

Gold Country Gazette

Assisted Living Activity Department Newsletter



Celebrating November

**Native American Heritage
Month**

**Inspirational Role Models
Month**

Adopt a Turkey Month

Dia de Los Muertos
November 1

World Chili Day
November 6

Veterans Day
November 11

International Men's Day
November 19

Game & Puzzle Week
November 21–27

Thanksgiving Day
November 25

Hanukkah
November 28–December 6

Mason Jar Day
November 30

Deliberate Acts of Kindness

The phrase “survival of the fittest” is often used to describe the tough tactics people use to get ahead in modern society, but scientists have determined that a far more effective coping strategy might be “survival of the kindest.” The second week of November is World Kindness Week, a perfect opportunity to make kindness a part of our everyday routines.

Humans have evolved into one of Earth’s most social species. While many people tend to think of humans as inherently competitive with each other, fighting for resources, mates, or even promotions at work, scientist and psychologist Dacher Keltner takes another point of view. He believes that humans are built to be kind. Our generosity, self-sacrifice, play, modesty, compassion, awe, gratitude, and even embarrassment all present powerful evidence of our innate drives for kindness and caring. Research shows that when people act kindly toward others, they take more pleasure in society and are more likely to feel satisfied and happy. New research suggests that our vagus nerve in particular may have evolved to support and encourage altruistic behaviors. Perhaps stimulation of the vagus nerve is what prompted writer Anne Herbert to write, “Practice random kindness and senseless acts of beauty” on a placemat in a California restaurant in 1982.

Herbert’s notion that we should practice random acts of kindness is not new. Jews have practiced *mitzvahs*, or good deeds for others, for millennia. In the cafés of Naples, Italy, hardworking people who unexpectedly come into money pay for two coffees, a tradition called *caffè sospeso*, taking one for themselves and leaving the other for someone less fortunate. In 2006, the Free Hugs Campaign was launched on YouTube, encouraging people to share the simple act of a hug with others in need of comfort. For some, kindness is easy. For others, sharing public acts of kindness may take practice. Start by doing one small, kind thing for someone. As the Greek fabulist Aesop once said, “No act of kindness, no matter how small, is ever wasted.”

November Birthdays

In astrology, those born from November 1–21 are Scorpions of Scorpio. Scorpions are passionate, dedicated, and resourceful. Scorpions may seem intimidating, but they are just no-nonsense people who value honesty and loyalty above all else.

Those born from November 22–30 are Archers of Sagittarius. The Archers are the travelers of the zodiac, curious and energetic, with open minds craving new experiences and challenges.

Will Rogers (cowboy) – Nov. 4, 1879

Vivien Leigh (actress) – Nov. 5, 1913

TOM (Resident) – Nov. 8th

Carl Sagan (astronomer) – Nov. 9, 1934

Tracy Morgan (comedian) – Nov. 10, 1968

Charles, Prince of Wales (royal) – Nov. 14, 1948

RuPaul (model) – Nov. 17, 1960

David Ortiz (ballplayer) – Nov. 18, 1975

Goldie Hawn (actress) – Nov. 21, 1945

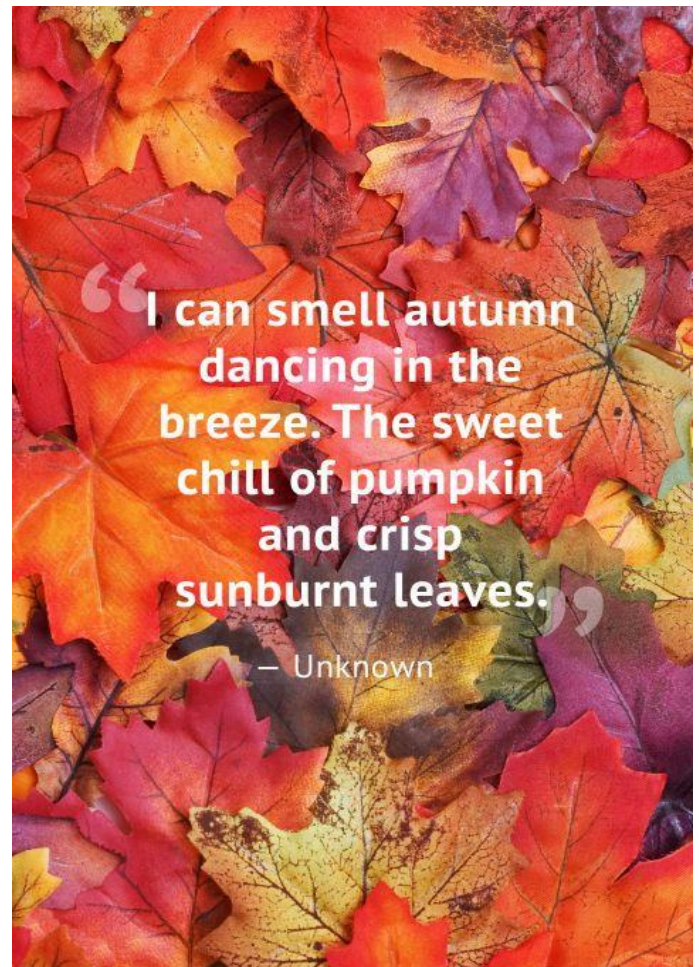
Robin Roberts (journalist) – Nov. 23, 1960

