

# CRAIGLEE NEWS



## Celebrating November

**World Kindness Day**  
November 12



**Remembrance Day**  
November 11



**Hanukah**  
November 28



**Birthday Party**  
November 26



*...and much more.*

*Please check your monthly Program Calendar for more events.*

## Remembrance Day

On Remembrance Day (November 11) and during Remembrance Week (November 5 to 11), we pay tribute to the men and women of all backgrounds who have served and continue to serve our country during times of war, conflict and peace.

Across generations, Ontarians of all backgrounds have fought and died to make the world a safer place. They have defended and promoted Canadian values of freedom, democracy and human rights. We are stronger because of their service and safer because of their courage and sacrifice.

On November 11, please take the time to pay your respects. Let us never forget.

### The Act of Remembrance

They shall grow not old, as we that are left grow old;  
Age shall not weary them, nor the years condemn.

At the going down of the sun and in the morning

We will remember them.

We will remember them.

Royal Canadian Legion members take pride in organizing Remembrance Day Ceremonies in over 1,400 Branches across Canada and abroad. Through each Branch, the Legion continues the traditions of Remembrance so that Canada 'never forgets.'

THEY SHALL GROW NOT OLD, AS WE THAT ARE LEFT GROW OLD;  
AGE SHALL NOT WEARY THEM,  
NOR THE YEARS CONDEMN.  
AT THE GOING DOWN OF THE SUN AND IN THE MORNING,  
**WE WILL REMEMBER THEM.**  
**LEST WE FORGET.**



REMEMBRANCE DAY  
11<sup>TH</sup> NOVEMBER

# History of the Poppy



Each November, Poppies bloom on the lapels and collars of millions of Canadians. The significance of the Poppy can be traced back to the Napoleonic Wars in the 19th century, over 110 years before being adopted in Canada. Records from that time indicate how thick Poppies grew over the graves of soldiers in the area of Flanders, France. Fields that had been barren before battle exploded with the blood-red flowers after the fighting ended. During the tremendous bombardments of the war, the chalk soils became rich in lime from rubble, allowing the “popaver rhoeas” to thrive. When the war ended, the lime was quickly absorbed and the Poppy began to disappear again.

The person who first introduced the Poppy to Canada and the Commonwealth was Lieutenant-Colonel John McCrae of Guelph, Ontario, a Canadian Medical Officer during the First World War. John McCrae penned the Poem “In Flanders Fields” on a scrap of paper in May, 1915 on the day following the death of a fellow soldier. Little did he know then that those 13 lines would become enshrined in the hearts and minds of all who would wear them. McCrae’s poem was published in Punch Magazine in December of that same year, and the poem later served as inspiration three years later for Moina Michael, an American teacher. Moina Michael made a pledge to always wear a Poppy as a sign of Remembrance.

During a visit to the United States in 1920, a French woman named Madame Guerin learned of the custom. Madame Guerin decided to make and sell poppies to raise money for children in war-torn areas of France. The Great War Veteran’s Association in Canada (our predecessor) officially adopted the poppy as its Flower of Remembrance on July 5, 1921.

Today, the Poppy is worn each year during the Remembrance period to honour Canada’s Fallen. The Legion also encourages the wearing of a Poppy for the funeral of a Veteran and for any commemorative event honouring Fallen Veterans. It is not inappropriate to wear a Poppy during other times to commemorate Fallen Veterans and it is an individual choice to do so, as long as it’s worn appropriately.

Thanks to the millions of Canadians who wear the Legion’s lapel Poppy each November, the little red flower has never died, and the memories of those who fell in battle remain strong.

