

The River Bend

NOVEMBER 2014

INSIDE THIS ISSUE:

Calendar 2

Diabetes
Awareness 3

Thanksgiving
History 4

Thanksgiving
Recipes 5

Kid's Corner 6

Be Thankful

Be thankful that you don't already have everything you desire.

If you did, what would there be to look forward to?

Be thankful when you don't know something, for it gives you the opportunity to learn.

Be thankful for the difficult times.

During those times you grow.

Be thankful for your limitations,

because they give you opportunities for improvement. Be thankful for each new challenge,

because it will build your strength and character.

Be thankful for your mistakes.



They will teach you valuable lessons.

Be thankful when you're tired

and weary, because it means you've made a difference.

It's easy to be thankful for the good things.

A life of rich fulfillment comes to those who are also thankful for the setbacks.

Gratitude can turn a negative into a positive.

Find a way to be thankful for your troubles, and they can become your blessings.

~Author Unknown

Message from our Director...

Michael A. Bates

Diabetes a Family Killer:

I am emotionally moved that November is diabetes awareness month. I have a personal testimony with regards to losing my mother, aunts and uncles to diabetes. Diabetes has genetically destroyed many families. It can destroy body organs and skin tissues if not detected and treated early. My mother suffered many years with type 2 -diabetes and the pain associated with it. Today doctors, through the advancement of science, have improved insulin medicine and treatments which weren't

available to my mother 20 years ago. My mother always got a regular check-up. She became aware of the disease through her check-up.

She unfortunately was a double amputee which according to her doctor was the only medical option at that time to stop the spread of gangrene throughout her body. Things are much better today for individuals diagnosed with diabetes. I implore those of you with type I or type II diabetes to get your blood sugar checked regularly. If you

smoke-please think of quitting and if you're over weight – maybe it's time to start losing some.

Diabetes can be managed with proper care. It is a smart and happier person who takes their health seriously. Take the first step by getting annual check-ups. Attend free health fairs or clinics which offer free screening and often give good medical advice at zero cost. Remember the life you save – may be your very own.

November 2014

Sun Mon Tue Wed Thu Fri Sat

						1
2	3 <i>Rent Due</i>	4 <i>Bug Day</i> <i>Gallatin</i> <i>1,2,4,5b</i>	5	6	7	8
9	10 <i>10% Late Fee</i>	11 <i>Happy</i> <i>Veteran's Day</i> <i>OFFICE CLOSED</i>	12	13	14	15
16	17 <i>Bug Day</i> <i>Gallatin</i> <i>3,5a,14</i>	18 <i>Bug Day</i> <i>Gallatin</i> <i>11</i>	19	20	21	22
23	24 <i>Last Day to Pay</i>	25 <i>Bug Day</i> <i>Carthage and S.</i>	26	27 <i>Happy</i> <i>Thanksgiving</i> <i>Office Closed</i>	28 <i>Office Closed</i>	29
30						

Monthly newsletters are also available on line at www.gallatinha.com

***Please note bug day change for residents in 3, 5a, and 14**

November is Diabetes Awareness Month

More than 18.2 million people in the United States have diabetes. There are two main types of diabetes. Type 1 diabetes usually occurs during childhood or adolescence. Type 2 diabetes, which is the most common form of the disease, usually occurs in people who are 45 years of age or older. However, the rate of diagnosis of type 2 diabetes in children and adolescents is increasing.

Diabetes can go silently undetected for a long time without symptoms. Many people first become aware that they have diabetes when they develop one of its potentially life-threatening complications, such as heart disease, blindness or nerve disease.

Fortunately, diabetes can be managed with proper care.

Diabetes is a chronic (life-long) condition that can have serious consequences. However, with careful attention to your blood sugar control, lifestyle modifications and medications, you can manage your diabetes and may avoid many of the problems associated with the disease.

