


NEWS & KNOWLEDGE...
NEWS YOU CAN USE....
NOVEMBER, 2024



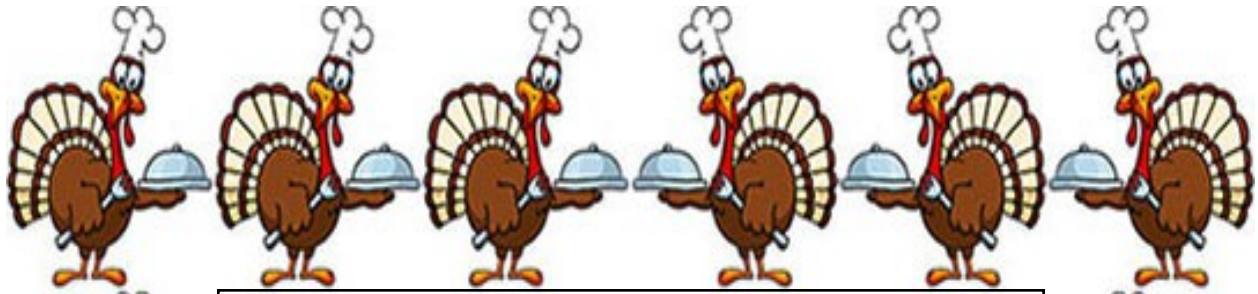
UPCOMING CONNECTIONS OUTINGS-NOVEMBER, 2024:

- Friday, November 1, 2024-Trip to Adventure House in Shelby, North Carolina (We will also meet members of Brighter House from Morganton, North Carolina there as well!).
- Sunday, November 3, 2024-Daylight Savings Time Ends-Please Set Your Clocks Back One Hour!
- Monday, November 4, 2024-Trip to the Catawba County Library.
- Thursday, November 7, 2024-Bingo, Baby!, at the Clubhouse!
- Friday, November 8, 2024-Unit Grocery/Supply Shopping at the Walmart Neighborhood Market (Subject to Change).
- Saturday, November 9, 2024-Shopping at Ollie's, Thrift Stores, and Out to Eat (Please Bring Money!).
- Monday, November 11, 2024-Veteran's Day/Trip to the Catawba County Library.
- Tuesday, November 12, 2024-Life Celebration for Lisa C. at the Clubhouse.
- Thursday, November 14, 2024-Bowling at the Pin Station.
- Friday, November 15, 2024-Unit Grocery/Supply Shopping at the Walmart Neighborhood Market (Subject to Change).
- Monday, November 18, 2024-Trip to the Catawba County Library.
- Friday, November 22, 2024-Annual Employee Appreciation Dinner at Four Peas in a Pod.
- Saturday, November 23, 2024-YMCA Turkey Trot 5K.
- Monday, November 25, 2024-Trip to the Catawba County Library.
- Thursday, November 28, 2024-Thanskgiving Day-Social Outing-Clubhouse Food Pantry (Please Sign up to Attend!).
- Thursday, November 29, 2024-Social Outing-Clubhouse Food Pantry (Please Sign up to Attend!).



Facts about Veterans Day:
(From: www.history.com, written by various editors):

