

# Riverside

## Nursing and Rehabilitation Center, LLC

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### Our Leadership Team

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### Self-Care Corner: Swap 'Sorry' for 'Thank You'

Sincere apologies are important for good relationships and communication. But saying "I'm sorry" too often, especially when there's really nothing to apologize for, can do more harm than good. Chronic over-apologizers may begin to feel guilty all the time and appear less confident to others. Furthermore, unnecessary apologies usually don't make either party feel better. Psychologists recommend saying "thank you" instead—for example, rather than "Sorry I'm late!" or "Sorry for talking your ear off," say "Thank you for waiting" or "Thanks for being such a good listener." These expressions of gratitude create positive feelings during an interaction while giving more meaning to honest apologies.

### Odd Socks Sure Rock

Celebrate your uniqueness with Odd Socks Day on Nov. 13. Whether hidden inside your shoe or on display loud and proud, throw on the silliest socks you have and feel the freedom they provide.

### November 2023



### Thanksgiving Walk

Feeling stuffed after the feast is part of what Thanksgiving is all about! But before you settle on the couch to watch football or take a nap, go for a quick walk. Even a stroll as short as 15 minutes will regulate blood sugar levels and help you digest that heavy meal. And the healthy group activity provides more opportunities to bond—it could be your new holiday tradition!

### Perfect Pillows

Throw pillows are most often 16- to 22-inch squares that add a decorative touch to any couch or chair. An easy way to stay on trend is to refresh the pillowcases in your living space. Keep multiple pillow covers on hand so you can swap them out at your leisure, whether seasonally, for holidays or simply for a change of scenery.



## America's Trees

Trees are an important part of our ecosystem—they absorb carbon dioxide, release oxygen, filter groundwater, provide cool shade in the summer and put on a colorful show in the autumn. The United States is home to hundreds of native trees, with branches full of fun facts!

- The most common tree in North America is the red maple. Praised for its yellow and red leaves in the fall and similarly colored flowers in the winter, this hardy tree is found in both urban and rural areas.
- After a nationwide vote in 2004, the oak tree was declared America's national tree! The oak's nuts, better known as acorns, are enjoyed by many animals, such as badgers, squirrels, mice and opossums.
- Loblolly pines are mostly found in lowlands and swamps. Important to the American economy, they are often used to make paper, mulch and lumber.
- The soft, short needles of the Douglas fir adorn the tree year-round. This beloved evergreen is traditionally brought indoors and decorated in December.
- Several states—including New York, West Virginia, Wisconsin and Vermont—claim the sugar maple as their official tree.



## Military-Inspired Fashion

It may come as no surprise that many military fashions easily became everyday wear. Clothes that were manufactured to be functional, durable and fuss-free—who wouldn't want that? Check out some fashions that were first worn by our brave service members.

*Aviator sunglasses.* This iconic pilot-inspired accessory was intentional in its look. The large teardrop-shaped lenses completely cover and protect eyes from debris and glaring light, and the lightweight metal frames are comfortable even when worn under headgear.

*Overcoats.* The varieties of coats and jackets that stem from military fashion are many, including trenchcoats, peacoats and snorkel parkas. However, one of the most popular is the bomber or flight jacket, which first came about in 1917. These coats kept World War I pilots warm as they flew in uninsulated, open-air cockpits.

*Chino pants.* These dress pants were worn by the U.S. Army during the Spanish-American War in the 1890s. Stylish yet comfortable, they are often worn at weddings, in the office or as part of a school uniform.

## Memorable Mustaches

Scruffy faces are front and center this month as millions of people take part in No-Shave November and Movember ("Mustache November"), observances that shine a spotlight on men's health. But lots of famous folks are known for rocking a mustache all year long—and looking good while doing it!

*Leading men.* Many of Hollywood's dreamboats have worn a mustache, from Clark Gable's debonair pencil 'stache to the bushier styles of Burt Reynolds and Tom Selleck.

*Quirky characters.* A mustache enhanced these actors' performances: Sam Elliott offered wisdom with his white whiskers in countless Westerns; Ted Lange of "Love Boat" flashed a broad grin bordered by a handlebar mustache; and Nick Offerman smirked behind his bristles as government employee Ron Swanson in "Parks and Recreation."

*Funny fellas.* Though painted on, the mustache of Groucho Marx is so famous that a fake plastic version (attached to glasses) has been sold for decades. Can you picture '70s icons Richard Pryor or Freddie Prinze Sr. without their signature mustaches? One of the most successful comedians of all time, Eddie Murphy, has sported a smooth 'stache since the 1980s.





## Spice Up Your Life

Spices add great flavor and color to recipes, but they can also be beneficial to your well-being. Rack up the benefits by eating foods seasoned with these healthy flavors:

*Cinnamon.* This common spice is a great way to add sweetness to a recipe without raising blood sugar. In fact, studies show that it can do the opposite, lowering blood sugar levels and cholesterol.

