

NOV | 2019



▶ Recipe Of The Month – Sweet Potato Pie 2



▶ Thank a Veteran 2



▶ Thanksgiving Quiz 3

ASPEN happenings



A community enriched by you.

The fact that Veterans Day falls in the same month we set aside a day for giving thanks for the blessings of life is actually a coincidence, but very fitting, indeed.



There's Much to Be Thankful for in November

Americans celebrate Veterans Day on November 11 each year which marks the anniversary of the end of World War I. Once known as Armistice Day, it was first celebrated on November 11, 1919. In 1928, the United States Congress passed a resolution for Armistice Day to be an annual observation, and by 1938, the day became a national holiday.

Differing from Memorial Day in May, Armistice Day, which would be renamed Veterans Day in 1954 under President Dwight Eisenhower, pays tribute to veterans who survived various wars. Memorial Day commemorates those veterans who lost their lives.

Americans celebrate Veterans Day, while residents of Great Britain, Canada and Australia celebrate Remembrance Day. In preparation of this Veterans Day, consider these facts:

- According to the American Community Survey, there were 19.3 million military veterans in the United States in 2014. Of those, 1.6 million were female.
- California, Texas and Florida comprise the states with the largest number of veterans, equaling one million or more.
- Veterans consist of people who served in the military. This includes the Army, Navy, Marine Corps, Air Force, and Coast Guard.
- Veterans serve in times of war and peace.
- The word "veteran" comes from the Old English language and means "old, experienced soldier." The first use of the word was documented in 1789.
- Although many veterans are working, and the average annual income of male veterans is \$37,000, some veterans continue to be unemployed. According to data from the U.S. Bureau of Labor Statistics, the overall unemployment rate for veterans rose to 7.6 percent in January 2013. The unemployment rate of post-9/11 veterans (continued on page 3)

UPCOMING COMMUNITY EVENTS

- | | |
|--|---|
| 05 Election Day | 17 Family Fall Festival |
| 11 Veteran's Day | 5:30 – 7 pm |
| 12 Community Coffee Club, 8:30 am | 19 Grief Support Group – 5:30 pm |
| 18 Parkinson Support Group 6-7 pm | 28 Thanksgiving Day |

Visit www.aspenofbrookhaven.com to view the Aspen activity calendar.

Recipe of the Month – Sweet Potatoe Pie

Ingredients:

2 medium sweet potatoes—peeled & cubed	¾ c evaporated milk
1/3 c softened butter	1 tsp vanilla extract
½ c sugar	½ tsp ground cinnamon
2 large eggs—lightly beaten at room temp	½ tsp ground nutmeg
	¼ tsp salt
	1 - 9" pastry shell—unbaked



Directions:

Place sweet potatoes in a medium saucepan, add water to cover. Bring to a boil and reduce heat. Cook, uncovered until tender, approx. 13-15 minutes. Drain potatoes, return to pan. Mash until very smooth, cool to room temperature. In another bowl, cream butter and sugar. Add eggs and mix well. Add milk, two cups mashed sweet potatoes, vanilla, cinnamon, nutmeg, and salt and mix well. Pour into pie shell and bake at 425 for 15 minutes. Reduce heat to 350 and bake until set or a knife inserted in the center comes out clean. Approx. 35-40 minutes longer. Cool and store in fridge until ready to serve.

Happy BIRTHDAY.

November 06 – Louise
10 – Maggie
18 – Marjorie
29 – Ed

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to cooking.

O T E S V



Answer: Stove

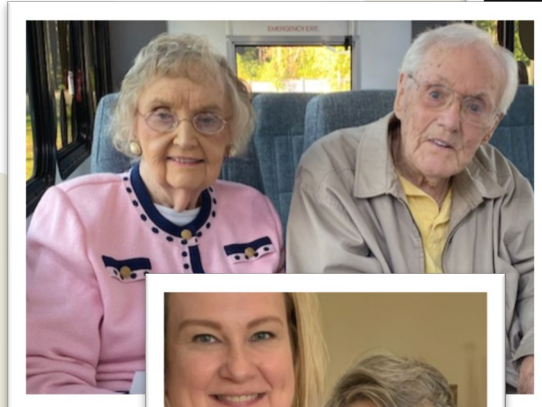
Thanks to these special veterans:

Ed Norwood	Frank Burns
Arthur King	Walter Smith
Ed Lacey	B.W. Rushing
Wesley Kent	Lyn Jurey
Emma Dodds	Arnold Morgan
Ed Gove	



making memories...a look back at October...

- Arts & Crafts
- Piano Social w/Mrs. Nancy
- Community Coffee Club
- Group Exercise
- Prayer and Music
- Popsicles on the Porch
- Brother Luke
- Camelia Line Dancers
- Parkinson's Support Group
- Family Night
- Pumpkin Painting
- Hymns and Coffee
- Scattergories
- Breast Cancer Awareness Week
- Bingo with Lawrence Co. Hospital
- Trivia
- Ice Cream Social
- and much more!



