



Roxie Weber Newsletter

History of Thanksgiving

In 1620, the Mayflower crossed Massachusetts Bay carrying the people we know as Pilgrims. They began to establish the village of Plymouth.

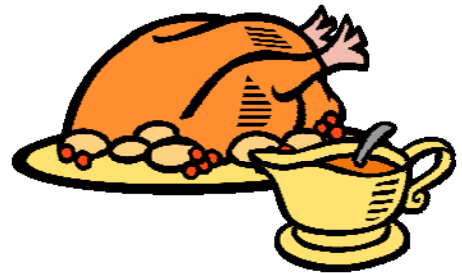
The first winter was brutal and many of the colonists remained on board the ship. Out of the 102 passengers that made the journey, only half survived the first winter. In March 1621, the surviving settlers finally moved ashore. The Pilgrims were malnourished and ill.

They were greeted by an English speaking Abenaki Indian and a few days later, he returned with Squanto. Squanto was a member of the Pawtuxet tribe who had been kidnapped and sold into slavery. He escaped and returned home. Squanto taught the Pilgrims how to grow corn, extract sap from the maple trees, fish as well as the difference between poisonous and edible plants. Squanto helped forge an alliance between the Pilgrims and the Wampanoag tribe. The alliance lasted

more than 50 years.

After the first harvest of corn, the Governor, William Bradford, organized a celebratory feast. He invited the Native American allies, including the chief of the Wampanoag, Massasoit. The festival lasted for three days. Even though no record of the menu exists, personal journals and correspondence that outlines the meal has been discovered. The guests arrived with five deer and a few Pilgrims went hunting for fowl. There was also plenty of fish at the feast. Because the sugar supply was low, there were no pies, cakes or sweet desserts.

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Important Dates this month

Rent Due	1st
Daylight Savings	3rd
Rent late	5th
Spray Day	8th
Veterans Day	11th
Office closed for Veterans Day	11th
Board Meeting	13th
Resident Meeting	20th
Thanksgiving—Office Closed	28th
Office Closed	28-29th

November Birthdays

- Betty Marler 1st
- Evelyn Chandler 5th
- Kay Clausen 6th
- Bobby Chandler 6th
- Brandy Johnson 6th
- Nova Hudgeons 7th
- Cookie Jennings 8th
- Steve Pollard 8th
- Angela Strader 12th
- Gwendolyn Cooke 13th
- Bradley Castillo 29th
- Patricia Burt 30th

History (continued)

Because there were only two written accounts of the first feast, historians can only speculate on the other items served based off what is known that they ate like clams, lobster, eel, beans and nuts. Berries and grapes grew in the wild and gardens included onions, leeks, and carrots.

It would be many more years before the Pilgrims held another harvest feast. By then, the Native Americans were considered a hindrance to the colonists' quest for more land. The natives were now known as heathens.

During the American Revolution, the Continental Congress designated at least one day of thanks a year. In 1789, George Washington issued the first Thanksgiving proclamation at the end of the war by the United States national government. There were many people who opposed this day because they felt that the hardships of a few Pilgrims did not warrant a national holiday. Thomas Jefferson also opposed

the idea of a day of thanksgiving.

In 1817, New York became the first of many states to celebrate an officially adopted day as Thanksgiving. There was a campaign, started by Sarah Josepha Hale (author of "Mary Had a Little Lamb"), where she published many editorials, and sent many letters to state governors, congressmen and the residing president trying to persuade them to designate Thanksgiving as a national holiday. In 1863, Abraham Lincoln declared the final Thursday in November to be Thanksgiving. In 1939, Franklin D. Roosevelt attempted to increase sales during the Great Depression so he suggested moving the holiday up a week. That idea was received with great opposition. In 1941, FDR signed a bill making the fourth Thursday in November Thanksgiving.



Notes from the Roxie Weber Resident Association

We survived October with so much fun and fellowship! Homecoming, tailgating, potluck and music, our one year anniversary and the Halloween carnival were all a success. A big thanks to all of the volunteers and for all all the donations we received.

The RWRA next meeting will be November 6th at 2PM. We will be discussing out upcoming thanksgiving potluck on the 18th. We also be brainstorming for Christmas Projects.

There will be Bingo on the 7th and the 21st. Game night is the 15th. There will be a stress management class on 12th at 1:30

There will be a Thanksgiving potluck dinner on November 18th at 5PM. There will be music at 7:30PM by the Marcus Glen Perry Band. Get your dancing shoes on!!!

The commissary will be closed on the 18th and the 27th thru December 1st for Thanksgiving.



Happy Thanksgiving
from the staff at SHA!!



Resident Reminders

Here are a couple of reminders for the month.

- **Nominate a resident who you think should be rewarded for all of their work around Roxie Weber.. Please have it filled out and returned to the Office by November 26th.**
- The resident meeting will be November 20th at 3:30pm
- **Don't forget to set your clocks back for Daylight Savings on November 3rd.**
- The office will be closed on November 11th for Veterans Day.
- The office will also be closed Thanksgiving Day, November 28th, and the day after Thanksgiving on November 29th.
- Please clean up outside and inside after your pet. Failure to do is a violation of your lease.
- Please make sure you bag and tie up your trash before taking it to the dumpster



PEST MANAGEMENT

We have had a recent uptick in the cases of bed bugs please follow the following tips to avoid spread of the pest.

- Monitor using sticky traps
- Let the office know if you think you might have them
- don't pick up used furniture
- Look for any signs of the

bugs (black spots on sheets headboards, mattress etc., blood spots on sheets pillowcases, and possible bite marks.



FIVE MYTHS ABOUT EXERCISE AND AGING

Myth 1: There's no point to exercising. I'm going to get old anyway.

Fact: Exercise and strength training helps you look and feel younger and stay active longer. Regular physical activity lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, certain cancers, high blood pressure, and obesity. Not only can exercise help stem the decline in strength and vitality that comes with age, it even improve it. And the mood benefits of exercise can be just as great as 70 or 80 as they were at 20 or 30.

Myth 2: Older people shouldn't exercise. They should save their strength and rest.

Fact: Research shows that a sedentary lifestyle is unhealthy for adults over 50. Inactivity often causes older adults to lose the ability to do things on their own and can lead to more hospitalizations, doctor visits, and use of medicines for illnesses.

Myth 3: Exercise puts me at risk of falling down.

Fact: Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually *reducing* your risk of falling.



Myth 4: It's too late. I'm already too old to start exercising.

Fact: You're never too old to start exercising and improve your health! In fact, adults who take up exercise later in life often show greater physical and mental improvements than their younger counterparts. If you've never exercised before, or it's been a while, you won't be encumbered by the same sports injuries that many regular exercisers experience in later life. In other words, there aren't as many miles on your clock so you'll quickly start reaping the rewards. Just begin with gentle activities and build up from there.

Myth 5: I'm disabled. I can't exercise sitting down.

Fact: Chair-bound people face special challenges but can lift light weights, stretch, and do chair aerobics, chair yoga, and chair Tai Chi to increase range of motion, improve muscle tone and flexibility, and promote cardiovascular health. Many swimming pools offer access to wheelchair users and there are adaptive exercise programs for wheelchair sports such as basketball. Source <http://www.helpguide.org/articles/exercise-fitness/exercise-and-fitness-as-you-age.htm>