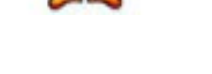
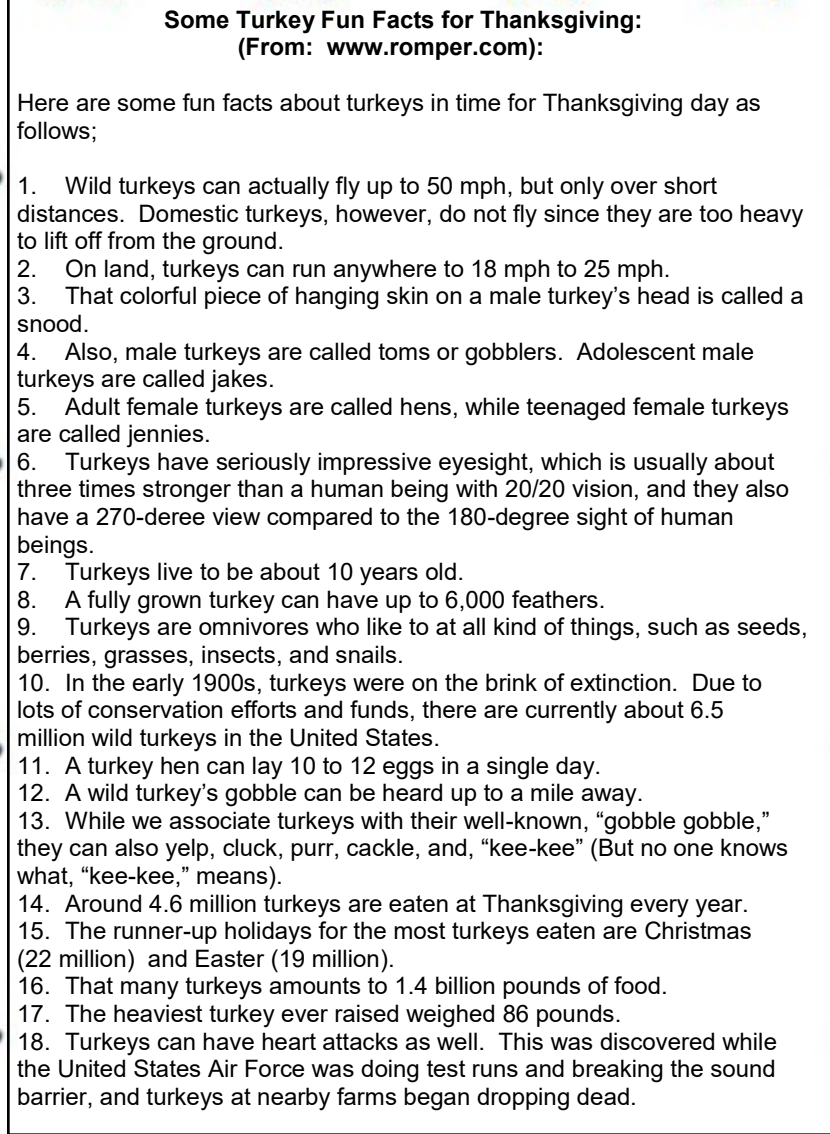
Veterans Day started out as, “Armistice Day,” on November 11, 1919, which marked the first anniversary of the end of World War I. In 1926, Congress passed a resolution for the annual observance of Veterans Day. In 1938, November 11th became a nationally observed holiday. Unlike Memorial Day, which pays tribute to military members killed while in service of their country, Veterans Day honors all American veterans-Both living veterans and deceased veterans. Americans give a special thanks to living veterans who served their country honorably during war or peacetime. Veterans Day occurs on November 11th yearly in the United States in honor of the, “eleventh hour of the eleventh day of the eleventh month,” in 1918, which marked the end of World War I, which became known as Armistice Day, later known as Veterans Day. In 1954, President Dwight D. Eisenhower changed the name of Armistice Day to Veterans Day. In 1968, Congress passed the Uniform Holidays Bill, which moved the celebration of Veterans Day to the fourth Monday in October. This law went into effect in 1971. However, President Gerald Ford returned the celebration of Veterans Day to November 11th, due to the very important historical significance of this date. Veterans Day honors veterans of all wars. The countries of Great Britain, France, Australia, Canada also honor the veterans of World War I and World Way II on or near November 11th. Canada has Remembrance Day, while Great Britain has Remembrance Sunday (The second Sunday of November). In Europe, Great Britain and the Commonwealth countries also observe two minutes of silence at 11:00 a.m. every November 11th. On every Veterans Day and Memorial Day, Arlington National Cemetery holds an annual memorial service. Arlington National Cemetery has over 400,000 people buried there and most of those people served in the American military. The military men and women who serve and protect the United States come from various backgrounds. These people are parents, children, grandparents, friends, neighbors, and coworkers and they are also a very important part of their communities. During the 2022 midterm elections, 21% (Around a fifth of people) who sought political office in 2022, such as the United States Senate, the United States or governor, claimed some type of military service in their backgrounds. 10% of living veterans are women. 5.9 million veterans served during the Vietnam War, while 7.8 million veterans served in the Gulf War era. 933,000 veterans served during the Korean War. As of 2023, about 119,550 veterans who served in World War II were still alive out of 16 million Americans who fought in World War II. In 2023, the three states with the highest percentage of veterans living there included Alaska, Virginia, and Wyoming.



