13
Esther M.	Nov. 18
Maragaret D.M.	Nov. 19
Donn S.	Nov. 21
Eleanore H.	Nov. 23
Catherine P.	Nov. 26
Edward K.	Nov. 27

Employees

Julietta M.	Nov. 1
Maria C.	Nov. 4
Thao B.	Nov. 4
Melanie B.	Nov. 9
Christiane T.	Nov. 11
Paramjit B.	Nov. 12
Lamberto P.	Nov. 14
Blesilda T.	Nov. 15
Rocio Raquel G.	Nov. 17
Rodel R.	Nov. 19
Cecilia Z.	Nov. 22
Estrelita T.	Nov. 23
Clementina R.	Nov. 23

