



*Thanksgiving* is usually understood to be an American holiday that typically includes a feast and gatherings of family and friends. Celebrated on the 4th Thursday of November, it's meant to honor the spirit of a meal shared between 17<sup>th</sup>-century Pilgrims and the native Wamponoag Indians. However, the United States isn't the only country that celebrates Thanksgiving.

*Canada* - The first Canadian Thanksgiving was celebrated in 1579, which predates the first Thanksgiving in the Colonies. The feast was organized by explorer Martin Frobisher to give thanks for a successful voyage to North America. Canada celebrates Thanksgiving October 14!

*Liberia* - Liberia celebrates a day of Thanksgiving on the first Thursday in November. The meal consists of a bird with plenty of spices as well as mashed cassava.

*Rome* - Rome celebrates a harvest festival known as *Cerelia*. It honors the Goddess of Corn and Ceres, and is celebrated on October 4<sup>th</sup>. Roman custom is to present produced fruits, grains, and animals to the goddess in appreciation. Parades and music are also part of the celebration.

*Brazil* - Thanksgiving celebrations in Brazil mimic the United States, even down to the same date, the 4<sup>th</sup> Thursday in November. It is called *Dia de Acao de Gracias*. Years ago, the Brazilian Ambassador to the U.S. saw Americans enjoying a day of eating delicious food and giving thanks, and decided Brazil would do the same. Brazil began to mark the day in the 1940's. There is also a parade and church service to give thanks.

*Germany* - Germany's Thanksgiving holiday occurs in early October and is called *Erntedankfest*. This means "harvest thanksgiving festival." Besides Germany, Austria and Switzerland also celebrate *Erntedankfest*. Church services begin the celebration with lantern parades.

*Korea* - Korea's Thanksgiving is known as *Chuseok* and also *Hangawi*. It is celebrated on the 15<sup>th</sup> day of the 8<sup>th</sup> month. Songpyeon - a rice cake whose dough is made of new rice, and filled with sesame seeds, chestnuts, red beans, and other ingredients and made into a small ball – is served. Families gather the night before to make this special dish as a bonding activity.

# *A Message from our Executive Director - Kelly Lafazia*

I am writing to share a brief biography that highlights my background, experiences, and professional journey.

I am Kelly Lafazia, Christopher Heights Executive Director, with 25 years of experience in the Assisted Living industry. I began in Assisted Living in 1999 as a Waitstaff Coordinator, which laid the foundation for my career as an Executive Director years later.

Throughout my career, I have worked with large and small companies like Brookdale, Benchmark and Village Retirement Communities. I worked my way through all departments to get the best experience to be an Executive Director and to be able to drive changes to ensure that residents have a quality of life that they want to have.

Personally, I have a husband Charles of 30 years and two adult children Charlie and Savannah, as well as a dog Ziva. My husband, Ziva and I live in Foster, RI (no school Foster/ Gloucester). I enjoy the commute to Christopher Heights as a time for my guilty pleasure of listening to Podcasts.

I want to express my excitement about the opportunity to work with you. I believe that our collaboration will lead to great results, and I'm eager to contribute my skills and insights.



A handwritten signature in black ink that reads "Kelly Lafazia".



# Voting

By Jean Salisbury

# Catchy Presidential Campaign Slogans

*It is a privilege!*



However, everyone does not take the time to follow through on this privilege.

Why? No time (could vote early), apathy (does not bother). There are many reasons.

Voting started in 1848. It was the Whigs (later Republicans) versus the Democrats.

The first Tuesday following the first Monday in November is designated as election day. As you know, Presidents are elected every four years. Senators and Representatives are elected every two years.

The votes in each state determine how many electoral votes are designated for that state. One electoral vote for each Senator and one for each Representative. So, a state with multiple Senators or Representatives have more electoral votes. The candidate who garners the most electoral votes wins the election. An official counting is held on January 6 of the following year. The popular vote is considered, as the candidate with the most votes takes all the electoral votes of that state in his/her favor.

So why don't all our citizens vote? I cannot figure it out. But thankfully, there are a great number of Americans who do.



In the American political arena, presidential campaign slogans have a long and varied history. When a presidential hopeful is building his/her platform, they and their team choose a slogan for setting the tone for the candidate's agenda, message, and direction for the country. Here are a few memorable ones!

