

Haston Highlights

Managing Memory

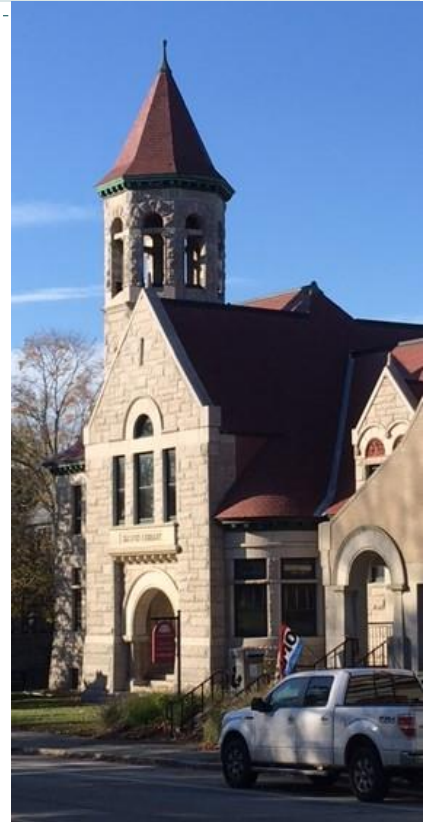
Do you have a loved one who is showing signs of forgetfulness or dementia? Do you sometimes worry about your own memory? On Monday, November 1, Dr. Andrew Budson will help us understand what to look for and how to cope.

Based on his award-winning book, *Seven Steps to Managing Your Memory: What's Normal, What's Not, and What to Do About It*, Dr. Budson will explain how individuals can distinguish changes in memory due to Alzheimer's versus normal aging, what medications, diets, and exercise regimes can help, and the best habits, strategies, and memory aids to use, in seven simple steps. He will also discuss his newest book, *Six Steps to Managing Alzheimer's Disease and Dementia: A Guide for Families*, including how families can manage issues with memory, language, vision, behavior, driving, incontinence, sleep, and more.



Educated at Haverford College and Harvard Medical School, Dr. Budson is Chief of Cognitive & Behavioral Neurology at the Veterans Affairs Boston Healthcare System, Director of Education at the Boston University Alzheimer's Disease Center, Professor of Neurology at Boston University School of Medicine, and Lecturer in Neurology at Harvard Medical School.

[*Memory*, cont. on p. 3]



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LIBRARY HOURS

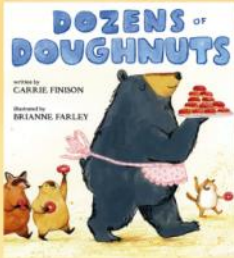
Monday:	1 PM—7 PM
Tuesday:	10 AM—5 PM
Wednesday:	9 AM—7 PM
Thursday:	1 PM—6 PM
Saturday:	9 AM—12 PM

Haston Highlights

Dawn Thistle, Editor

HASTON LIBRARY CHILDREN'S ROOM

November Storytimes

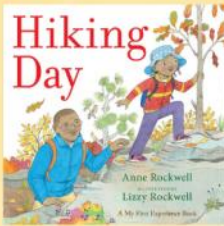
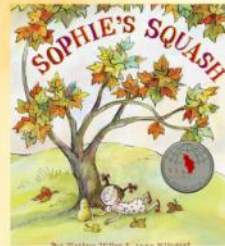


November 2

Dozens of Doughnuts by Carrie Finison
Paper Plate Doughnut Craft

November 9

Sophie's Squash by Pat Zietlow Miller
Decorate A Paper Squash Craft

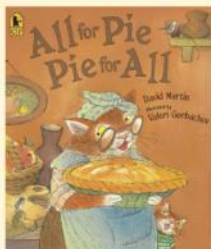
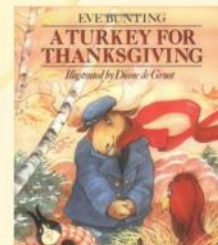


November 16

Hiking Day by Anne Rockwell
Nature Collage Craft

November 23

A Turkey For Thanksgiving by Eve Bunting
Coffee Filter Turkey Craft



November 30

All For Pie Pie For All by David Martin
Paper Plate Pie Craft

161 North Main Street North Brookfield, MA

508-867-0208

[Cont. from p. 1]

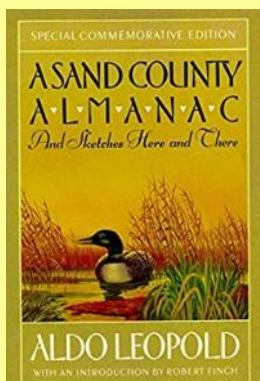
To register for this program, call the library at 508-867-0208. Copies of Dr. Budson's books will be available for purchase at the program.