**Some Turkey Fun Facts for Thanksgiving:
(From: www.romper.com):**

Here are some fun facts about turkeys in time for Thanksgiving day as follows;

1. Wild turkeys can actually fly up to 50 mph, but only over short distances. Domestic turkeys, however, do not fly since they are too heavy to lift off from the ground.
2. On land, turkeys can run anywhere to 18 mph to 25 mph.
3. That colorful piece of hanging skin on a male turkey's head is called a snood.
4. Also, male turkeys are called toms or gobblers. Adolescent male turkeys are called jakes.
5. Adult female turkeys are called hens, while teenaged female turkeys are called jennies.
6. Turkeys have seriously impressive eyesight, which is usually about three times stronger than a human being with 20/20 vision, and they also have a 270-degree view compared to the 180-degree sight of human beings.
7. Turkeys live to be about 10 years old.
8. A fully grown turkey can have up to 6,000 feathers.
9. Turkeys are omnivores who like to eat all kinds of things, such as seeds, berries, grasses, insects, and snails.
10. In the early 1900s, turkeys were on the brink of extinction. Due to lots of conservation efforts and funds, there are currently about 6.5 million wild turkeys in the United States.
11. A turkey hen can lay 10 to 12 eggs in a single day.
12. A wild turkey's gobble can be heard up to a mile away.
13. While we associate turkeys with their well-known, "gobble gobble," they can also yelp, cluck, purr, cackle, and, "kee-kee" (But no one knows what, "kee-kee," means).
14. Around 4.6 million turkeys are eaten at Thanksgiving every year.
15. The runner-up holidays for the most turkeys eaten are Christmas (22 million) and Easter (19 million).
16. That many turkeys amounts to 1.4 billion pounds of food.
17. The heaviest turkey ever raised weighed 86 pounds.
18. Turkeys can have heart attacks as well. This was discovered while the United States Air Force was doing test runs and breaking the sound barrier, and turkeys at nearby farms began dropping dead.





20 Fun Thanksgiving Facts to Make You the Dinner Table Hero:
(From: www.protocol80.com):

During Thanksgiving, family behave in various ways. Some families get along fine with each other, while other families have disagreements, awkward moments, and weird relatives saying weird things to other family members. Here are 20 fun facts about Thanksgiving that will help you to break the ice with family members, as well as make you the Dinner Table Hero as follows: The underlined sentences indicate the sources of the facts.

1. A turkey miscalculation resulted in the first TV dinner-Smithsonian.
2. Thanksgiving Eve is the biggest drinking and pizza night of the year-Chicago Business.
3. There is a Butterball Turkey Hotline for all of your turkey questions and concerns-Butterball.
4. Alcatraz Prison holds an annual, “Unthanksgiving Day”-KQED .
5. Abraham Lincoln was the first president to proclaim Thanksgiving a national holiday-Abe Lincoln Online.
6. Cranberries were the original Superfood-National Geographic.
7. Sometimes, presidents pardon turkeys-White House History.
8. Sarah Hale is a Thanksgiving hero (And she wrote, ‘Mary Had a Little Lamb’)-History.
9. Baby turkeys are called poult. Reference.com.
10. Turkeys have heart attacks, but scientists are not sure why-Merck Manuals.
11. Benjamin Franklin really loved turkeys-Library of Congress.
12. Turkeys can run up to 25 mph-Reference.com.
13. 50% of people put stuffing inside the turkey, although professional chefs advise against it-Alton Brown.
14. Cranberries were originally called crane berries-NY Times.
15. Only male turkeys gobble. Female turkeys cackle-NWTF (The National Turkey Foundation).
16. American spend \$1.05 billion on Thanksgiving turkeys. For perspective, one billion dollars could buy a round-trip ticket to the moon, an NFL team, or a private island-Yahoo Finance.
17. Modern turkey breasts are so large that the birds can’t breed naturally-Grist.
18. Arnold Schwarzenegger once eloquently said, “I love Thanksgiving. It’s the only time in Los Angeles that you see natural breasts.”
19. The largest turkey on record weighed 86 pounds (About the size of a 12-year-old)-Foodie.
20. Most people think you gain five to ten pounds over Thanksgiving, but the average person only gains one pound-Mental Floss.