William Henry Harrison, 1840 – *Tippecanoe and Tyler Too*

Abraham Lincoln, 1864 – *Don't change horses midstream*

William McKinley, 1900 – *Four More Years of the Full Plate*

Woodrow Wilson, 1916 – *War in Europe – Peace in American – God Bless Wilson*

Calvin Coolidge, 1924 – *Keep Cool and Keep Coolidge*

Herbert Hoover, 1928 – *A chicken in every pot and a car in every garage*

Franklin D. Roosevelt, 1932 – *Happy Days Are Here Again*

Dwight D. Eisenhower, 1952 – *I Like Ike*

John F. Kennedy, 1960 – *A time for greatness*

Lyndon B. Johnson, 1964 – *All the Way with LBJ*



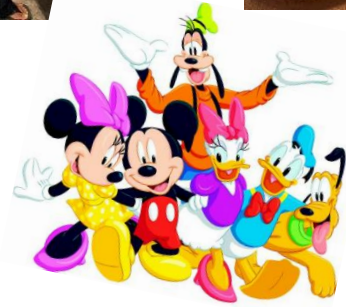


# Celebrating Assisted Living Week - September 8 - 14, 2024

## Pajama Day



## Disney Day



## Crazy Socks & 50's Photo Booth Day



## Jersey Day

## Glitter Day



*Inspiring*

**GENERATIONS**

NATIONAL ASSISTED LIVING WEEK® • SEP 8-14, 2024

*Established by the National Center for Assisted Living (NCAL) in 1995, National Assisted Living Week® provides a unique opportunity for residents, their loved ones, staff, volunteers, and the surrounding communities to recognize the role of assisted living in caring for America's seniors and individuals with disabilities. The annual observance encourages assisted living communities around the country to offer a variety of events and activities to celebrate the individuals they serve, as well as to help educate members of the public about this distinctive aspect of long term care.*



## *Restaurant Guide + One Brewery*

### *Fall 2024*

Attleboro has an abundance of restaurants, both traditional favorites and new-age. Some offer delivery while others, dine-in and pick-up only. Most are within 10 miles or less of Christopher Heights and Attleboro Center. *Services and hours can change so double check when you're ordering.*

<i>Name</i>	<i>Telephone</i>	<i>Address</i>	<i>Prices</i>	<i>Ratings</i>	<i>Pick-Up</i>	<i>Delivery</i>
<i>Colonel Blackinton Inn &amp; Restaurant</i>	(508) 222-6022	203 North Main St., Attleboro	\$\$\$\$-\$\$\$\$\$	+4.5	Yes	No
<i>Morin's Hometown Bar &amp; Grille</i>	(508) 222-5875	16 South Main St., Attleboro	\$\$ - \$\$\$	4.4	Yes	No
<i>Don &amp; Gigi's Italian Ristorante &amp; Pizzeria</i>	(508) 455-0464	88 Union St. Attleboro	\$\$ - \$\$\$	4.4	Yes	No
<i>Papagallos (Latin American fare)</i>	(774) 203-3532	87 Pleasant St., Attleboro	\$\$ - \$\$\$	4.4	Yes	No
<i>Wetherlaines Restaurant</i>	(508) 222-9730	266 County St., Attleboro	\$ - \$\$	4.4	Yes	No
<i>Brigg's Corner Grill &amp; Pizzeria</i>	(508) 223-6222	1123 Oakhill Ave., Attleboro	\$\$ - \$\$\$	4.5	Yes	Yes
<i>Bliss Dairy &amp; Restaurant</i>	(508) 222-2884	711 Park St., Attleboro	\$ - \$\$	4.5	Yes	No
<i>Mediterranean Grill &amp; Pizzeria</i>	(508) 761-6900	595 Washington St. Attleboro	\$\$ - \$\$\$	4.4	Yes	Yes Fee \$6.99 (1 hour)