*Ginger.* Struggling with tummy troubles? Ginger is able to calm an upset stomach.

*Garlic.* Doctors often suggest a Mediterranean diet for those with heart issues. One reason for this is that garlic is a key ingredient in this type of cuisine. The plant improves circulation, lowers blood pressure and reduces cholesterol.

*Turmeric.* Not only is the color of this spice gold, but so are its health benefits! This Indian curry seasoning contains strong anti-inflammatory properties and many powerful antioxidants. It can improve brain function and relieve arthritis.

## Stay Healthy This Season

A tickle in your throat, a congested nose or aches and pains are all signs of a respiratory illness. Keep these tips in mind to continue feeling fresh and spry this season.

Leading a healthy lifestyle is a great way to stop any sickness from taking hold. Drink plenty of water, stay active, sleep around seven hours a night and eat a balanced diet rich in vitamins and minerals.

Many respiratory illnesses are acquired by touching contaminated surfaces or coming into contact with someone who's sick. The biggest tip to stay germ-free is to wash your hands. Use soap and warm

water, scrubbing for at least 20 seconds. If you don't have access to a sink, hand sanitizer is a good alternative. Additionally, try to keep your hands away from your face, as touching your eyes, mouth or nose will allow germs to enter your system more easily.

Vaccinations for many respiratory illnesses are available, and wearing a mask can help contain bacteria transmission. Most importantly, stay home if you feel ill.



## Wit & Wisdom

"I don't spend time wondering what might be next; I just focus on trying to savor every day."

—Trisha Yearwood

"Savor the moments that are warm and special and giggly."

—Sammy Davis Jr.

"Turn the preparing of food into a communal affair ... When the cooking is finished, eat together 'round the table with the electronic gadgets switched off so you can savor the food and let the conversation flow."

—Carl Honoré

"Sometimes we need the salt of tears to remind us how to savor the sweetness of life."

—Lysa TerKeurst

"Photography is about savoring life at 1/100th of a second."

—Marc Riboud

"Savor the day and be good to yourself, love yourself, and then you can be good to others and be of service to others."

—Charlotte Rae

"One can never truly savor success until first tasting adversity."

—Ralph Waldo Emerson

"The bonds we create in the household are the most important and lasting. Savor them; they're sacred."

—Rainn Wilson



## Memorable Memoirs

Have you ever considered writing down your life story? Since National Memoir Writing Month is in November, take inspiration from these popular autobiographical works:

| <b>Year</b> | <b>Memoir</b>                     | <b>Author</b>        |
|-------------|-----------------------------------|----------------------|
| 1956        | "Night"                           | Elie Wiesel          |
| 1964        | "A Moveable Feast"                | Ernest Hemingway     |
| 1969        | "I Know Why the Caged Bird Sings" | Maya Angelou         |
| 1971        | "The Moon's a Balloon"            | David Niven          |
| 1976        | "The Woman Warrior"               | Maxine Hong Kingston |
| 1984        | "Boy: Tales of Childhood"         | Roald Dahl           |
| 1993        | "Girl, Interrupted"               | Susanna Kaysen       |
| 1996        | "Angela's Ashes"                  | Frank McCourt        |
| 2000        | "Kitchen Confidential"            | Anthony Bourdain     |
| 2005        | "Marley & Me"                     | John Grogan          |
| 2013        | "I Am Malala"                     | Malala Yousafzai     |
| 2018        | "Heavy"                           | Kiese Laymon         |
| 2023        | "Spare"                           | Prince Harry         |

## "This Month In History"

### NOVEMBER

**1929:** Movie star turned Princess of Monaco, Grace Patricia Kelly is born on Nov. 12. She was an iconic actress during the Golden Age of Hollywood and an advocate for children in the arts.

**1930:** The Bank of Italy in San Francisco changes its name to the Bank of America. Currently, the financial company is the second-largest banking institution in the United States.

**1942:** In the midst of World War II, the minimum age for the U.S. military draft is dropped from 21 to 18. This

quickly brought out supporters of lowering the legal voting age, too, with the phrase "Old enough to fight, old enough to vote."

**1960:** John F. Kennedy becomes the youngest person to be elected U.S. president.

**1989:** The fall of the Berlin Wall occurs on Nov. 9. With the literal destruction of the wall, the figurative "Iron Curtain" between the U.S. and the Soviet Union was dissolved as well, ending the Cold War.

**1994:** Returning to the ring after a 10-year retirement, George Foreman wins the world heavyweight boxing championship—the oldest ever to earn the title, at age 45. "Big George" still holds the record.

**2011:** The creative video game Minecraft is released. It has since become the bestselling video game in history, with 140 million active players.

**2022:** The global population reaches a new high of 8 billion people.