

◆ APPLE CORE ◆

409-892-4455 | 409-722-7782

Nutrition & Services for Seniors

November 2018



Gratitude helps us to see what is there instead of what isn't.

Give thanks with a grateful heart.

Not what we say about our blessings, but how we use them, is the true measure of Thanksgiving.

Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never ever have enough.

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

Give thanks for each new morning with its light, for rest and shelter of the night, for health and food, for love and friends, for everything they goodness sends.

It is not happy people who are thankful; it is thankful people who are happy.

Thanksgiving Word Search with Riddle

Find the words in the Word Search. Color each word with a different color. When you have found them all, go across the rows and write the letters that are left on the lines below. This will give you a riddle and the answer to the riddle.

Words:

PILGRIM
PUMPKIN

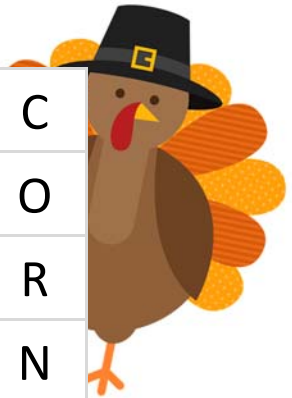
INDIAN
APPLES

TURKEY
PIE

CORNUCOPIA

CORN

P	W	H	I	C	H	I	C
I	T	C	O	R	N	N	O
L	K	U	E	Y	W	D	R
G	O	A	R	N	'	I	N
R	T	P	O	K	P	A	U
I	E	P	P	N	E	N	C
M	A	L	N	I	Y	Y	O
L	O	E	C	K	E	A	P
T	U	S	R	K	E	Y	I
P	U	M	P	K	I	N	A



_____?

ANSWER _____





About two weeks into November, one turkey turns to his pal and says, "I have a feeling something's going down. The farmer just unfriended me on Facebook."

Q. What do you get when you cross an octopus with a turkey?

A. Finally enough drumsticks for everybody at Thanksgiving.

Q. Why didn't the turkey bake properly on Thanksgiving?

A. I have no idea, but I suspect some fowl play.

Q. Why couldn't the Thanksgiving entertainment band perform?

A. Somebody had eaten the drumsticks.

Q. What can never be eaten for Thanksgiving dinner?

A. Thanksgiving breakfast.

Q. What happens when you're too harsh on the cranberries and make them sad?

A. They turn into blueberries.

DISTRIBUTED BY:

Nutrition & Services for Seniors

4590 Concord Road
Beaumont, TX 77703
409-892-4455
409-722-7782

www.seniormeals.org



Onion Cranberry Pecan Cheese Ball

Onion Cranberry Pecan Cheese Ball is an easy to make recipe that tastes amazing and has the most beautiful colors! Your friends and family will go nuts for this make-ahead appetizer!



INGREDIENTS:

- 8 oz. cream cheese (softened)
- 2 cups sharp white cheddar (shredded)
- 1 cup Craisins
- 1/2 cup green onions (chopped)
- 1/4 cup chopped parsley
- 1 cup pecans (chopped, toasted and cooled completely)

INSTRUCTIONS:

1. Stir together the cream cheese and cheddar until it's evenly combined.
2. Mix in the Craisins, green onions, and parsley
3. Spread toasted pecans onto a baking sheet
4. Form the cheese into a ball shape
5. Roll the cheese ball around on the pecans to completely coat the outside of the ball
6. Completely cover with plastic wrap and store overnight or at least 4 hours to allow the flavors to mix.
7. Serve with crackers and enjoy!



Pie & Cookie Fundraiser

NOVEMBER 21, 2018

Benefiting Meals on Wheels

Let us do the baking for you this Thanksgiving!

While supplies last:

Home Baked Cookies: \$8.00 / dozen

Apple Caramel Oatmeal | Chocolate Chip | Oatmeal Raisin | Peanut Butter | Snickerdoodle | White Chocolate Macadamia Nut

Home Baked Pies: \$11.00 / each

Baked Lattice Apple | Chocolate Meringue | Lemon Meringue | Coconut Meringue | Sweet Potato | Pumpkin | Southern Pecan

Call 409-892-4455 to order!!



#GIVINGTUESDAY™

NOVEMBER 27, 2018

Help us receive up to **\$5,000** in matching funds on November 27.*

VISIT GIVE65.org

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hope for seniors™

Home Instead
SENIOR CARE®
FOUNDATION

*CERTAIN RULES APPLY.

To donate, visit: www.give65.org/nssmow

Maintaining Independence: As we get older, our bodies and minds go through numerous changes that are often undesirable, but that doesn't mean we can't continue to live a satisfying and independent life for years to come. These five tips will serve to remind you how to maintain your independence while ensuring that your aging process is both healthy and comfortable.

#1. Eat a healthy and balanced diet - Nutrition is key to avoiding the health issues that are most common among seniors. Make sure your diet includes a good balance of whole grains, fruits, vegetables, lean proteins, low-fat dairy, and nuts to ensure that you maintain your proper weight and keep your immune system strong.

#2. Exercise regularly - The benefits of exercise are endless—it's good for your heart, improves balance and flexibility, and improves your mood. If you need a place to start, try an exercise plan that is low intensity, such as walking, stretching, and light weightlifting.

#3. Take care of your mental and emotional health - As our bodies age, it can have a great effect on how we think and feel. In addition to exercise, it's important to remain social, exercise our brains, and seek medical help as needed to battle depression, anxiety, insomnia, and other conditions that can rob us of our joy.

#4. Find a good doctor - It's a daunting task for all ages, but it becomes even more critical as you get older. Common health problems in elderly people, such as osteoporosis, age-related macular degeneration, and hearing impairment, can make it very difficult to live an independent life without treatment from a trusted medical professional, so take the time to do some research.

#5. Get a senior alert device - This is especially important if you live (or spend most of the day or night) alone. Today's easy-to-use senior alert devices allow you to contact a family member, friend, or emergency service organization almost instantly if you've taken a fall or experienced some other life-threatening complication. It may just save your life. **Ask us about CareNet (409.892.4455)**