

Front Porch NEWS

NOVEMBER 2011

Thankful for Home

These November days begin the hardest part of autumn. The rains that come now are cold and with a bitter wind. The once-beautiful leaves have now been raked by the bushels and piled into slowly smoldering fires. Winterizing the flower beds and the house is now finished and we are prepared. We pull ourselves into our homes and wait for the snow to fall.

But before we think of November as bleak, we must remember that home is where many people will be returning for the holidays.

Home is a place of shelter and a blessed home is one filled with love, but certainly home is a place where one can find the clues as to the inner force and mystery of a person. In every room, apartment, or home here at Green Hills, I can see clues of what is important to its inhabitant. We make every dwelling place a home, intentionally or not.

"Home is where we start from, and it inevitably also determines how we start to be who we are," says writer John O'Donohue.

Plato wrote that one of the highest privileges as parents in a home is to be midwife to the birth of the soul in another.

And Jesus said to Judas (one wonders what kind of home started him on his way!), "If anyone loves me, he will keep my word; and my Father will love him, and we will come to him and make our home with him," from John 14:23.

Many living on the Green Hills campus clearly are those within whom God has made a home. The prayers and faithful attendance of many at chapel, church, and area congregations provide proof of that.

The evidence comes also when residents exhibit love for neighbor as they watch out for and watch over those who need a helping hand, word of encouragement, or a smile.

In this season when thanksgiving is called for and celebrated with a national holiday, at root lies both God who loves us and Jesus Christ who is the cornerstone.

What a strong and abiding home that is! And, with thanksgiving, we live in the assurance of the psalmist gives us that we shall dwell in the house of the LORD forever.

Thank God for that!



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Lifestyle changes: Not as simple as it sounds



*Kelli Fritz, CDM
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Lifestyle changes. Sounds simple, right?

I can tell you it is not.

I have recently made some lifestyle changes and it's very hard and I have to really think about it every day.

Why did I do it? I wanted to live my life without excuses.

I turned 40 years old, am the mother of three young girls, was overweight and a smoker. Not a good combo for anyone at any age.

Cardiovascular disease is the No. 1 cause of death in the United States. Stroke is the No. 3 cause of death in the United States.

One reason these statistics are fact is undeniably a lack of commitment to a heart-healthy lifestyle.

Your lifestyle is your best defense against heart disease and stroke.

A heart-healthy lifestyle will not prevent cardiovascular disease or a stroke but will greatly reduce your risk.

A heart-healthy lifestyle includes choosing good nutrition, quit smoking, reduce your cholesterol, lower high blood pressure, become physically active every day, aim for a healthy weight, manage diabetes, reduce stress and limit alcohol.

By making these simple changes to your lifestyle you can control all of the **modifiable** risk factors for heart disease, heart attack and stroke.

Here are some small changes you can make ...

Eat more Fruits and Vegetables: Aim for 4-5 servings each of fruits and vegetables every day, if you consume a 2,000 calorie diet. Vegetable or 100% fruit juice counts toward this goal.

Eat more whole grains: Just like fruits and vegetables, whole-grain foods are low in saturated fat and cholesterol and rich in fiber. Whole-grain foods include whole-wheat bread, rye bread, brown rice and whole-grain cereal.

Use olive, canola, corn or safflower oil as your main kitchen fat: Limit how much fat or oil you use in cooking, and use liquid vegetable oils such as olive, canola, corn and safflower oils in place of solid fats.

Eat more chicken, fish and beans than other meats: In general, skinless poultry, **fish** and vegetable protein (such as beans) are lower in saturated fat and cholesterol than other meats (beef, pork and lamb). *Bake the protein don't fry it!*

Read food labels to help you choose healthy foods: Food labels provide information to help you make better food choices. Learn what information to look for (for example, sodium content) and how to find it quickly and easily.

A healthy diet is one of the best weapons you have to fight cardiovascular disease. The food you eat (and the amount) can affect other controllable risk factors: cholesterol, blood pressure, diabetes and overweight. Choose nutrient-rich foods — which have vitamins, minerals, fiber and other nutrients but are lower in calories. Generally speaking, foods higher in fiber will fill you up and are lower in calories.

While eating the right foods is key, so is a healthy weight. Coordinate your diet with your physical activity level so you're using up as many calories as you take in.

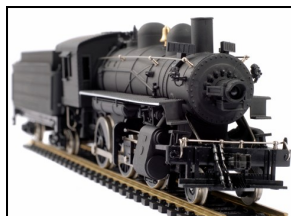
Eating healthy is easier than you might think. Over the next few weeks, add these simple healthy eating habits to your daily life and you'll see just how easy it is.

By making small changes like these over time, and taking them one at a time, not trying to rush into all of them at once, the changes are more likely to stick.

That is how it is working for me — by taking those small steps and one step at a time.



All aboard!



Is there any more iconic Christmas gift than a model train under a Christmas tree?

