



The Branchlands Times

1300 Branchlands Drive* Charlottesville, Virginia 22901* 434-973-9044



Dates To Look Out For:

11/1-12:00pm Total Joint Replacement Workshop & Lunch with All About Home Health

11/2-2:00pm A "Happy Gathering" for Al Falcone at the Center

11/4-4:30pm Dinner out at Bonefish Grill

11/5-3:30pm Happy Hour & Music with Billy Caldwell

11/6-Voting @ The Center

11/7-2:00pm November Birthday Party

11/8-12:00pm Tea & Finger Sandwiches

11/9-3:30pm Happy Hour & Music with Bob Clouse

11/13-3:30pm Happy Hour & Music with Barbara Martin

11/14-2:30pm Resident Meeting

11/15-2:00pm Music with Matt O'Donnell

11/16-11:00am Trip to the Safari & Lunch at the Pink Cadillac Diner

11/18- 2:45pm
Tchaikovsky's Fifth
Symphony Orchestra

11/20-3:00pm Happy Hour & Music with Matty Metcalfe

11/21-Thanksgiving Dinner-
Seatings at 2:00pm &
4:00pm

11/26-11:00am Foot Care & Nail Trimming

11/27-3:30pm Happy Hour & Music with Franklin Byars

11/29-12:00pm Lunch & Learn "Bemer Therapy"

11/30- 10:00am Trip to Target

November 2018

Resident Spotlight:

Tina Blackwell



Tina was born before the crash of 1929 in Warrenton, Virginia. Her parents were Ethel Christine Nelson and Richard Samuel Talbott. She was the baby of the family and had two older siblings; sister Anna Lou and brother Richard Nelson, who fought in the Battle of the Bulge.

Tina loved sports and especially baseball. She also did square dancing and really enjoyed it. She graduated from George Washington High School in Alexandria, Virginia, and then went to college in the Women's Division of the University of Virginia and she eventually transferred to the University of Maryland where she met Dean Colby Blackwell. They were married in 1949. For their honeymoon, they went on the Skyline Drive here in Virginia. They also traveled to Alaska by the Inside Passage-by ship.

Dean was a Business Administrator and eventually went to work for The Eastman Kodak Company, from which he retired in the early 80s. Dean was also in the Air Force. Tina became a Costumer and did this for over twenty years. She even made the costumes for "The Sound of Music" at the Peacock Playhouse in Hayesville, North Carolina.

Tina and Dean had two children, a son and daughter; David and Susan Blackwell. She has two grandchildren from her daughter's marriage and another grandchild from her son. Unfortunately, her daughter Susan died while she was in her fifties.

Tina lost her husband in 2008. After he died, she retired from her costuming career. She eventually went on a cruise up the Panama Canal and really enjoyed the ship and the people she met while she traveled.

Eventually, Tina started going to summer school for two weeks in June and she has done this seven times at the Principia College where she took courses concerning the Bible and world events, including Asia and Africa.

She and her family finally researched the retirement homes here in Virginia, and Branchlands sounded good so she decided to come here. Tina says she really loves it here and not only loves her new home and the beautiful surroundings, but she enjoys the many activities, good food, and more than anything, all the wonderful friends she has made here. We are very happy you have come here Tina, and hope you will continue to enjoy this lovely place. Much love from all of us, and God Bless!

Betty Kollar

Go Ahead & Snooze...

HEALTH & WELLNESS

You probably know that you should be sleeping 7-9 hours every night, but do you know why? It's not just so you will feel more energized throughout the day (although that's a plus). There are many benefits that arise when you prioritize sleep, because while you're asleep, your body is hard at work healing itself and optimizing different processes.

Say "Yes" to Sweet Potatoes

It's the season to take advantage of fresh sweet potatoes. They're a better choice than regular potatoes if you're watching your blood sugar, and they are also an excellent source of Vitamin A which can reduce inflammation in your joints.