NOVEMBER BOOK GROUP SELECTION

The November selection for the Haston Library Book Group is *A Sand County Almanac and Sketches Here and There* by Aldo Leopold. "Few books have had a greater impact than *A Sand County Almanac*, which many credit with launching a revolution in land management. Written as a series of sketches based principally upon the flora and fauna in a rural part of Wisconsin, the book gathers pieces written by Leopold over a forty-year period. ..Beloved for its description and evocation of the natural world, Leopold's book, which has sold well over 2 million copies, remains a

foundational text in environmental science and a national treasure."—Barnes & Noble

We'll be discussing the book on November 30 at 7:00 in the library and via ZOOM. Copies are available in the library. Call (508-867-0208) for more information and/or the ZOOM link.



- Expand your kingdom while keeping others at bay (Dominion)!
- Use your wits to craft pathways across Europe (Tran Europa)!
- Use your imagination to come up with the best imaginary product (Snake Oil)!
- Collect special cards that will lead to victory (Marvel Fluxx)!

The games will be available for play during International Games Week (November 7-13), and will afterwards be cataloged so that patrons may check them out.



Needle Felting for Christmas!

Back by popular demand! Our next Haston Art Club workshop on Monday, November 8 at 5:30 p.m. will be needle felting, taught once again by Brianna Lamb. This time the project will be to make a 2-dimensional Christmas ornament.

To register for this workshop, please call the library at 508-867-0208, as space is limited. There is a \$5 fee for materials.



Ready, Set, GAME!

Bring your friends and join us on Monday, November 8 at 3:00 pm as we kick off International Games Week with a fun-filled day of tabletop games. Several companies, including Rio Grande, Looney Labs, and Noble Knight, have generously donated games that appeal to elementary age children and young adults. We will have these various games set up for in-library use, as well as some classics.

Haston Art Club



PUMPKIN STILL-LIFES

The Haston Art Club met on October 18 to draw pumpkin still-lives with local art teacher, Laura Dusty. Laura showed us how to start with the pumpkin's shape, then add details and color. She taught us how to use lines and shading to make our pumpkins look 3-dimensional and to layer different colors of pencil to create a richer, more natural shade. As you can see from the photos below, everyone was very successful!

The Haston Art Club's next meeting will be on November 8 at 5:30 pm. All ages are welcome! Please call the library at 508-867-0208 to register.

Clockwise, from left: Laura Dusty instructs Campbell Stocks, Rosemary Mackenzie and Florine Martel; Campbell & Rosemary; Mary West; drawing by Ellen Carpenter, and Florine Martel.

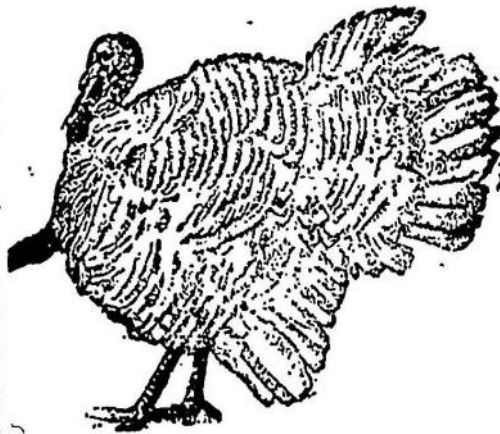


North Brookfield Journal.

The First Thanksgiving.

George Washington issued the first Presidential proclamation for a Thanksgiving observance. It may not be generally known that a woman was largely instrumental in bringing about the annual observance of the day, but such is the case. Sarah Josepha Buell Hale is the name of the woman who advocated the yearly Thanksgiving Day. For several years previous to 1864 the custom had fallen into disuse. Through the columns of a magazine she edited Mrs. Hale earnestly urged a return to the annual custom, and President Lincoln ably seconded her pleadings by issuing in 1864 another Presidential proclamation for a general Thanksgiving Day. Since then the custom has not been changed, and it bids fair to stay as it is to the end of time.

And who could wish to change it? What would we do without the great family reunions, when the children, grandchildren and perhaps great-grandchildren come back to the dear old home, bringing happy memories of her young days to the silver-haired, serene-faced mother as she clasps her children and her children's children in her eager, loving arms? It is a hallowed day, and old and young alike love its joyousness and generous good cheer.



North Brookfield Journal, November 19, 1909

PREPARING FOR THANKSGIVING.



THE DINNER THAT FLEW AWAY.

"O weather-cock," the turkeys said,
Upon an autumn morning,
"Keep good lookout, and turn about,
And mind you give us warning."

"We haven't got a calendar
To tell us of the date;
So watch you for Thanksgiving signs
Before it is too late."

"Why, surely," said the friendly bird,
"I'll cock my weather eye
And tell you when the pumpkins come,
To make the pumpkin pie."

Thanksgiving morn the farmer cried:
"They've gone—that horrid flock!
There's not a bird to cook unless
We cook the weather-cock!"

—Home Herald.

North Brookfield Journal, November 20, 1896

MAKE A SUGGESTION

If there are books or videos which you think the library should purchase, please let us know. We are always happy to receive suggestions from our readers!