Some kids never grow up, and some continue to play with their toy trains well into adulthood.

November is the perfect month for these hobbyists. It's Model Railroad Month.

As long as there have been trains, there have been model trains. The first toys were actually advertisements for real railway companies.

During the mid-1900s, a model train was the ultimate toy to fit under, or around, the Christmas tree.

Perhaps the most important moment in model train history came in 1891, when Marklin Bros. and Company launched its set of model trains.

Not only was there a basic set of locomotives and tracks, but they also offered an almost unlimited range of accessories.

Today, the largest model railroad set in the world exists in Hamburg, Germany. It's not a model train set, but an entire miniature world that the train travels through, covering over 13,000 square feet.



The Vegan Diet

It may come as a surprise that World Vegan Day is November 1, especially if you do not know what a vegan is!

Vegans are people who do not eat meat, or eggs, or cheese, or honey, or anything at all that comes from an animal. They are the strictest vegetarians.

The word "vegan" (as opposed to vegetarian) was first used in 1944.

A small group of vegetarians, members of a British Vegetarian Society, were concerned about eating dairy in their diets.

They decided to form their own group and create their own word to describe themselves. While the words *dairyban*, *vitan*, *benevore*, *sanivore*, and *beaumangeur* were all suggested, they settled on *vegan*. They founded the British Vegan Society on November 1, 1944.

Health societies regard vegan diets as healthy, as long as they are not deficient in important nutrients such as vitamin B12, iron, and omega-3 fatty acids. Many doctors believe that vegan and vegetarian diets help lower the risk of heart disease, diabetes, and obesity.

The avoidance of eating meat started long ago in ancient India and Greece.

In 1850, the Reverend Sylvester Graham, the inventor of graham crackers, founded the American Vegetarian Society and promoted eating only vegetables.

The 18th-century philosopher Jeremy Bentham believed that animal suffering was just as serious as human suffering.

Vegans themselves have many reasons for choosing their lifestyle. For some it is a moral choice; others considered it a healthier diet than eating meat.

Let's hope that scientists never discover that plants and vegetables suffer when they are taken out of the ground.

What will we eat then?

November's Native Heritage



When the first Europeans settled in the New World, it may have been new to them, but it was already home to many diverse tribes of Native Americans.

November is Native American Heritage Month, a time when people celebrating Thanksgiving can remember how the native Wampanoag tribes shared their crops with the Pilgrims and taught them how to survive the winter.

These people gave everything without expecting anything in return.

November is an important time for many Native Americans across North America. As the weather begins to turn cold, this is a time to harvest remaining crops, store them, prepare for winter, and give thanks for nature's bounty.

The Zuni people of New Mexico perform their Shalako ritual at the end of November and beginning of December. This sacred drama involves wearing elaborate costumes and dancing through the night.

The Zuni give thanks for their harvest and pray for blessings throughout the next year. They ask for rain, the propagation of plants and animals, and good health for all. Performers reenact many important tribal myths, recite prayers, and enjoy a feast.

During these same weeks, the Hopi of Arizona perform their own sacred rituals known as Wuwichim and Soyal.

This time marks the beginning of the new year and symbolizes the creation of the world. Unlike the dancing of the Zuni, this is a time of quiet reflection, silence, and devout prayer.

Wuwuchim is also a tribal initiation ceremony for young men. They are taught major Hopi creation beliefs and given new adult names. Their childhood names are never used again.

There is much to give thanks for this month. In between eating turkey and watching football, remember to give thanks for food, family, health, and creation.

Football is born

The month of November has forever been associated with football. Many of football's most important moments were played in the month of November.

College football was born on November 6, 1869, when Rutgers University played Princeton.

The game at that time was very different from football today, and its rules were more like rugby. Rutgers won by a score of 6-4.

The first professional football game was played on November 12, 1892. The Allegheny Athletic Association football team defeated the Pittsburgh Athletic Club. Years later, it was discovered that a player for the Allegheny team, William Heffelfinger, was paid a sum of \$500.

This is the first payment ever made to a football player, and the expense report, called "pro football's birth certificate," now resides in the Pro Football Hall of Fame in Canton, Ohio.

The Pro Football Hall of Fame is the hall of fame of professional football in the United States with an emphasis on the National Football League (NFL). It opened in Canton, on September 7, 1963, with 17 charter inductees.



The first footballs were made of natural materials, such as an inflated pig bladder, sometimes inside a leather cover. This has given rise to the American slang-term, 'pigskin.'



Join us for the Community Thanksgiving Eve Service

The annual Community Thanksgiving Eve Worship service in Foundation Hall at Green Hills Retirement Community is November 23, at 6:30 p.m.

Local pastors and chaplains will conduct the service with the help of area musicians.

A freewill offering will go to West Liberty Cares, an emergency assistance fund for those who live in West Liberty-Salem School District.



Getting through the holidays: How to cope with loss

The holidays are soon upon us. This year might be different because one less person may not be around to join you. One of the best ways to cope with loss is to find support.