- **Sleep Reduces Stress**-If your body doesn't get enough sleep, it can respond by producing an elevated level of stress hormones.
- **Sleep Can Improve Your Memory**-When you sleep, your body may be resting, but your brain is busy organizing and storing memories.
- **Sleep Can Lower Blood Pressure**- Getting enough sleep encourages a constant state of relaxation that can help reduce blood pressure and even keep it under control.
- **Sleep Helps You Fight Disease/Infections**- When you sleep, your body is producing extra protein molecules that can strengthen your ability to fight infection.
- **Sleep Enhances Your Mood**- Lack of sleep can make us agitated more easily. The better you sleep, the better your ability to stay calm and relaxed.
- **Sleep Keeps Your Heart Healthy**- A regular sleep pattern can help to lower the levels of stress and inflammation to your cardiovascular system, with can reduce your chances of a stroke or heart condition.
- **Sleep May Reduce Your Risk Of Depression**- Sleep impacts many chemicals in your body, including serotonin. People with serotonin deficiencies are more likely to suffer from depression.

My Get Up and Go Has Got Up and Went

Submitted by Herbert Ackerman

How do I know my youth is all spent?
Well, my get up and go has got up and went.
But in spite of it all I am I am able to grin,
When I think of the places my get up has been.

Old age is golden, so I've heard said,
But sometimes I wonder, as I get into bed.
With my ears in a drawer, my teeth in a cup,
And my eyes on the table until I wake up.

Ere sleep dims my eyes I say to myself
"Is there anything else I can put on the shelf?"
And I'm happy to say as I close the door
"My friends are the same, perhaps even more."

When I was a young thing my slippers were red,
I could kick my heels as high as my head.
Then when I was older, my slippers were blue,
But still I could walk the whole day through.

Now I'm still older, my slippers are black,
I walk to the store and puff my way back.
The reason I know my youth is all spent,
My get up and go has got up and went.

But really I don't mind when I think with a grin,
Of all the grand places my get up has been.
Since I have retired from life's competition,
I busy myself with complete repetition.

I get up each morning and dust off my wits,
Pick up the paper and read the 'obits.'
If my name is missing, I know I'm not dead,
As I eat a good breakfast and go back to bed.

A Bunch of Hot Air

Is there any bigger spectacle than the Macy's Thanksgiving Day Parade marching down Broadway in New York City?

The Thanksgiving Day Parade did not always boast larger-than-life balloons. The first parade was held in 1924 when R.H. Macy & Co. decided to celebrate the opening of its new flagship store on 34th Street in Manhattan. This massive parade was not meant to celebrate Pilgrims and a feast of turkey, but to usher in the Christmas shopping season. During its first three years, the parade featured live animals from the Central Park Zoo, including tigers, elephants, camels, and donkeys. However, the children lining Broadway were so scared by these beasts that parade organizers decided to feature some "lighter" entertainment: giant balloons in the shape of beloved cartoon characters.

The first inflatable star of the Macy's Thanksgiving Day Parade was Felix the Cat, the preeminent cartoon character of the silent era. In those early days, the balloons were built by Goodyear Tire and Rubber Plant Company. They were not filled with helium, but with air, and wranglers propped them up with long sticks. In 1929, balloons were filled with helium and wranglers had to both wrestle the gargantuan cartoons and keep their own feet firmly on the ground. Between 1929 and 1932, the balloons were released into the air at the finish of the parade. They could float to the ground anywhere in Manhattan, and the lucky ones who found them needed only to return the tag attached to the lost balloon to Macy's for a \$25 gift certificate.

For over 90 years, balloons have floated through New York's skyscraper canyons. Felix the Cat has stepped aside for Raggedy Ann, Popeye, Snoopy, and current favorites like Iron Man and Pikachu, but the sense of wonder these balloons inspire carries on.

Veteran's Day

*A very special
thank you to all of
our residents here
at Branchlands
who have served
our country.
Thank you for
your service and
your sacrifice.*



SPECIAL EVENTS:

- Voting day is Tuesday, September 6th. We will be taking two trips to the Center to vote. Be sure to sign up if you are interested at either 11:30am or 1:00pm.
- Friday, November 16th we will be going to the Safari in Natural Bridge, Virginia. It is a drive-through safari, so we will not be leaving the bus, however the price to get into the safari is per person, and it will be \$10.00 per person. Afterwards, we will be stopping by the Pink Cadillac Diner for lunch.
- Our Thanksgiving Dinner will be on Wednesday, November 21st. If you have not RSVP'd yet, please do so with the front office ASAP. We need to know even if you do not plan on coming. There are two seatings; 2:00 and 4:00, and each person is allowed up to 2 guests.