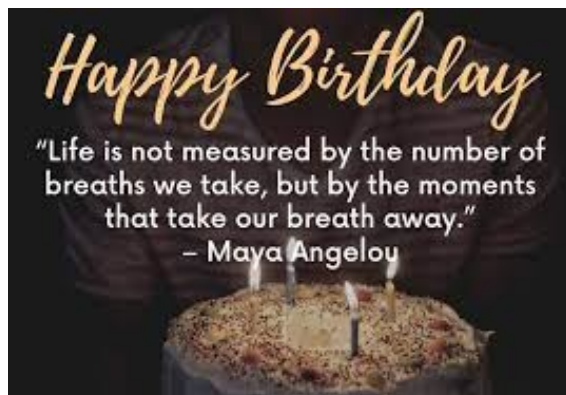
# HAPPY BIRTHDAY



## November Birthdays

In astrology, Scorpios are those born between Oct 23-Nov 21. Scorpios are passionate and deep, qualities that help them counsel others in meaningful ways. Resourceful and determined, Scorpios make good managers. Those born between November 22–30 are Archers of Sagittarius. These open-minded travelers are in constant motion, searching the globe for meaning. Curious, optimistic, and enthusiastic, they are not afraid of change and treasure freedom.

Chelsea	Nov 01
Florescia	Nov 08
Ramdai	Nov 15
Donald B	Nov 16
John W	Nov 18
Marilyn	Nov 24
Edward	Nov 25
Giuseppa	Nov 26





# ACTIVITIES



PICCOLLAGE



# ACTIVITIES





# ACTIVITIES



PICCOLLAGE



# ACTIVITIES



*Arts and crafts are one of the most popular and successful activities and therapies at Craiglee. Art has benefits both physical and psychological, including intellectual stimulation, improving cognitive skills and coordination, reducing anxiety and stress*



# ACTIVITIES



*Look at the size of this sunflower! Did you know that there are 70 species of sunflowers, all native to North America and Mexico?*



# ACTIVITIES





# ACTIVITIES



*“Make new friends but keep the old, one is silver and the other is gold”*

It's so good to be together laughing, sharing memories or just watching what other are doing. Precious circle of friends, old and new



# ACTIVITIES





# ACTIVITIES



Green fried tomatoes from our own garden



# ACTIVITIES



PICCOLLAGE

*Another successful program at Craiglee is "Cooking with Chef Moises." In the past, it was like a TV cooking show, residents from all floors coming once per month to see Moises cooking and baking food from around the world.*

*Now he is baking on the floor, and the residents are so excited about this fantastic program...food, music and trivia! Thumbs up from residents and families !*