Charles Schulz (cartoonist) – Nov. 26, 1922

Chadwick Boseman (actor) – Nov. 29, 1976



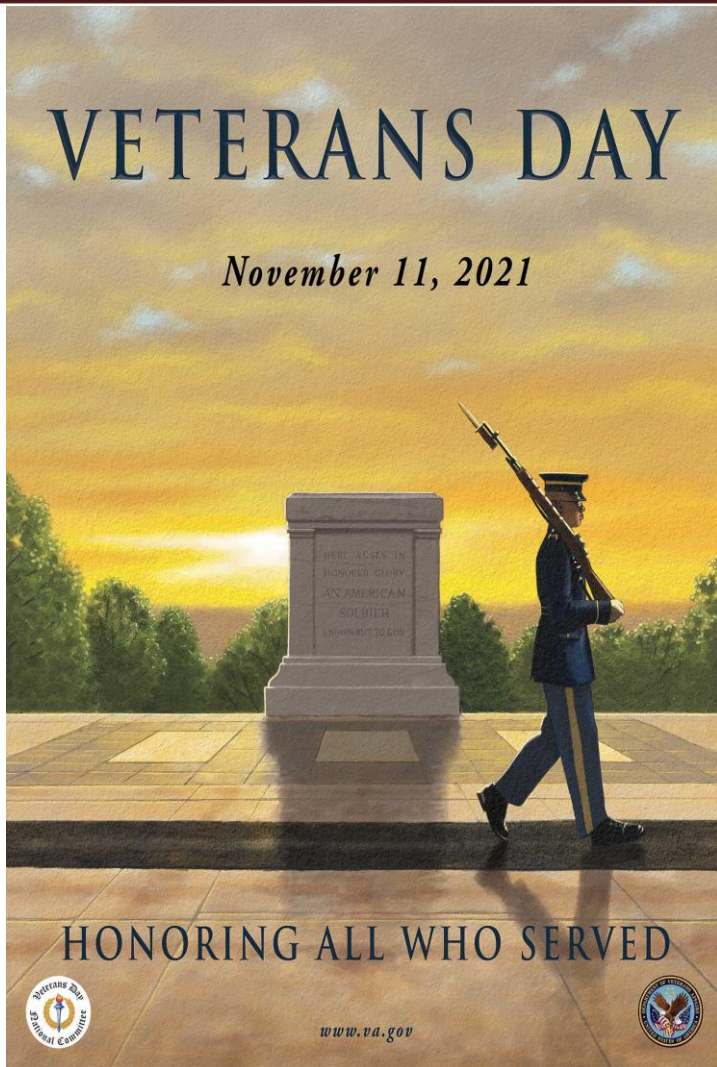
While working for an organization that delivers lunches to elderly shut-ins, I used to take my 4-year-old daughter Marta on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs. One day I found her viewing a pair of false teeth soaking in a glass, staring intently. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, "The tooth fairy will never believe this!"



The Day of the Dead

El Día de los Muertos), is a Mexican holiday where families welcome back the souls of their deceased relatives for a brief reunion that includes food, drink and celebration. A blend of Mesoamerican ritual, European religion and Spanish culture, the holiday is celebrated each year from October 31-November 2. According to tradition, the gates of heaven are opened at midnight on October 31 and the spirits of children can rejoin their families for 24 hours. The spirits of adults can do the same on November 2.





History of Veterans Day

World War I – known at the time as “The Great War” - officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of “the war to end all wars.”

A Very Special THANK YOU to the following Residents for their service to our Country –

Howard O'Brien
Frank Walters
Ray Snider
Kenneth Brown
Dave Davidson
Tom Hernandez

First in Space



On November 3, 1957, a stray dog from the streets of Moscow named Laika made history by becoming the first organism to orbit Earth in outer space, a journey that paved the way for human space flight. In 1957, humanity knew little about the effects of space conditions on organisms. Many scientists believed that living things would not survive the launch off the planet's surface, much less the conditions of outer space. While Laika's trip was always considered to be one way, this did not stop the scientists from growing to love her. Before the launch, one scientist brought her home to play with his children. When Laika was placed inside the rocket capsule, the technician kissed her on the nose. Over the decades since Laika's trip into space, she has become a prominent figure in both Russia's history and popular culture around the world.

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