Angel Wings

By Betty Kollar

I felt like Angel Wings fluttered over me,
My head was bowed in prayer.
I looked up to the sky
To see if they were really there.

My heart had been so heavy;
I feared so many things.
But once I felt their presence,
I know the peace an Angel brings.

I'd seen an Angel many times;
They came to give me peace.
Their flutter helped my sanity,
And made my troubles cease.

Angel Wings are wonderful,
They give you love and hope.
I thank the Lord for sending them,
I know they help me cope.

Wish Upon A Wishbone

Ever wonder where the superstitious ritual of breaking a wishbone came from? It all started with the Ancient Romans who pulled apart chicken clavicles in hopes of achieving good fortune because they thought birds could predict the future, and preserving their bones would give people access to the chicken's mystical powers.

According to legend, the custom evolved into breaking the bone in two because there simply weren't enough wishbones to go around, so two people would wish on the same bone, snap the clavicle in half, and whoever got the bigger pieces was deemed the winner with their wish granted. The practice made it to England in the 16th century, where it was referred to as "merry thought." In the New World, Pilgrims played tug-of-war with the bones of the more plentiful wild turkey. The term "wishbone" didn't emerge until the 1800s, around the time when President Lincoln declared Thanksgiving a national holiday. What hasn't changed all these years is the rules: Each person grabs an end and gives it a yank. If you get the bigger piece, your wish will be granted. How's that for lucky?

Keep Your Tabs!

Just another friendly reminder to make sure you keep your tabs to any aluminum cans—soda cans, soup cans, etc. Instead of throwing them away, you can put them in the cardboard house that is in the Langman Room. These tabs help raise money for the Ronald McDonald House for children who are sick & for their families. It's a small way to make a big difference!

Thanksgiving (U.S.)

Find and circle all of the words that are hidden in the grid.
The remaining 26 letters spell a popular Thanksgiving Day event.

M	A	C	P	I	L	G	R	I	M	S	P	A	R	A	D	E
S	M	A	Y	S	W	E	E	T	P	O	T	A	T	O	Y	N
G	N	I	R	E	H	T	A	G	S	H	T	H	G	A	O	S
D	N	P	L	L	A	B	T	O	O	F	F	R	N	I	C	E
O	S	U	C	K	S	N	S	L	G	E	A	O	N	R	L	O
O	T	M	I	E	R	E	I	V	S	V	I	U	A	A	D	T
F	U	P	I	O	L	D	V	T	Y	T	E	N	U	N	G	A
R	F	K	C	N	A	E	I	I	I	R	B	N	E	N	A	T
I	F	I	Y	Y	O	V	B	D	T	E	N	K	G	H	O	O
E	I	N	D	A	A	V	A	R	R	A	E	A	Y	T	N	P
N	N	P	N	L	D	R	E	R	A	E	L	T	P	U	A	D
D	G	I	A	M	T	S	Y	M	W	T	R	E	F	O	P	E
S	Y	E	K	R	U	T	R	G	B	A	I	E	R	M	M	H
H	A	R	V	E	S	T	N	U	V	E	A	O	E	Y	A	S
H	S	A	U	Q	S	O	U	E	H	S	R	A	N	L	W	A
R	F	A	M	I	L	Y	L	A	T	T	L	A	D	P	E	M

ANNUAL
AUTUMN
CELEBRATION
CORN
CRANBERRY
FAMILY
FEAST
FESTIVAL
FOOD
FOOTBALL
FRIENDS
GATHERING

GRAVY
HARVEST
HOLIDAY
LONG WEEKEND
MASHED POTATOES
MEAL
NOVEMBER
PARADE
PILGRIMS
PLYMOUTH
PUMPKIN PIE

RELATIVES
REUNION
SQUASH
STUFFING
SWEET POTATO
THURSDAY
TRADITION
TRAVEL
TURKEY
WAMPANOAG
YAMS



Stewart Bowers 11/13
Betty Hubert 11/14
Pat Conway 11/15
Marilyn Likness 11/19