# IMPORTANT DATES



**November 4**

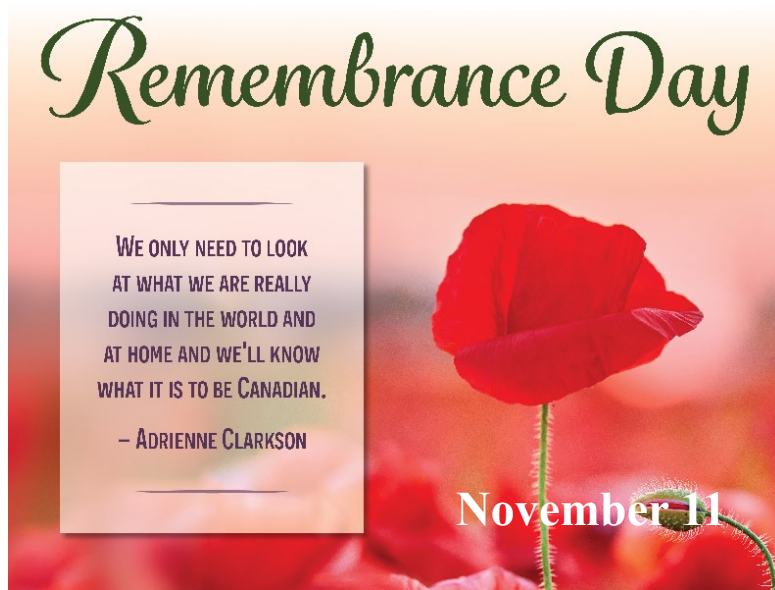


**November 6**



**World Kindness Day**

**November 5**



**November 11**



**Hanukkah**

**November 28—December 6**



**Alzheimer's  
Awareness  
Month**







## THE DETOXIFYING EFFECTS OF THE APPLE

Apples are a very nutritious fruit, high in fiber. Its pectin has a detoxifying effect & can help with **COLITIS**, **IBS** & other digestive disorders. The triterpenoids in apple peel have potent anti-growth activity against **CANCER** cells in the liver, colon & breast. Eating apples may reduce the risk of metabolic syndrome, a cluster of symptoms linked to an increased risk of heart disease & **DIABETES**. Increased production of acetylcholine in the brain that helps **MEMORY** & lowers risk of Alzheimer's has been linked to its juice. An antioxidant called quercetin in the fruit can improve lung function.

[DHERBS.COM](http://DHERBS.COM)

## Together We Can Beat the Flu

6 Tips to Stay Healthy this Flu Season



## Flu Prevention

Getting the flu vaccine is the best way to prevent the flu. It takes two weeks for the vaccine to boost immunity. The flu vaccine will not protect against colds and other respiratory illnesses not caused by the influenza virus.

Seniors are at risk of serious complications from the flu. The high-dose flu vaccine is the preferred choice for seniors. It provides better protection against influenza A. This vaccine is free at doctors' offices, long-term care homes, walk-in clinics and Public Health flu vaccination clinics.



# KINDNESS

## World Kindness Day (Nov. 12)

*Kindness is defined as the quality of being friendly, generous, and considerate. Affection, gentleness, warmth, concern, and care are words that are associated with kindness. While kindness has a connotation of meaning someone is naive or weak, that is not the case. Being kind often requires courage and strength. Kindness is an interpersonal skill.*



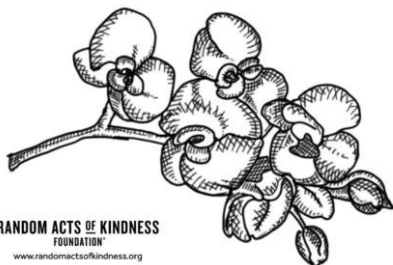
*There are different ways to practice kindness. One way to be kind is to open your eyes and be active when you see people in need. Do you notice when people could use a helping hand? A sense of community is created when people are kind to those who need help*

*Opening your eyes means noticing when others are suffering. A kind word, a smile, opening a door, or helping carry a heavy load can all be acts of kindness. Celebrating someone you love, giving honest compliments, sending an email thanking someone, telling someone how s/he is special to you, helping an elderly neighbor with yard work or food, taking a photo of someone and sending it to the person, sharing homemade food, refusing to gossip, and donating old clothing and things you don't need are all ideas about how to practice kindness.*

*Kindness is also about telling the truth in a gentle way when doing so is helpful to the other person. Receiving accurate feedback in a loving and caring way is an important part of a trusted relationship. The courage to give and receive truthful feedback is a key component of growth and flexible thinking.*

"ASK YOURSELF: HAVE YOU BEEN KIND TODAY?  
MAKE KINDNESS YOUR MODUS OPERANDI AND  
CHANGE YOUR WORLD. "

- ANNIE LENNOX



*Kindness includes being kind to yourself. Do you treat yourself kindly? Do you speak gently and kindly to yourself and take good care of yourself?*

*There are many ways to be kind and many opportunities to practice. Perhaps kindness is a value that could add more satisfaction to and strengthen your relationships.*

<https://www.psychologytoday.com/us/blog/pieces-mind/201712/the-importance-kindness>



# KINDNESS

*Do things for people*

NOT BECAUSE OF WHO  
THEY ARE OR WHAT  
THEY DO IN RETURN,  
BUT BECAUSE  
OF WHO YOU ARE.

HAROLD S. KUSHNER

"TOO OFTEN WE UNDERESTIMATE THE POWER OF  
A TOUCH, A SMILE, A KIND WORD, A LISTENING  
EAR, AN HONEST COMPLIMENT, OR THE SMALLEST  
ACT OF CARING, ALL OF WHICH HAVE THE  
POTENTIAL TO TURN A LIFE AROUND."