Diabetes is a disease in which the body does not produce or properly use insulin, a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes is a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

Warning Signs

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue
- Irritability
- Blurred vision
- Cuts or bruises that are slow to heal
- Tingling or numbness in the hands or feet
- Recurring skin, gum or bladder infections

Simple Steps to Lower Your Risk

- * Controlling weight gain, carrying around excess weight is the leading cause of type 2 diabetes
- * Get up, Get out, and get moving. Working your muscles more often and making them work harder improves their ability to use insulin and absorb glucose. This puts less stress on your insulin-making cells.
- * Tune up your diet, choose healthier and whole grain meal options. Skip the sugary drinks, and choose water, coffee, or tea instead. Limit red meat and avoid processed meat; choose nuts, whole grains, poultry, or fish instead.
- * If you smoke, stop. Smokers are 50% more likely to develop diabetes



Interesting History: Thanksgiving

You are probably well aware of the first Thanksgiving and how the Pilgrims and the Indians got together and gave thanks for the bountiful harvest. That was in 1621. However, the first Thanksgiving did not lead to a traditional holiday and certainly not to a national one since the nation didn't exactly exist. It did play a role, however, in what would come. Eventually Thanksgiving began being celebrated more and more as the country grew and people wanted to give thanks. A real American Thanksgiving was first celebrated by the entire country just after the Revolutionary War. But still, it was not a national holiday.

Then, when Abraham Lincoln was in office he declared the last Thursday of November Thanksgiving Day in 1863. That is when it finally became a national holiday. Every president since Lincoln has also declared Thanksgiving a national holiday.

In 1941 Congress set the national holiday of Thanksgiving on the fourth Thursday of every November. This reversed a decision by President Roosevelt to celebrate Thanksgiving on the third Thursday of November to give people more time to shop for Christmas.

Today, we all look forward to Thanksgiving and the beginning of the holiday season. We celebrate friends, family, and prosperity. Many families have different takes and traditions for Thanksgiving, but the overall theme is a family meal and giving thanks for all of life's blessings.

Now you know how Thanksgiving became a national holiday. Most people think after the Pilgrims first Thanksgiving they continued giving thanks in this fashion each and every year and the tradition spread and eventually became a national holiday. But, it didn't happen that way. It was many years after the first Thanksgiving that Lincoln declared a national holiday and then many years after that when it became permanently celebrated on the fourth Thursday of each November.

**Happy
Thanksgiving!**

Easy Thanksgiving Side Dishes

Mashed Sweet Potatoes

What you'll need

- ◆ 3 lbs sweet potatoes, peeled and cut into chunks
- ◆ 1/2 stick butter
- ◆ 1 banana, sliced
- ◆ 1 orange, zested and juiced
- ◆ 1/2 cup brown sugar
- ◆ 1/2 teaspoon nutmeg
- ◆ 1 cup of chicken stock



Boil potatoes until tender, drain and reserve. Return the pot to the stove top over medium heat. Add butter and bananas to the pot. Cook bananas 5 minutes and add the juice of 1 orange to the pot, reserve the zest. Allow the juice to cook out, 1 minute. Add potatoes to the pot and the stock and sugar. Mash potatoes, banana, stock and sugar together until well combined. Season with nutmeg, salt, pepper and orange zest, to your taste. Mash to combine spices and serve.

