

# Arthur's Place Post

Normandy Care Center | 22709 Lake Rd. Rocky River, OH 44116 | (440) 333-5400 |



## Celebrating November

**Native American Heritage  
Month**

**Inspirational Role Models  
Month**

**Adopt a Turkey Month**

**Día de Los Muertos**  
*November 1*

**Diwali**  
*November 4*

**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.”

## Baking Club



**Tuesday November 2<sup>nd</sup>**  
Raspberry Tarts



**Tuesday November 9<sup>th</sup>**  
Perfect Pumpkin Latte



**Tuesday November 16<sup>th</sup>**  
Savory Stuffing Balls

## Arts & Crafts



**Thursday  
November 4<sup>th</sup>**

Walker and Wheelchair  
Decorating

**Thursday  
November 11<sup>th</sup>**

Coffee Filter Turkeys



**Thursday  
November 18<sup>th</sup>**

Button Cornucopia

**Tuesday  
November 23<sup>rd</sup>**

Pinecone Bird Feeder



GO TEAM

# Turkey Tailgate Party

Date: Thursday November 25, 2021

Time: 2:00 PM

Location: Main Dining Room

Gather up all your friends!  
With feathers, food, and football,  
The party never ends!



## Celebrating Native American Heritage in Ohio

Did you know the name “Ohio” is an Iroquoian word? It came from the Seneca name for the Ohio River, *Ohiyo*, which means “it is beautiful”. The Senecas were not the original inhabitant of Ohio, however. The native tribes of the Ohio valley were decimated by smallpox and other European disease before the Europeans had even met them, and Algonquian and Iroquoian tribes from neighboring regions moved into Ohio as European colonization forced them from their original homes. Only a few tribes who were living in Ohio before 1492 still survive today.

The original inhabitants of the area that is now Ohio included:

### The Erie Tribe

The Erie were an Iroquoian tribe of the northeastern woodlands, particularly Ohio, Pennsylvania, and New York state. They were relatives and allies of the Huron tribe. The Erie language was never well recorded, but was clearly an Iroquoian language similar to Huron and Seneca. The Eries no longer exist as a distinct tribe. After being defeated in a war with the Iroquois Confederacy, the surviving Eries merged into the Huron-Wyandot tribe, where most Erie descendants live today. Other Erie people were absorbed into the Seneca or other Iroquois tribes.

### The Kickapoo Tribe

The Kickapoo tribe was originally an offshoot of the Shawnee tribe but their language and customs had more in common with the neighboring Fox and Sauk. Fiercely resistant to European culture, the Kickapoo never assimilated, preferring to continue relocating further south from their original Michigan-Wisconsin-Illinois homeland. Today, 3,000 Kickapoo people live in three groups in the US – the Kickapoo tribes of Oklahoma, Kansas, and Texas – and one community in Coahuila, Mexico.

### The Shawnee Tribe

Originally from the Ohio-Pennsylvania area, the Shawnee tribe was migratory, with villages scattered from Illinois to New York state and as far south as Georgia. They were rounded up and sent to Oklahoma by the US government in the nineteenth century, where 14,000 Shawnee Indians still live today.

Other native nations who migrated into Ohio after Europeans arrived included:

The Delaware Nation/Tribe

The Miami Tribe

The Odawa Tribe

The Ohio Seneca Tribe (Mingo Confederacy)

The Wyandotte Nation

## November Birthdays

Jean Long – 11/6  
Lourdes Fuster-Rios – 11/7  
Bob Daugherty – 11/8  
Linda Mitchell – 11/8  
Anna Jent – 11/15  
Gayle Olbrysh – 11/20  
Sor Rios Pacheco – 11/23  
Sara Kay – 11/24  
JJ Sykes – 11/30



## Yellow Topaz Birthstone Meaning

Topaz, the birthstone for November, likely gets its name from the Red Sea’s Island of Topazios (now called Zabargad). Pure topaz is a colorless or “white” stone. However, it’s often tinged with other minerals to create shades of yellow, pink, orange, and blue. It’s most commonly found in shades of yellow—a shade Cleopatra was said to be especially fond of, since it reminded her of honey. The ancient Greeks associated topaz with strength. During the Renaissance, Europeans believed this was the stone to use to break a magic spell.



## Chrysanthemum Flower

Chrysanthemums—also called “tansies,” “mums,” or “chrysanth” —bloom in the fall, bringing extra cheer to colder climates when most flowers take a break. This hugely popular tropical flower, which comes in a range of sizes, gets its name from the Greek words *chrysos* (gold) and *anthemon* (flower). Its membership in the *compositae* or *Asteraceae* family puts it in the edible flower category along with daisies and sunflowers. They range in flavor from “peppery” to “cauliflower.”