- LEO BUSCAGLIA

RANDOM ACTS OF KINDNESS  
FOUNDATION  
[www.randomactsofkindness.org](http://www.randomactsofkindness.org)



Sometimes it takes  
only one act of  
kindness and caring  
to change a  
person's life.

—JACKIE CHAN



## INSPIRING STORIES FROM NEIGHBORHOOD

### Donations from Unlikely Places

A year ago, Micah Harold had a heart attack and actually died several times. Now, a year later, the coronavirus is here. Micah owns a tattoo parlor (he is an extremely talented artist), and his tattoo parlor has been closed because it is “non-essential.” But Micah has stepped up and is giving back to the community. His shop is on the edge of a not-so-affluent part of town. He has stocked his shop with essentials, such as toilet paper, paper towels, different types of non-perishable foods, and emergency items. Some things he bought with his own money, and he has had some donations from the community. He makes hand sanitizer and also has gloves and other items that people need for this pandemic available in his shop. Everything is free. You just go in, tell him what you need, and he gives it to you. His mother, Deborah Allen is also involved, not in his business, but in making cloth masks for people. She has long been a clothing designer, and now she is making masks and giving them away. They are both helping the community a great deal.

### Seven Miles For Me

Leaving a store, I returned to my car only to find that I’d locked my keys and cell phone inside. A teenager riding his bike saw me kick a tire and say a few choice words. “What’s wrong?” he asked. I explained my situation. “But even if I could call my wife,” I said, “she can’t bring me her car key, since this is our only car.” He handed me his cell phone. “Call your wife and tell her I’m coming to get her key.” “That’s seven miles round trip.” “Don’t worry about it.” An hour later, he returned with the key. I offered him some money, but he refused. “Let’s just say I needed the exercise,” he said. Then, like a cowboy in the movies, he rode off into the sunset. —Clarence W. Stephens, Nicholasville, Kentucky



# LAUGHTER IS THE BEST MEDICINE



**A recent study has found that women who carry a little extra weight live longer than the men who mention it.**



**At A Wedding Party recently someone yelled, "All married people please stand next to the one person who has made your life worth living." The bartender was almost crushed to death...**



**When people ask me why I don't have any tattoos I ask them, "Would you put a bumper sticker on a Ferrari?"**





# SPIRITUAL

“

Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.

”

- Princess Diana

When the elderly die, a library is lost and volumes of wisdom and knowledge are gone.

“TOO OFTEN WE UNDERESTIMATE THE POWER OF A TOUCH, A SMILE, A KIND WORD, A LISTENING EAR, AN HONEST COMPLIMENT, OR THE SMALLEST ACT OF CARING, ALL OF WHICH HAVE THE POTENTIAL TO TURN A LIFE AROUND.”

— LEO BUSCAGLIA



## KINDNESS

/kin(d)nəs/ noun

1. Loaning someone your strength instead of reminding them of their weakness.

The happiest people are the givers, not the takers.

Colossians 1:16

FOR BY HIM  
WERE ALL THINGS  
CREATED.





## *November Trivia*

1. Who stars in the TV show I Love Lucy: Marilyn Monroe or Lucille Ball?

Answer:

2. Dairy products are generally made from what liquid: juice or milk?

Answer:

3. How many points does a typical star shape have: four or five?

Answer:

4. What popular 1950s toy is a rubbery ball of goo packaged inside an egg: yo-yo or Silly Putty?

Answer:

5. What does it mean to have a “green thumb”: you are ill or you are good at gardening?

Answer:

6. How many days are in a week: nine or seven?

Answer:

7. Canadian actress Fay Ray plays Ann Darrow in the 1933 film King Kong.

What kind of animal was her co-star: a giant lion or an enormous ape?

Answer:

8. What medication can someone take to help control the symptoms of diabetes: Tylenol or insulin?

Answer:

9. Ham and bacon come from what animal: duck or pig?

Answer:

10. John Lennon, Paul McCartney, George Harrison, and Ringo Starr all played music together in what band: the Supremes or the Beatles?