<i>Name</i>	<i>Telephone</i>	<i>Address</i>	<i>Prices</i>	<i>Ratings</i>	<i>Pick-Up</i>	<i>Delivery</i>
<i>D &amp; M Pizza (and more)</i>	(508) 226-2355	290 County St., Attleboro	\$ - \$\$	3.8	Yes	Yes
<i>Bandido's Mexican Restaurant</i>	(774) 331-2800	59 Park St., Attleboro	\$\$ - \$\$\$	4.2	Yes	No
<i>Hong Kong Treasures (Chinese)</i>	(508) 226-8888	28 County St., Attleboro	\$ - \$\$	4.1	Yes	Yes
<i>The Bergundian</i>	(774) 331-2754	55 Park St., Attleboro	\$ - \$\$	4.7	Yes	No
<i>Pleasant Street Bar and Grill</i>	(508) 222-9737	50 Pleasant St., Attleboro	\$ - \$\$	4.2	Yes	Yes
<i>Pinku Mochi Donut Café</i>	(508) 455-2018	9 Park St., Attleboro	\$ - \$\$	5.0	Yes	No
<i>Boro Bagels</i>	(508) 455-1392	5 Bank St., Attleboro	\$ - \$\$	4.7	Yes	No
<i>Four Seasons Japanese Restaurant</i>	(774) 331-2684	15 Park St., Attleboro	\$ - \$\$	4.5	Yes	No
<i>Skyroc Brewery</i>	(774) 331-2326	11 Riverbank Road, Attleboro	\$\$	4.5	Yes	No
<i>Kozy Kitchen</i>	(508) 455-0338	105 Maple St., Attleboro	\$ - \$\$	4.5	Yes	Yes

# All About Food

## The Romans had Fast-food restaurants



Recent excavations of the ancient Roman city of Pompeii reveal that some aspects of society haven't changed much during the last 2,000 years, including our eating habits. The Romans also had what were essentially fast-food restaurants. Known as *thermopolia*, these establishments sold a variety of ready-to-eat hot food. They were essential to daily life in ancient Rome, because not all citizens had kitchens. In the region around Pompeii, only around 40% of low-income households and 66% of middle-class households had a kitchen at home. Those who didn't typically lived in *insulae* (apartment buildings) and relied on *thermopolia* for many of their meals.

*Thermopolia* were low-cost food joints, offering a selection of meats (such as chicken, pork, duck, goat, and snails), cheeses, fish, bread, and legumes, washed down with mulled wine — no burgers or fries here. The food was held in *dolia* (large terracotta pots) on buffet-style counters. The upscale restaurants had frescoes adorning the walls, depicting food that was eaten there or deities. *Thermopolia* weren't without controversy, however. Roman Emperor Claudius once tried to have them shut down because of their poor reputation. Criminals and thieves often gathered and drank wine at *thermopolia*, earning them a bad rap.

## Chex Mix Muddy Buddies

### Ingredients:

- 3 cups Rice Chex
- 3 cups Corn Chex
- 3 cups Chocolate Chex
- 1 ¼ cup chocolate chips
- ¾ cup peanut butter
- ¼ cup butter
- 1 teaspoon vanilla
- 3 cups powdered sugar

### Instructions:

**Blend the cereals.** In a large mixing bowl combine the Chex cereals.

**Blend the chocolate mixture.** In a microwave safe bowl, add the chocolate chips, peanut butter and butter. Heat for 60 seconds, then stir well. If needed, heat for another 15 seconds. Stir in the vanilla.

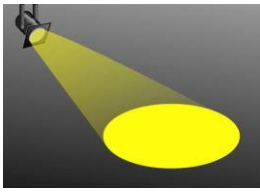
**Combine the cereal and chocolate.** Add the chocolate mixture over the cereal and stir well. Divide the mixture into 2 ziplock bags. Add the powdered sugar and mix gently until the cereal is coated.

**Let cool.** Pour the mixture into baking sheets lined with parchment paper. Let cool.

*Enjoy!*







## *Spotlight on Our Maintenance / Housekeeping Staff*

### *Jeff Bissonnette ~ 8 years service*

Working with my assistant “Mike” and the Housekeepers is easy because they are all awesome. These are people who know how to do their jobs and do it extremely well. They always make my job easier.

An interesting thing about me is that I ran a machine shop for USA TODAY newspaper for 30 years.



### *Mike Leeco - 3 years service*

I like that Jeff is a really good guy to work for. He respects me and allows me to do things my way.

Did you know? I have a room dedicated to the Bruins complete with a Kodiak bear. My wife is a good sport!



### *María Arevalo ~ 6 years service*

I like my job. I like cleaning, helping the residents with whatever they need. My colleagues are very good and we make a nice team.

I am from Guatemala. I came to the USA in 2011. I’m married and have 2 children and 1 granddaughter. They are my world. In my free time, I like dance and making collages.



### *Fatima Bolarinho ~ 5 months service*

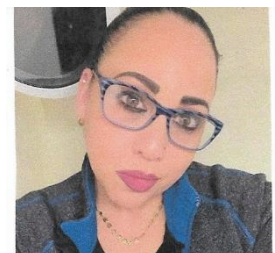
I love interacting with the residents. I enjoy talking with them, helping them, and assisting the CNAs.