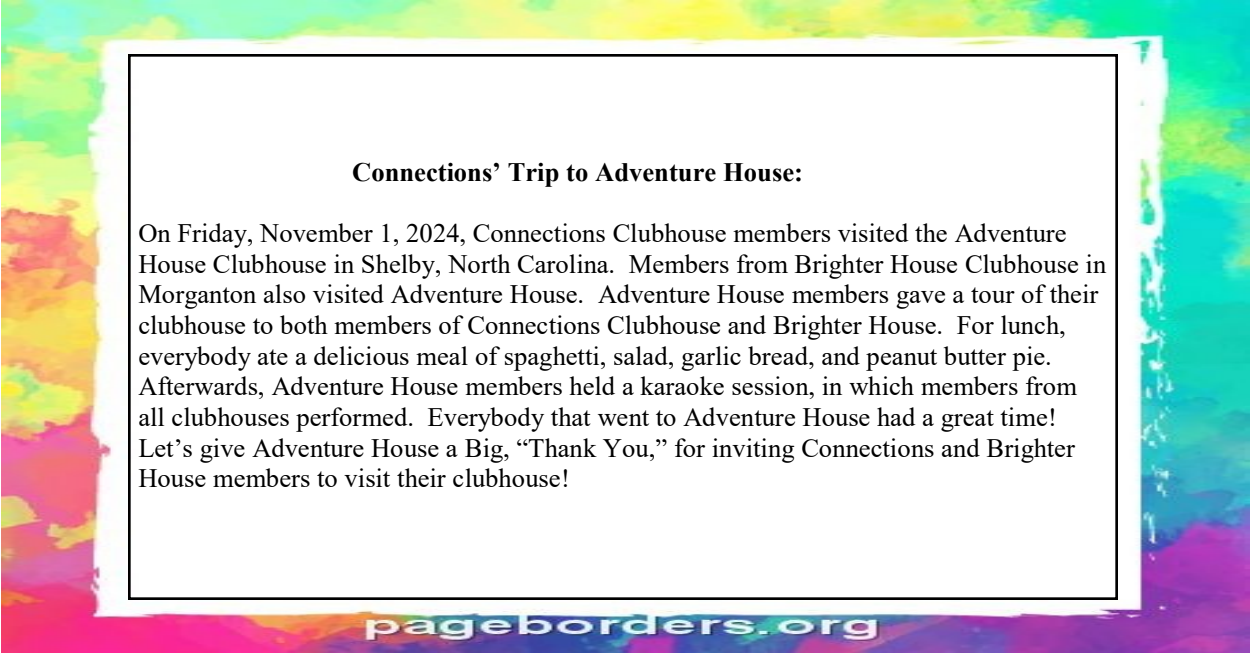
**Unusual Holidays in November, 2024:
(From: www.timeanddate.com):**