Answer:

11. What kind of golf club is used for hitting a golf ball out of a sand trap: a putter or a wedge?

Answer:

12. Earth is located in what galaxy: the Whirlpool galaxy or the Milky Way galaxy?

Answer:

13. What nursery rhyme character ran away with the spoon: the cow or the dish?

Answer:

14. The gemstone ruby is typically what color: blue or red?

Answer:

15. How do you say yes in Spanish: ja or sí?

# Burt Lancaster

The **bold** words listed below can be found vertically, horizontally, diagonally, forward, and backward.



N	J	M	L	L	M	X	H	A	O	I	T	N	V	B
L	Z	S	N	R	O	N	T	E	I	E	E	E	T	I
Z	A	R	T	A	C	L	A	E	R	T	E	V	G	R
G	E	R	C	Q	A	R	S	J	T	E	W	I	B	D
D	B	T	R	N	T	S	B	N	O	R	S	G	J	M
S	O	N	T	O	E	D	E	E	P	N	L	R	U	A
R	E	I	R	C	C	L	N	F	B	I	A	O	B	N
V	C	P	C	A	I	P	O	I	B	T	W	F	J	N
C	V	U	A	S	I	J	R	M	S	Y	A	N	A	T
F	S	O	D	R	P	M	R	K	U	Q	R	U	Y	W
Y	H	D	D	R	A	C	H	O	N	P	D	O	T	T
Q	B	A	T	N	E	T	P	N	F	I	E	L	D	O
T	R	O	P	R	I	A	E	V	D	J	T	T	G	U
R	X	Q	C	D	E	X	M	X	D	B	C	J	V	G
T	H	G	I	F	N	U	G	S	C	B	G	A	A	H

