



## Celebrating November

**American Indian Heritage Month**

**Adoption Month**

**Men Make Dinner Day**  
*November 3*

**Veterans Day (U.S.)**  
*November 11*

**World Kindness Week**  
*November 13–19*

**Apple Cider Day**  
*November 18*

**International Men's Day**  
*November 19*

**Game & Puzzle Week**  
*November 20–26*

**Thanksgiving Day (U.S.)**  
*November 24*

**Giving Tuesday**  
*November 29*

### **Dates to Remember**

**Tree Lighting Service**  
Mon., Dec. 5 – 7pm

**Res. & Family Christmas Party**  
Thu., Dec. 15: 5pm-B3; 6pm-B1 & B2



## The First Thanksgiving

Most Americans are familiar with the story of the first Thanksgiving. The Pilgrims, struggling in the New World, formed an alliance with the local Wampanoag tribe. One man in particular, Squanto, taught the Pilgrims to farm local crops like squash and beans—lessons that allowed the Pilgrims to survive. At the time of the autumn harvest, the Pilgrims and the Wampanoag came together for a great feast of Thanksgiving, a feast that we reenact each year as a cherished national holiday.

This classic Thanksgiving tale of cooperation and goodwill is more fable than history. The events that led to the Thanksgiving feast are far more complicated. The Wampanoag had encountered European colonists since at least 1524, almost 100 years before the first Thanksgiving in 1621, and these encounters were far from friendly. Records show that colonists often kidnapped members of the Wampanoag and brought them back to Europe. The Wampanoag sometimes fought back, and other times attempted to negotiate with the colonists to increase their own power against their rivals. In 1616, a disease brought from Europe ravaged the New England tribes, decimating two-thirds of the Wampanoag population. Distrust of the Europeans was so high that any alliance with the colonists would have been entered as a last resort.

When Ousamequin (commonly called Massasoit) of the Wampanoag signed a peace treaty with the Pilgrims in March 1621, he did it grudgingly, believing that this was the only way to save his people from the neighboring Narragansett tribe. For the negotiations, Ousamequin enlisted the help of Tisquantum, whom we know as Squanto, a Wampanoag who had escaped from slavery and lived briefly in England before returning home in 1619. For all the tension and distrust between the Wampanoag and the colonists, one thing is certain: the treaty lasted for decades. The Pilgrims and Wampanoags enjoyed peace and prosperity for as long as the signers of the treaty lived.

## November Meditation

Thriving Through Perseverance “And let us not grow weary of doing good, for in due season we will reap, if we do not give up” Galatians 6:9.

Persevering in doing good can make us weary. The dictionary defines good as a quality required for a certain job, possessing a moral virtue, and giving pleasure. We grow weary of doing good in our work; we grow weary of doing good raising a family; we grow weary of doing good in being a caregiver; we grow weary of doing good as a Christian. As Christians, the influence of politics, society and the economy challenge our perseverance in doing what is good and right. 1 Corinthians 15:58 encourages us these words: “Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain”. In the Bible, we are given numerous examples of God’s people growing weary of doing good yet reaping the rewards because of persevering in that good: The book of Job is a good place to begin. Job, a wealthy man, lost his animals, his crops and his family to disease and famine. The only thing he did not lose, was his life, because God told Satan he could not take Job’s life. In all of this, Job persevered in his relationship with God. The prophet Jeremiah, in chapters 37 and 38, persevered in preaching and teaching the Gospel to a rebellious nation in spite of threats, imprisonment and being exiled into Egypt. In 2 Corinthians 11:23-33 we read how the apostle Paul was beaten, flogged, shipwrecked, imprisoned, and threatened wherever he went. Despite physical pain, Paul persevered in his faith. Luke 18:1- 8 tells us the story of the persistent widow, who pursued the Judge to right the wrong done against her until he gave in and brought justice. Like the widow, we need to be continually persevering in bringing acts of injustice to the Lord. People of God, keep on thriving in doing good for the Lord. When you are weary and tired, pray for perseverance. Remember you will reap a reward! God’s blessings as you persevere in doing good!

Chaplain Val

## Turning of Cattertide

November 25 was celebrated during the Middle Ages as Cattertide, a holiday celebrating St. Catherine, the patron saint of lacemakers. Celebration of Cattertide has lately enjoyed a resurgence in Britain, especially the tradition of baking Lacemaker’s Cattern Cakes, cookie-like cakes that are spiced with cinnamon, flavored with fruit, and sprinkled with caraway seeds.

French celebrations are vastly different. On November 25, it was once customary for unmarried women, known as *Catherinettes*, to pray for husbands starting at age 25. As a Catherinette ages, the prayer changes. It begins at age 25 with, “Lord, send me a well-situated husband; Let him be gentle, rich, generous, and pleasant.” By age 30, it has become, “Send whoever you want, Lord, and I’ll be happy!” Friends of Catherinettes are expected to make hats for their single friends, which they wear all day long. The holiday later evolved into a day for milliners to advertise their wares.

## Welcome...

**Judith Wiggins** on respite to room #14, building 1.

**Christine Otten** to room # 13, building 1.

We are so glad that you are here!



## A Smashing Idea

Every Halloween, millions of pumpkins are sold for decorations and to be carved as jack-o'-lanterns, but what happens to all those pumpkins when Halloween is over? According to government statistics, most of the 1.3 billion pounds of pumpkin produced every year ends up in landfills. This refuse produces methane gas, a greenhouse gas considered 20 times more harmful than carbon dioxide. Luckily, there are plenty of options when it comes to discarding leftover pumpkins.

Pumpkins, of course, are meant for eating, and not just in pies. Pumpkin is delicious in muffins, custards, and soups, and seeds can be roasted and salted for a savory snack. Pumpkin seeds can also be planted so that next year you can harvest pumpkins in your own backyard for free! A pumpkin patch also makes for a great Halloween display. As an added bonus, pumpkin flowers are a great source of food for pollinating insects.

Pumpkins are also a tasty treat for animals. You could choose to leave pumpkin scraps for local scavengers like squirrels and raccoons, but you might prefer to donate your pumpkins to a local farm. Pumpkins are a great forage food for farm ruminants like cows, sheep, and goats.

**Tree Lighting: Monday, December 5 at 7pm**



Please provide the name(s) of each person you would like to honor with your gift of \$25 for each loved one.

In Honor of: \_\_\_\_\_  
 In Honor of: \_\_\_\_\_  
 In Honor of: \_\_\_\_\_  
 In Honor of: \_\_\_\_\_

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City/State/Zip: \_\_\_\_\_

Please mail this form or drop it off to

**Fountain View**  
 ASSISTED LIVING  
 640 W. Randall  
 Coopersville, MI 49404



Over the years, many angels in the community have blessed the residents of Fountain View by choosing an angel tag off the tree at Choice One Bank and purchasing a gift. Thank you in advance for making the holidays a little brighter this year at our annual Family and Friends Christmas Party. This year we invite guests in on Thursday, December 15. Building 3 please come at 5:00 and buildings 1 & 2 come at 6:00. Enjoy live holiday music, a delicious meal and social time opening up a gift.



**EZ Yahtzee with Ashley on costume day!**



## Leadership Team

Connie Clauson  
Chief Operating Officer

Kelly Smith  
Regional Operations Director

Lindsey Braun  
Administrator

Nancy Brewer  
Business Manager

Andrea Steffes  
Life Enrichment & Volunteer Director

Gary Lutz  
Food Service Director

John Lutz  
Maintenance Director

Tara Frazier  
Staffing Director



### Fundraiser:

**Direct your Dollars receipts turned in! Waiting for our check now. Thank you to all who donated!**