Friday, November 1, 2024-Author's Day.
Saturday, November 2, 2024-Deviled Eggs day.
Sunday, November 3, 2024-Zero Tasking Day.
Monday, November 4, 2024-Common Sense Day.
Wednesday, November 6, 2024-Saxophone Day.
Thursday, November 7, 2024-Men Make Dinner Day/International Stout Day/Bittersweet Chocolate with Almonds Day.
Friday, November 8, 2024-Tongue Twister Day.
Saturday, November 9, 2024-Chaos Never Dies Day.
Sunday, November 10, 2024-Foget Me Not Day.
Monday, November 11, 2024-Veteran's Day/Origami Day.
Tuesday, November 12, 2024-Happy Hour Day.
Wednesday, November 13, 2024-World Kindness Day/Sadie Hawkins Day.
Thursday, November 14, 2024-Spicy Guacamole Day/Pickle Day.
Friday, November 15, 2024-Clena Out Your Refrigerator Day.
Saturday, November 16, 2024-Fast Food Day.
Sunday, November 17, 2024-Take a Hike Day.
Monday, November 18, 2024-Push Button Phone Day.
Wednesday, November 20, 2024-National Absurdity Day.
Thursday, November 21, 2024-Use Less Stuff day/World Hello Day.
Friday, November 22, 2024-Go for a Ride Day/Buy Nothing Day.
Saturday, November 23, 2024-Fibonacci Day.
Sunday, November 25, 2024-Celebrate Your Unique Talent Day.
Monday, November 25, 2024-Shopping Reminder Day.
Tuesday, November 26, 2024-Cake Day.
Thursday, November 28, 2024-Thanksgiving Day/Red Planet Day.
Friday, November 29, 2024-Electronic Greeting Card Day.
Saturday, November 30, 2024-Computer Security Day.



How Thanksgiving Became a National Holiday:
(From: <https://civicsforlife.org>):

Even though American people believe that the first Thanksgiving happened with the Pilgrims and the Wampanoag people in 1621, that is not the case. The Pilgrims and the Wampanoag people actually celebrated a good harvest in Plymouth, Massachusetts. While they had food and a sense of gratitude, the Pilgrims and the Wampanoag people did not call their celebration, “Thanksgiving,” and they did not plan on making the celebration a yearly tradition. Over time, other colonies held similar celebrations to mark the end of a tough season, to mark a good harvest, and, even the end of war. But the United States did not have an officially recognized holiday for Thanksgiving. In the 1840s, a writer and editor named Sarah Josepha Hale, who also wrote the classic nursery rhyme, “Mary Had a Little Lamb,” started lobbying the idea for an officially recognized Thanksgiving holiday. She felt that having an annual day of gratitude would bring together a divided United States. Hale wrote letters to governors, state representatives, and, even, wrote letters to five different presidents. She also appealed to the American people through her magazine editorials for making Thanksgiving a national holiday to celebrate family, faith, and community values. In 1863, during the height of the American Civil War, President Abraham Lincoln finally responded to Sarah Josepha Hale’s appeal for a Thanksgiving holiday. In October 1863, Lincoln issued a proclamation to establish a nationwide Thanksgiving holiday on the last Thursday of November. He hoped that a national day of gratitude would give Americans a sense of comfort and unity during the turbulence of the American Civil War. This marked the first time the United States had an official Thanksgiving holiday. While individual states observed Thanksgiving differently, Lincoln’s proclamation set the tradition of thanksgiving, and, over time, most of United States celebrated Thanksgiving on the last Thursday of November. In 1939, President Franklin Delano Roosevelt moved the observation of Thanksgiving to the second last Thursday in November to help give shoppers more time between Thanksgiving and Christmas. But not everyone was happy with that idea. Some states followed the new date, while other states celebrated Thanksgiving on the original date. This situation left the United States divided on when to celebrate Thanksgiving. In 1941, Congress passed a law making Thanksgiving an official holiday on the fourth Thursday of November, where it remains to this date. This compromise kept the Thanksgiving holiday to close to the end of November, while giving people consistency. Thanks to the persistence of Sarah Josepha Hale, the proclamation made by President Abraham Lincoln, and the date shift made by President Franklin Delano Roosevelt, the United States has a Thanksgiving holiday celebrated all throughout the nation. Thanksgiving gives people a break the daily routine of life, appreciate family and friends, along with the blessings of life, and a day for people to share a special meal together. Thanksgiving serves as a reminder that, even in the toughest of times, there’s always a reason to be thankful!