ACADEMY **AWARD**  
FOR BEST **ACTOR**

**AIRPORT**

**ATLANTIC CITY**

**BIRDMAN OF ALCATRAZ**

**FIELD OF DREAMS**

FROM **HERE TO ETERNITY**

**GUNFIGHT AT THE**  
**O.K. CORRAL**

RUN **SILENT**, RUN **DEEP**

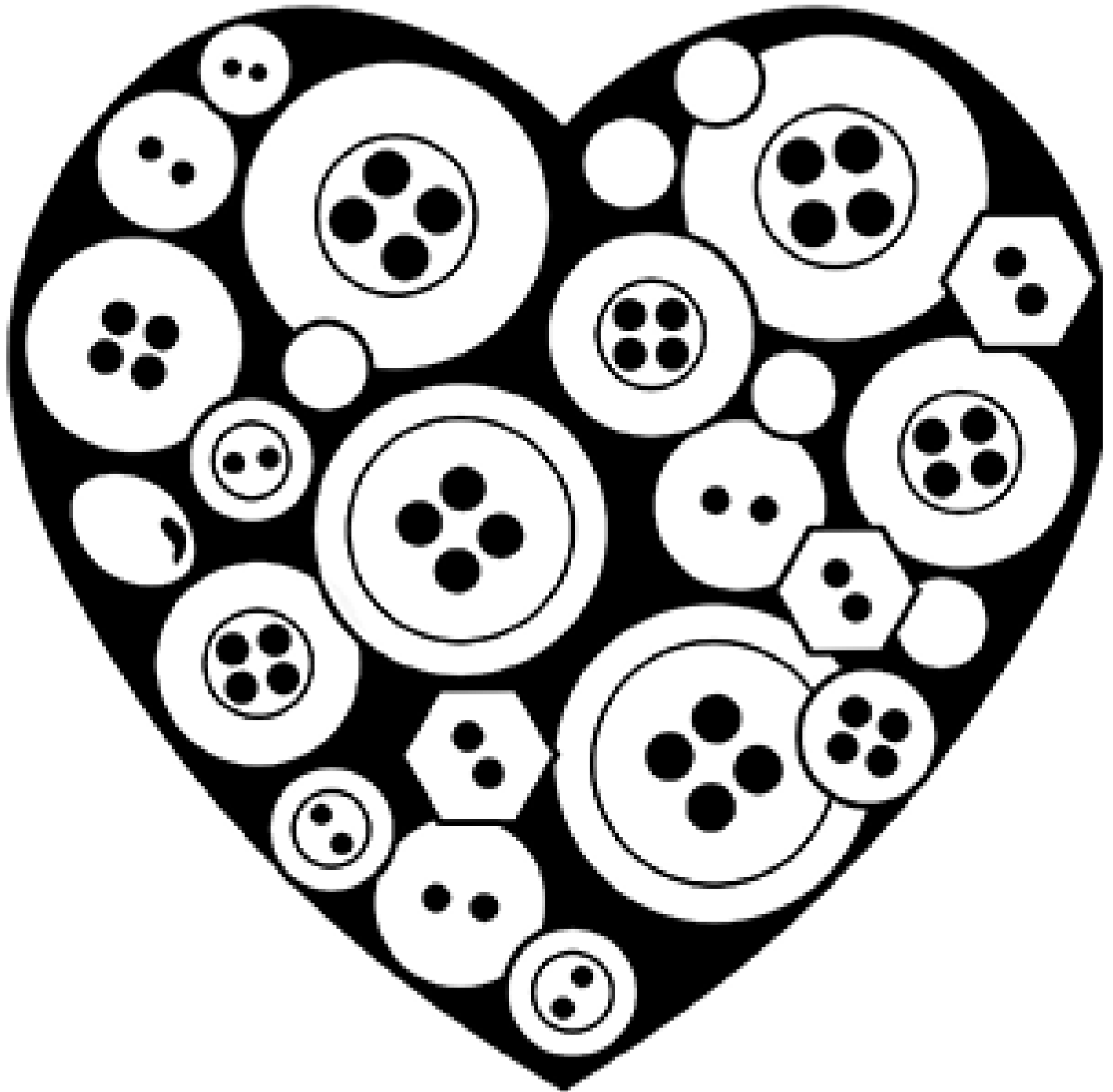
**SEPARATE TABLES**

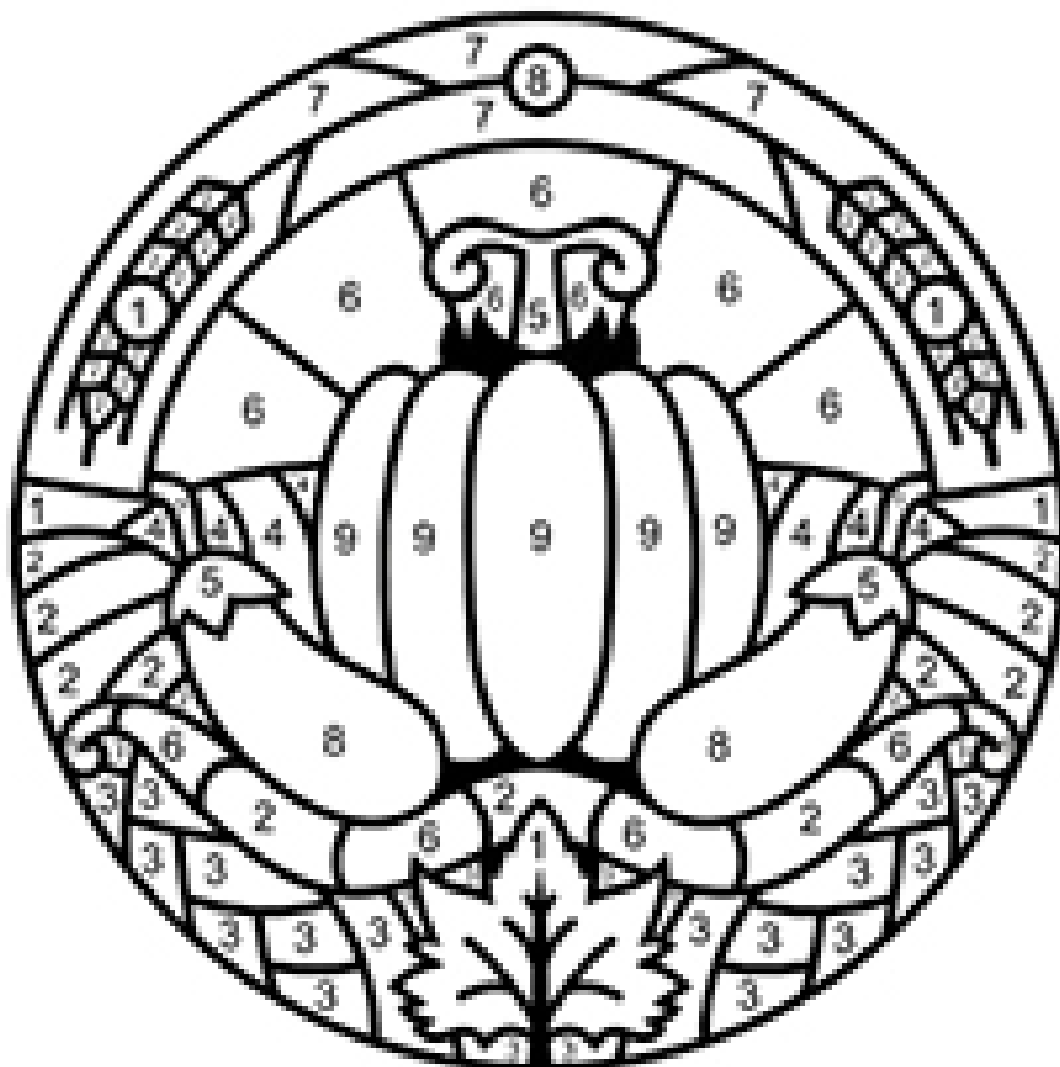
**SWEET SMELL OF SUCCESS**

**TOUGH GUYS**

THE **UNFORGIVEN**







1 = Red   2 = Gold   3 = Brown   4 = Light Turquoise  
5 = Dark Green   6 = Light Yellow   7 = Dark Turquoise  
8 = Purple   9 = Orange





## Famous November Birthdays

The following people were born in November. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Marie **ANTOINETTE**
- B. Charles **BRONSON**
- C. Edmond **HALLEY**
- D. Jimi **HENDRIX**
- E. Grace **KELLY**
- F. Billie Jean **KING**
- G. Calvin **KLEIN**
- H. Will **ROGERS**
- I. Charles **SCHULZ**
- J. John Philip **SOUSA**