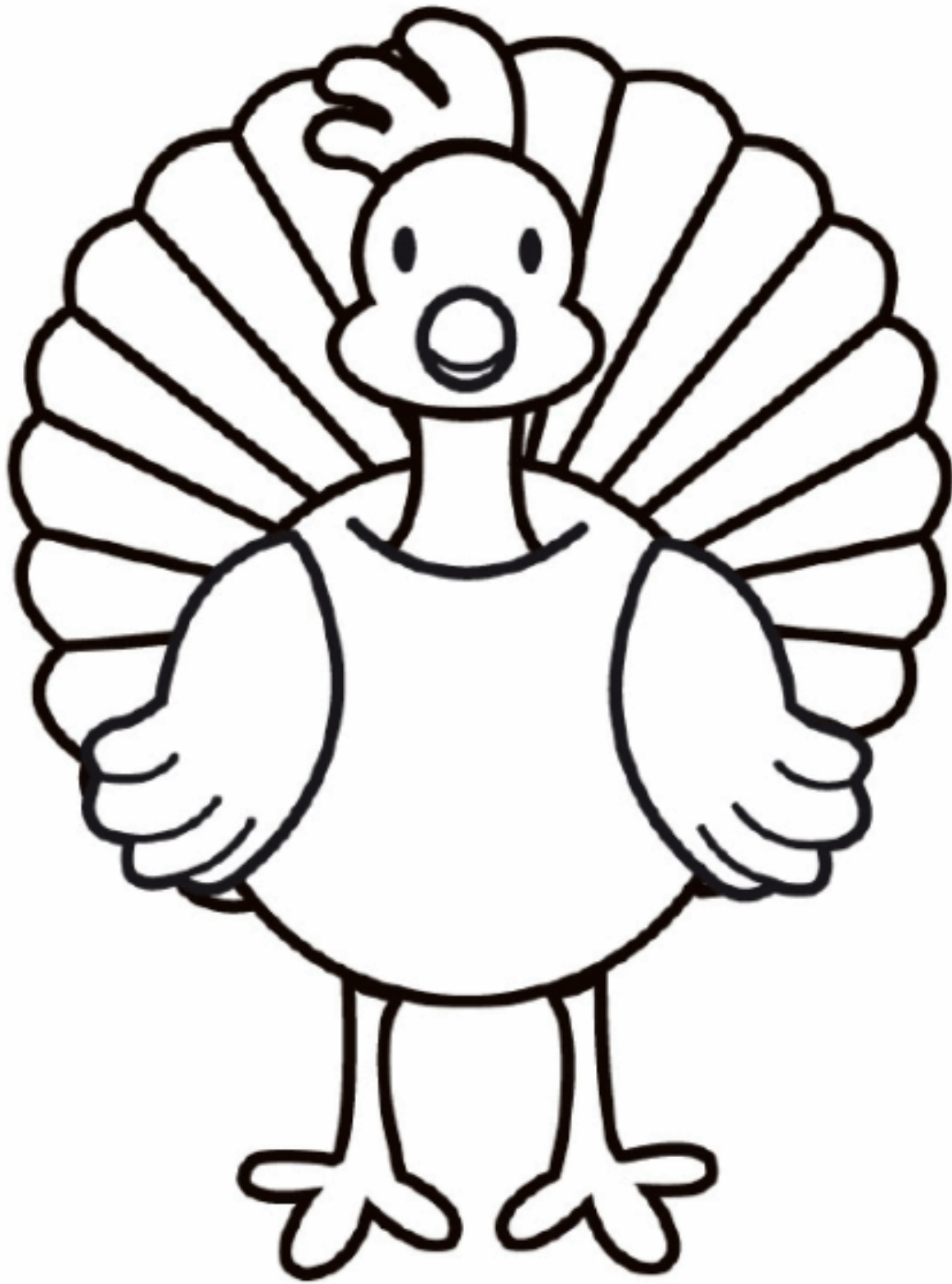
Baked Beans and Ham

What You'll Need

- ◆ 2 teaspoons canola oil
- ◆ 1 medium onion, diced
- ◆ 12 -ounces smoked Virginia ham, cut into 1/4-inch cubes
- ◆ 2 cloves garlic, minced
- ◆ Two 15-ounce cans navy beans (preferably low-sodium), drained and rinsed
- ◆ One 15-ounce can crushed tomatoes
- ◆ 1/2 cup water
- ◆ 1/4 cup unsulfured molasses
- ◆ 1 tablespoon Dijon mustard
- ◆ 1 tablespoon cider vinegar
- ◆ 1/2 teaspoon freshly ground black pepper



Heat the oil in a large skillet over medium-high heat. Add the onion and cook until softened and translucent, about 5 minutes. Add the ham and garlic and cook for an additional 3 minutes. Stir in the beans, crushed tomatoes, water, molasses, mustard, vinegar, and pepper. Bring to a boil, then reduce the heat to a simmer. Cover and cook until about half of the liquid is absorbed, 15 minutes.



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