Connections' Trip to Adventure House:

On Friday, November 1, 2024, Connections Clubhouse members visited the Adventure House Clubhouse in Shelby, North Carolina. Members from Brighter House Clubhouse in Morganton also visited Adventure House. Adventure House members gave a tour of their clubhouse to both members of Connections Clubhouse and Brighter House. For lunch, everybody ate a delicious meal of spaghetti, salad, garlic bread, and peanut butter pie. Afterwards, Adventure House members held a karaoke session, in which members from all clubhouses performed. Everybody that went to Adventure House had a great time! Let's give Adventure House a Big, "Thank You," for inviting Connections and Brighter House members to visit their clubhouse!

pageborders.org



Memorial for Lisa:

On Tuesday, November 12, 2024, Connections held a memorial service for Lisa, who died recently. Connections members attended the memorial. Lisa's sister, Claire, and Claire's husband, Larry, also attended Lisa's memorial service as well. Both Connections members and Lisa's family shared their favorite memories of Lisa, such as her love for doing puzzles and her wishing to have beer with her clams at a Hooter's Restaurant in Atlanta, Georgia when Connections members took a trip there years ago. People also recalled Lisa's friendly personality as well. Claire and Larry received the memorial book that Connections members compiled for Lisa's family. Paula Townsend read a very touching, beautiful poem that she wrote in memory of Lisa. Light refreshments were served at the memorial as well. The memorial was very beautiful and tastefully done.



GIVE THANKS IN ALL THINGS!

**Clubhouse Housing Supports:
(From: www.clubhouse-intl.org):**

"If you look at life and the way other people view you, where you live is always front and center. The first two questions on any application are your name and, then, your address. So, in essence, your address is a big part of your identity." (Ruas, Dee, "Having an Address: The Importance of Clubhouse Housing").

"The Clubhouse is committed to securing a range of choices of safe, decent, and affordable housing for all members." (Standard 28). This statement is reminiscent of references in the Declaration of Independence to, "life, liberty, and [the] pursuit of happiness." These are fundamental aspects of human existence that all people recognize and desire. Similarly, all people want a home, a place of their own, reflective of their identity, about which they have choice, privacy, and autonomy. Psychiatric hospitals are the opposite, and, when their illness is acute, people with mental illness sometimes do find themselves having to live with little privacy, choice, or autonomy. But when people leave hospitals, they want to go to a real home and not just a restrictive version of the hospital. The challenge for Clubhouses is that much of the housing that is affordable for people with mental illness is not safe, or if safe, not decent-In other words, not a home. How Clubhouses assist members to find housing that they can truly call, "home," is different for different Clubhouse communities. Some Clubhouses operate their own housing program, while other Clubhouses assist members in utilizing available housing in the local community. There are, however, values, benchmarks, policies, practices, and goals that, according to this Standard, should apply to all approaches. Fundamental to any approach, as in other aspects of Clubhouse life, are relationships. Many members can benefit from assistance that must flow from genuine side-by-side Clubhouse relationships. When these relationships exist, the person needing assistance sees the members and staff who are offering assistance not as intruders, but as allies in helping build a better life. When strong Clubhouse relationships are in place, the key is not enforcement of rules and regulations, but mutual trust. First, to optimally assist all members with finding and keeping good housing, the Clubhouse community must be a place where housing is an obvious and visible concern, just as are employment and education. Making housing a vital and ongoing topic might include:

- Encouraging the sharing of information by members about their housing through discussions and presentations at Clubhouse meetings and informal conversation.
- Incorporating housing into recordkeeping on member goals.
- Written Clubhouse survey for members to complete, showing the nature of their housing, as well as satisfaction and problems.
- Photographs and other visual displays of members' housing at the Clubhouse.
- Encouraging Clubhouse visits to places where members live while maintaining privacy rights.
- Have housing as an item on Work-Ordered Day task lists so that it becomes a regularly discussed topic, much like reaching reach out, employment, or other daily unit tasks.
- Maintain statistics on the types of housing that members have.