- K. Bram **STOKER**
- L. Mark **TWAIN**

Y	S	R	A	E	Y	J	H	T	Y	Y	A
I	C	E	S	K	V	F	D	T	L	B	U
W	H	K	U	A	V	K	R	L	R	J	Q
N	U	O	O	N	I	Z	E	O	Z	I	G
Z	L	T	S	T	E	K	N	F	J	H	P
K	Z	S	N	O	Y	S	R	E	G	O	R
U	I	U	J	I	O	E	K	L	E	I	N
I	J	N	X	N	A	T	L	I	M	Z	U
U	D	E	G	E	D	W	Z	L	F	A	W
G	B	W	E	T	G	D	T	U	A	E	V
C	Y	O	M	T	I	R	Q	K	D	H	K
V	P	O	P	E	X	I	R	D	N	E	H

**Bonus:** Match the person to the correct clue.

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| 1. Samuel Clemens ____             | 7. Champion tennis player ____    |
| 2. Fashion designer ____           | 8. Composer ____                  |
| 3. Action movie actor ____         | 9. Actor/cowboy ____              |
| 4. Guitarist/musician ____         | 10. Cartoonist ____               |
| 5. Queen of France ____            | 11. Astronomer ____               |
| 6. Actress/princess of Monaco ____ | 12. Author of <i>Dracula</i> ____ |