Thanksgiving Quiz



It is once again time to talk turkey, stuffing and all of the trimmings. Thanksgiving is celebrated in both Canada and the United States with similar parades and fanfare. Thanksgiving is a time to be thankful for the blessings in one's life and enjoy the company of family and friends during a special meal. Although people celebrate Thanksgiving each and every year, they may not be aware of some of its interesting history. Test your knowledge of gobblers and general trivia with this quiz.

- Despite competing historical claims, the story most people associate with the first American Thanksgiving took place in a colony in this modern-day state?
 - Pennsylvania
 - New Jersey
 - Massachusetts
 - Delaware
- Thanksgiving Day is celebrated on which day of the week in Canada?
 - Monday
 - Tuesday
 - Wednesday
 - Thursday
- Pilgrims from Europe associated with Thanksgiving are purported to have sailed across the Atlantic to reach North America on which ship?
 - Daisy
 - Mayflower
 - Santa Maria
 - Roseflower
- Which tribe of Native Americans taught Pilgrims how to cultivate the land, contributing to the first Thanksgiving?
 - Algonquin
 - Lenape
 - Shoshone
 - Wampanoag
- Fossil evidence shows that turkeys roamed the Americas how long ago?
 - 10 million years ago
 - 15 million years ago
 - 20 million years ago
 - 25 million years ago
- Three different deboned types of poultry go into this Thanksgiving meal alternative?
 - Orange Duck
 - Turducken
 - Turkey Chowmein
 - Chixturck
- In what year did Congress make Thanksgiving an official national holiday in the United States?
 - 1932
 - 1939
 - 1941
 - 1946
- Twenty percent of the overall consumption of this type of fruit is done on Thanksgiving.
 - apples
 - cranberries
 - cherries
 - grapes
- The first Canadian Thanksgiving was a welcome-home celebration for Sir Martin Frobisher when he returned to which area of the country?
 - Albert
 - Manitoba
 - British Columbia
 - Newfoundland
- Canadians sometimes call the Thanksgiving holiday in the United States by this name to distinguish it from their own Thanksgiving celebration.
 - Yanksgiving
 - Amerigiving
 - Turmerica
 - US thanks



Much to Be Thankful For

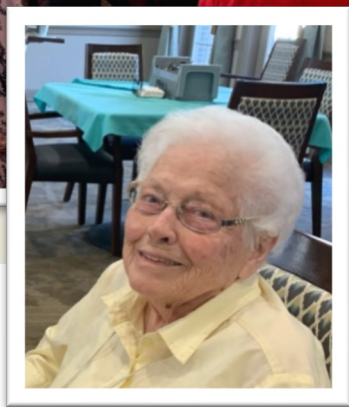
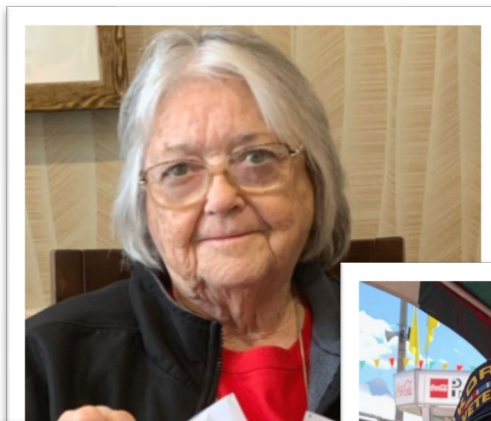
(continued from page 1)

or those who participated in the Gulf War reached 6.2 percent.

- Upon retiring or being discharged, veterans may need help acclimating to life outside the military. The Department of Veterans Affairs says about 30 percent of Vietnam War veterans have been diagnosed with post-traumatic stress disorder, or PTSD.
- Between 1971 and 1977, Veterans Day was celebrated on the fourth Monday in October. It was changed back to its original date, November 11, in 1975 when President Gerald Ford signed bill S.331 into law. The change went into effect beginning in 1978.
- An American soldier was buried at the national cemetery in Arlington on November 11, 1921. His identity was unknown, and the gravesite is known as the "Tomb of the Unknown Soldier." A guard from the Society of the Honor Guard stands watch over the grave each year on Veterans Day, and the president or another high-ranking member of the government places a wreath on the grave.
- Veterans Day occurs each year on November 11, marking the end of World War I. The day has evolved into a celebration and remembrance of the heroism of America's brave soldiers.

Answers: 1. c 2. a 3. b 4. d 5. a 6. b 7. c 8. b 9. d 10. a

More memories...



500 Silver Cross Drive
Brookhaven, MS 39601



A community enriched by you.



“Happiness doesn’t result from what we get, but from what we give.” —Ben Carson