Secondly, Clubhouses must facilitate access to safe, decent, and affordable housing opportunities, either through housing resources in the local community or by operating a housing program. This includes:

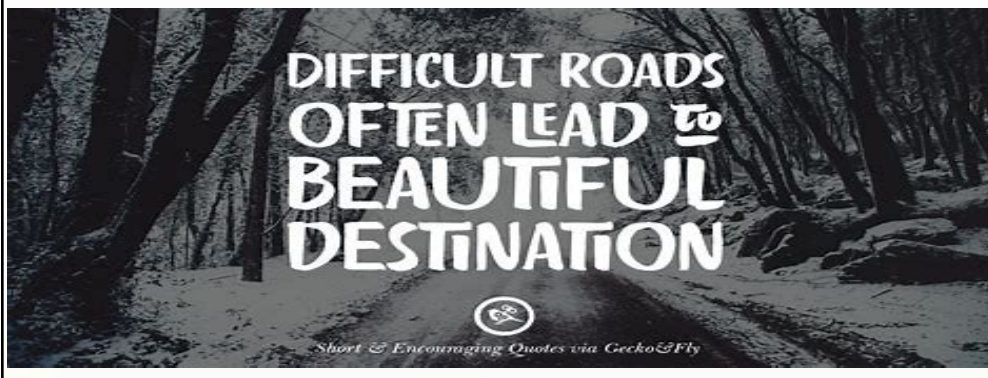
- Acquiring information about housing opportunities by visiting private landlords, real estate agents, and government housing officials and seeing the housing offered.

- Acquiring information about housing opportunities by visiting private landlords, real estate agents, and government housing officials and seeing the housing offered.
- Arranging visits and presentations by housing providers at the Clubhouse.
- Lobbying and advocating with government officials for subsidies and funding arrangements enabling members to obtain housing that offers privacy and independence, along with the availability of Clubhouse supports.
- Researching availability of land and related information in order to assess building apartments.
- Through relationships with housing providers or the management of Clubhouse housing, establishing conditions that maximize both the autonomy of members in their homes and, also, the availability of Clubhouse supports.
- Assess whether or not there are truly housing opportunities available through other community agencies that give members the level of autonomy and dignity that are articulated in our Standards. If there are not, it is incumbent upon the Clubhouse to establish its own housing program.

Thirdly, Clubhouse must provide supports that assist members in managing and utilizing their housing for personal fulfillment. This involves.

- Incorporating housing services into a Clubhouse unit so that members and staff work together to provide these services and members are involved in helping each other.
- Providing services relevant to housing such as completing housing applications, budgeting assistance, transportation to grocery stores, and help with moving.
- Providing assistance in the furnishing and upkeep of apartments, including advocating with landlords and housing providers for help with the maintenance of appliances.
- Familiarizing members with resources in the nearby community, such as stores, laundry facilities, and recreational facilities.
- Providing cooperative assistance within members; homes, as needed, on matters such as cleaning and food preparation.

The fact that an individual's personal identity is reflective of where a person lives indicates much about stigma. People who are homeless with no place to live can be passed by as virtual non-persons. Adults with mental illness who are placed in group housing situations tend to be seen merely as one of a group, and the group is defined by the illness. By contrast, enabling Clubhouse members to have what everybody recognizes as a home can invite their individuality to shine.





A Few Thanksgiving Jokes:
(From: www.parade.com, written Kelsey Pelzer):