Green Hills Retirement Community has partnered with Senior Independence Hospice to offer support and guidance in getting through the holidays.

Join us at 4:30 p.m. Thursday, Nov. 10, in the Green Hills Chapel.

Andrew Gannon, Senior Independence chaplain, and Chelsey Gifford, a social worker with the agency leads the session.

Topics for include, "Help and Hope for the Holidays," and "Stages of Grief and Resources Available."

The session is free and open to the public. Please RSVP by calling Green Hills at 465-5065.



Time change in Fine & Dandy Wellness Clinic

With the change of time from Daylight Saving Time to Standard Time, the hours of the Fine & Dandy Wellness Clinic will also change.

A registered nurse will be in the clinic from 10 a.m. to noon on Monday, Wednesday and Friday. An aide will be in the clinic from 4 to 11 p.m. seven days a week.

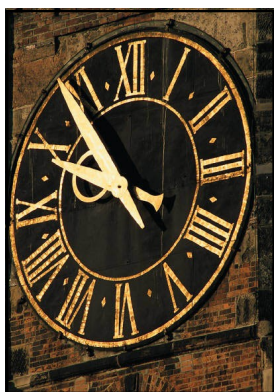
Do you have questions about the services from the clinic? You can give them a call at 650-2818 or (937) 479-0277. the Fine & Dandy Wellness Clinic at Green Hills is operated by Senior Independence Home Health & Hospice.

Clocks change at 2 a.m. November 6

It's time to "fall back" from Daylight Saving Time to Standard Time.

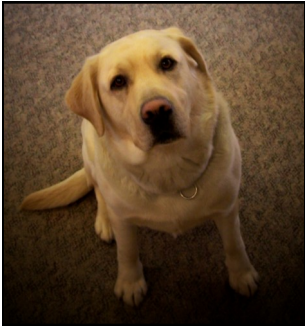
Most of the United States begins Daylight Saving Time at 2 a.m. on the second Sunday in March and reverts to standard time on the first Sunday in November. In the US., each time zone switches at a different time.

In Antarctica, there is no daylight in the winter and the months of 24-hour daylight in the summer. But many of the research stations there still observe Daylight Saving Time anyway, to synchronize with the supply stations in Chile or New Zealand.





Tanner Tales



Tanner
Director of
Pet Therapy

ROY ROGERS RIDERS CLUB RULES

1. Be neat and clean.
2. Be courteous and polite.
3. Always obey your parents.
4. Protect the weak and help them.
5. Be brave but never take chances.
6. Study hard and learn all you can.
7. Be kind to animals and take care of them.
8. Eat all your food and never waste any.
9. Love God and go to Sunday school regularly.
10. Always respect our flag and our country.

November 5 would have been the 100th birthday of famous singing cowboy - Roy Rogers.

Here's a little story about Roy. He was born Leonard Franklin Slye in 1911. He was called the "King of the Cowboys," and his wife, Dale Evans, was the "Queen of the West."

Roy, wearing a white Stetson hat and hand-tooled boots, appeared in over 100 movies, along with Dale, his horse Trigger, and his dog Bullet.

Roy was not always a cowboy. His father worked at a shoe factory in Ohio, and Roy dropped out of high school to follow in his father's footsteps.

Soon, though, the family traveled west to California, and the Great Depression followed them. Roy often played guitar to lift the spirits of those looking for work. He never put it down and soon found success in both music and the movies. A star was born.

In addition to movies, *The Roy Rogers Show* ran on radio for nine years before moving to television in 1951.

Happy Trails, Roy.



November Birthdays

Frances Brooks	Homes	3
Harold McGillivray	Homes	4
Donna Neeld	Apartments	4
Pat Zook	Center	4
Wanda Patton	Inn	7
Irma Clingerman	Apartments	9
Ruth Alloway	Apartments	11
George Daugherty	Inn	13
Sandra McCafferty	Center	14
Kenneth Henry	Center	15
Mary Edgington	Center	22
Terence Burton	Center	23
Gloria Schultz	Homes	23
Mary Woodruff	Center	23
Maxine Willoby	Inn	24
Meryl Mentzer	Center	26
Rosemary Merrick	Apartments	26
Carole Cunningham	Center	27
Jean Maxwell	Apartments	29
Dorothy Cost	Center	30
Charles Himes	Center	30

Happy Trails by Dale Evans Rogers

Happy trails to you, until we meet again.
 Happy trails to you, keep smilin' until then.
 Who cares about the clouds when we're together?
 Just sing a song and bring the sunny weather.
 Happy trails to you, 'till we meet again.

Some trails are happy ones,
 Others are blue.
 It's the way you ride the trail that counts,
 Here's a happy one for you.

Happy trails to you, until we meet again.
 Happy trails to you, keep smilin' until then.
 Who cares about the clouds when we're together?
 Just sing a song and bring the sunny weather.

Happy trails to you, until we meet again.