I am from Sao Miguel (Portugal). I like to read, talk, ride my bicycle. I enjoy driving and seeing different areas.



### *Myrelis Sáez Bermudez ~ 2 months service*

I enjoy talking with the residents. I like my schedule and hours, and that I don’t need a car to get to my job. I work 32 hours per week and have 3 days off. I am hoping to find a second job.



# Dear Marion

*By Marion Brousseau*

Dear Marion,

This may seem like a petty problem, but it is driving me insane. My son and daughter constantly fight. It starts first thing in the morning over who looks the best in their clothes to who eats the best breakfast. They are nicely dressed and they pick their own breakfast. They fight to get out the house first. I have complaints from their bus driver of fist fights on the bus. I have told him to report them. He tries but they still fight from the front and back of the bus. They have the same lunch period and they fight in the cafeteria. It has become so bad that they are on the brink of being suspended. Their father does not get involved with their fighting at home or at school.

What am I to do?

~ Upset Mother in Attleboro

Dear Upset Mother in Attleboro,

This is a serious problem for all of you. The children, you, and your husband desperately need counseling and none too soon. This is a serious matter. Call your local mental health facility.

Please, please get help and write back to me and let me know how this serious problem gets resolved. I'll be thinking of all of you.

~ Marion



## *In Memoriam*

Carol Punch 4/26/1940 – 9/30/2024

Evelyn "Grace" Roca 3/24/1937 - 11/6/2024

Alaine "Tootsie" Bradley 4/1/1928 – 11/14/2024

## *Welcome, New Staff!*

Kelly Lafazia, Executive Director

Josh Carpenter, Executive Chef

Rebecca (Becca) Lorusso, Activities Director

Chris Grasso, Chef

Myrelis Sáez Bermudez, Housekeeping

Nahomie Teleshin, Companion

Christine Charles, Companion

Nelida Neves Sanches, Companion

## *Welcome, New Residents!*

Elizabeth (Ellen) Pinette #320

Mary Rabideau #307

Jean Robichaud #418

Theresa Sullivan #217

Claire Gamache #403

Maria Pereira #215

Janet Silvestri #311

Maria Tedesco #405

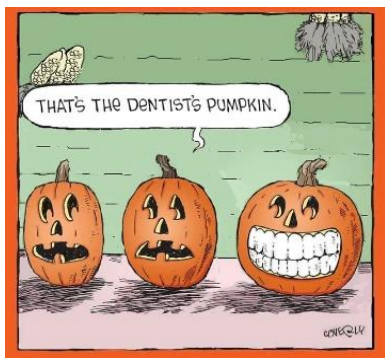
*Bring love wherever you go.  
Shine light wherever it's dark.  
Leave blessings wherever you've been.  
Be kind wherever you are!*

# Pumpkin Painting Fun



Nancy McKinnon and Karen Jeannotte, former Activities Director and Assistant respectively, visited Christopher Heights for a special ceramic pumpkin painting project!

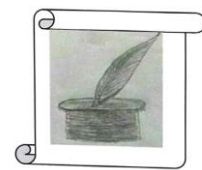
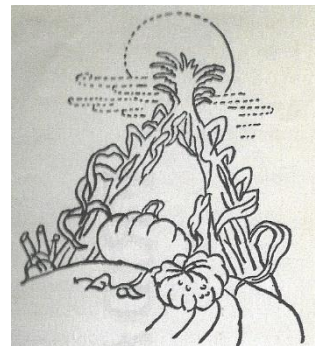
Photos above: (top ) Jean Salisbury, Nancy McKinnon, Lula Holland, Loretta Lapierre, (middle) Marion Brousseau, Sr. Nancy Stiles, (bottom) Larry Habershaw, Marie Bissonnette, and Grace Roca.



# Theme in Yellow

By Carl Sandburg

I spot the hills  
With yellow balls in autumn.  
I light the prairie cornfields  
Orange and tawny gold clusters  
And I am called pumpkins.  
On the last day of October  
When dusk is fallen  
Children join hands  
And circle round me  
Singing ghost songs  
And love to the harvest moon;  
I am a jack-o'-lantern  
With terrible teeth  
And the children know  
I am fooling.



**Christopher Heights of Attleboro  
Writing Group**

Editor / Composition:  
Sister Nancy Stiles, susc

Writers:  
Loretta Lapierre  
Jean Salisbury  
Marion Brousseau



# Fun Page

Contributions by Jean Salisbury & Sister Nancy