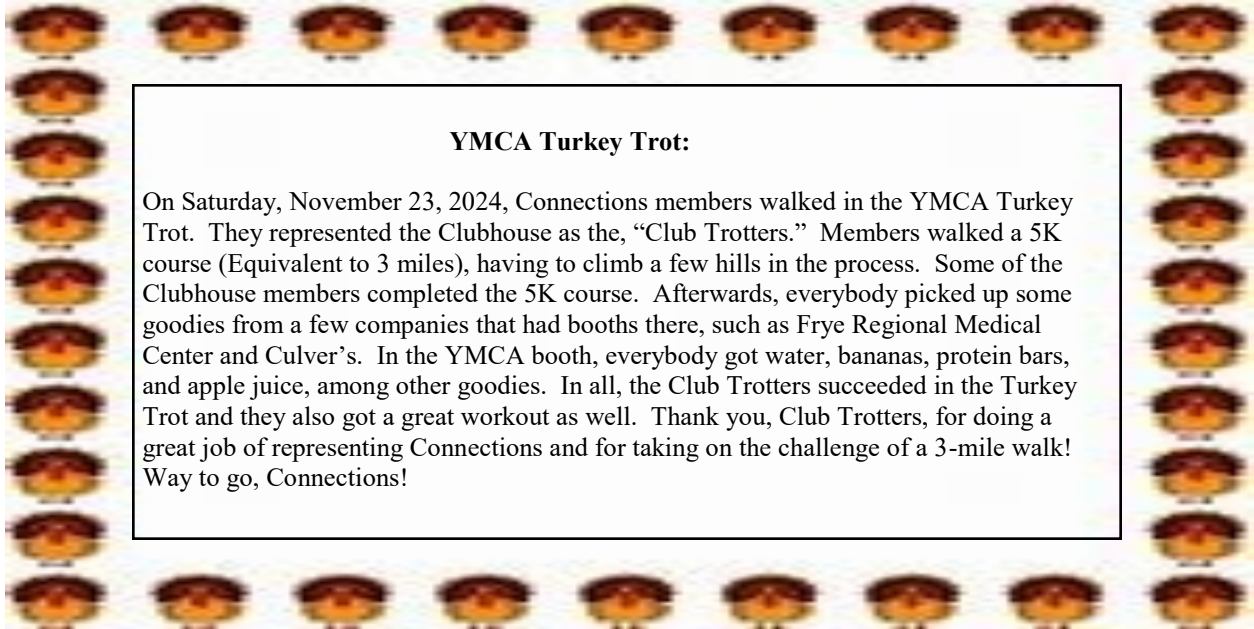
- What was the turkey suspected of? Fowl play!
- How did the salt and pepper welcome all the guests? By saying, "Seasoning's greetings!"
- What's a potato's favorite game to play? MASH!
- What's a running turkey called? Fast food!
- Why did the turkey bring a microphone to dinner? Because he was ready for a roast!
- What's a turkey's favorite dessert? Apple gobbler!
- Why was the turkey asked to join a band? Because he could bring his own drumsticks!
- What did the turkey say when he had a headache? "Google, Google!"
- What's the forecast for Thanksgiving, regardless of what the meteorologist says? Sweater weather!
- How do you incorporate some hip-hop into your family's gathering? Bring some Salt-N-Pepa!
- What should you say when your family begs to stop making these jokes? "I can't quit cold turkey!"





If you need help in stopping smoking, you can contact the QuitlineNC Program (Website address: <https://quitlinenc.dph.ncdhhs.gov>). QuitlineNC helps smokers by providing free smoking cessation services to smokers from commercial tobacco use. The QuitlineNC website defines commercial tobacco as any tobacco products offered for sale, excluding sacred and traditional ceremonies, held by many American Indian tribes and communities. You can go to the website address as listed above to enroll online or text, "Ready," to 34191. You can also call 1-800-QUIT-NOW(1-800-784-8669). To help teenagers with vaping, you can text, "VAPERFREENC," to 873373. Support from QuitlineNC is available 24 hours, 7 days a week. The service is free and it is nonjudgmental.

PARTNERS CRISIS LINE: If you are experiencing a non-medical mental health emergency, you can call the Partners Crisis Line at 1-833-353-2093. They are available 7 days a week and 24 hours per day. If you are experiencing a medical emergency, please call 911 or go to your local emergency room. Also, Catawba Valley Healthcare has crisis support and mobile crisis response services available 24 hours, 7 days a week. The Catawba Valley Health crisis support/mobile crisis response services number is (828) 695-2511.



YMCA Turkey Trot:

On Saturday, November 23, 2024, Connections members walked in the YMCA Turkey Trot. They represented the Clubhouse as the, "Club Trotters." Members walked a 5K course (Equivalent to 3 miles), having to climb a few hills in the process. Some of the Clubhouse members completed the 5K course. Afterwards, everybody picked up some goodies from a few companies that had booths there, such as Frye Regional Medical Center and Culver's. In the YMCA booth, everybody got water, bananas, protein bars, and apple juice, among other goodies. In all, the Club Trotters succeeded in the Turkey Trot and they also got a great workout as well. Thank you, Club Trotters, for doing a great job of representing Connections and for taking on the challenge of a 3-mile walk! Way to go, Connections!

