

Thankful for November Thankful for November Thankful for November

A GREAT TIME TO SAY THANKS

Veterans Day is an official United States public holiday, observed annually on November 11, that honors military veterans, that is, persons who served in the United States Armed Forces.

It coincides with other holidays, including Armistice Day and Remembrance Day, celebrated in other countries that mark the anniversary of the end of World War I; major hostilities of World War I were

formally ended at the 11th hour of the 11th day of the 11th month of 1918, when the Armistice with Germany

went into effect. The United States previously observed Armistice Day. The U.S. holiday was renamed Veterans Day in 1954.

Veterans Day is not to be confused with Memorial Day; Veterans Day celebrates



the service of all U.S. military veterans, while Memorial Day honors those who died while in military service.

Please take the time to say thanks to someone who has served our Great Country!

A POEM FOR NOVEMBER

"November comes
And November goes,
With the last red
berries
And the first white
snows.
With night coming
early,
And dawn coming
late,

And ice in the bucket
And frost by the
gate.
The fires burn
And the kettles sing,
And earth sinks to
rest
Until next spring."
- Elizabeth
Coatsworth



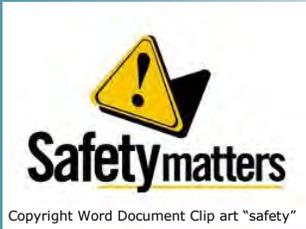
Copyright Word Document Clip art "autumn"

Autumn is one of the four seasons. Autumn marks the transition from summer into winter, usually in September (Northern Hemisphere) when the arrival of night becomes noticeably earlier. Before the 16th century, harvest was the term usually used to refer to the season.

The alternative word fall is now mostly a North American English word for this wonderful season. Autumn is nonetheless preferred in scientific and often in literary contexts.

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"The wild November
 come at last
 Beneath a veil of rain;
 The night winds blows
 its folds aside,
 Her face is full of pain.
 The latest of her race,
 she takes
 The Autumn's vacant
 throne:
 She has but one short
 moon to live,
 And she must live
 alone."
 - Richard Henry
 Stoddard, *November*



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Autumn Safety For Seniors

HOME HEATING

Make sure your home heating system is in good working order.

Have a professional evaluate the system and address any potential problems.

Have your chimneys inspected and cleaned.

Remember, if you are using a space heater, allow at least three feet of empty space around the heater.

Never use a stove or oven to heat your residence.

LEAF SAFETY

Walkways and stairs should be kept free of leaves and other objects

that may cause a slip-and-fall injuries.

Keep your driveway clear of leaves.

Wet leaves can create a slip hazard not only for walking but driving as well.

Use extra caution if you are cleaning your gutters. Shoes may become wet causing you to slip as you climb a ladder.

Make sure the ladder is at the correct angle and on solid ground.

Raking leaves can be stressful, take frequent breaks.

DRIVING TIPS

Remember that wet leaves

on the roadway can become slippery, so use caution.

During the fall season, deer activity increases, so be alert to deer entering the roadway.

Leaves on the roadway can cover road hazards such as potholes or objects on the pavement.

Children love to play in piles of leaves. Use extra caution where leaves are piled at the curbside.

By heeding the above autumn hints, your fall season will be more enjoyable and safer.

Holiday- Over Eating !!!

Whether we are seniors, caregivers, or youngsters, we can all take strides to stay healthy by watching what we eat during the holidays and throughout the year.

Some quick tips include avoiding eating food just because it's there, dividing your meal in half and putting one portion away for lunch the next day, eating mindfully, and checking your fullness level, many times we eat beyond the fullness stage and then find ourselves feeling miserable shortly after the meal. As we sit down with loved ones during **the holidays it's important** that we be mindful of the less fortunate that live among us. Most are fortunate to be able to eat

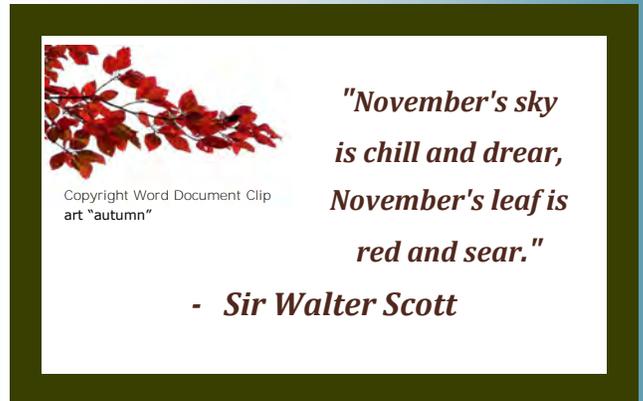
during the holidays; however some are not. During this holiday season please share amongst those who cannot afford well-



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balanced meals. You may be able to share with your neighbor or an elderly man

or women that lives down the street. You may also support your local Senior Services which focuses on providing nutrition for older adults by volunteering, giving canned goods, and/or adopting a senior from our Christmas tree located at 423 East Central Avenue Raeford, NC. However you choose to show you care I know our seniors will be appreciative.



"Our Father, fill our hearts, we pray,
 With gratitude Thanksgiving Day;
 For food and raiment Thou dost give,
 That we in comfort here may live."
 - Luther Cross, Thanksgiving Day



Miss Sharon Graham from Liberty tax service will be here Thursday November 10th, 2016!

Guest Speakers

Copyright Word Document Clip art "liberty tax, and Hospice"



Miss Chanel Hoffler will be here to discuss the unseen side of Community Home Care and Hospice!

What's In Store: This Month!

A Celebration!

We are having a Candlelight gathering to honor, to bring hope, and to remember family and friends who provide support, love, and care through life's most

difficult times; raising public awareness for those living with Alzheimer's and other chronic illnesses.



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Thanksgiving!

Thanksgiving Day is a national holiday celebrated in many countries. It was originally celebrated as a day of giving thanks for the blessing of the harvest and of the preceding year. Thanksgiving is

celebrated on the fourth Thursday of November in the United States. This year Thanksgiving falls on November 24th, 2016. Several other places around the world observe similar celebrations.



Our Seniors Will celebrate Thanksgiving The morning of Friday November 18th, 2016!

Hoke County Senior

Services Closed:

November 11th, 2016

November 24th, 2016

November 25th, 2016



THANKS

Hoke County Senior Services Staff

Would like to give a SPECIAL thanks, to those who volunteer, sponsor, donate, and help our elderly community!

Your services our greatly appreciate makes our seniors feel independent and cherished.

**WE'RE ON
THE WEB!**

www.hokecounty.net

Thanks for time to be together,
turkey, talk, and tangy weather.
H for harvest stored away, home,
and hearth, and holiday.
A for autumn's frosty art, and
abundance in the heart.
N for neighbors, and November,
nice things, new things to remem-
ber.
K for kitchen, kettles' croon, kith
and kin expected soon.
S for sizzles, sights, and sounds,
and something special that about.
That spells **THANKS** for joy in
living and a jolly good Thanksgiv-
ing.

- Aileen Fisher, *All in a Word*

Hoke County Senior Services

Aging With Love
And Laughter



Hoke County Senior Services
423 East Central Ave.
Raeford, NC. 28376
Phone: 910-875-8588

Aging With Love And Laughter

CONGREGATE LUNCH – A hot nutritious lunch is served Monday-Friday. In a congregate setting providing access to socialization, activities and nutritional education.

IN-HOME AIDE SERVICES – Assistance within the home with essential home management tasks and/or personal care needs.

HOME DELIVERED MEALS – Better known as Meals-on-Wheels; a hot/frozen nutritious lunch is provided Monday through Friday for the home-bound elderly.

SENIOR HEALTH INSURANCE & INFORMATION PROGRAM (SHIIP) – Help with questions and issues relating to older adults about Medicare.

TRANSPORTATION – Access to medical appointments, dialysis, essential shopping and other necessary transportation needs.

MEDICATION ASSISTANCE PROGRAM (MAP) – Assistance with medication management issues with a licensed pharmacist. Help with prescription drug assistance needs.

WHAT WE DO!

Our Mission

The Mission of Hoke County Senior Services is to promote independence, dignity and quality of life for older adults.

ADOPT A SENIOR!

Make a Senior Smile
this Holiday Season!

For More Information
please contact

Ms. Della or Mrs.
Mary Hollingsworth

910-875-8588