



*Laurel House Comfort Care Home | 224 Fair Street, Newark, NY 14513 | (315) 573-7028*



*November makes me think of Thanksgiving...a time to be thankful for something. I am truly thankful for all of you! Those that continue to bless us with positive comments on our newsletter, those I have met through Laurel House and am also thankful for all of you who support the work Laurel House does. What are you thankful for? The smallest thing could give you the most gratitude.*

*~Laci Graham, Executive Director*

## *Shared Moments*

I lost my grandmother in November of 2018. She was the matriarch of the family, the one who did every holiday, hosted every meal. The holiday seasons bring on a sadness I never understood until the years happened without her. I remember all the things she did to get ready for each holiday (I was close to her). I continue to do many of the same traditions as she taught me.

As you prepare for the holidays ahead, know how many people are missed, savor in traditions from those we have lost and have your family and friends be your support during this time.

*~Laci*



*Missing YOU on Thanksgiving  
we see your empty chair ..  
.. Though life goes on  
and years may pass, still  
we miss you there.  
all-greatquotes.com*



shutterstock.com · 71623128

## Timely Tips

Holiday season is upon us...

**Take good care of yourself,  
you belong to us.**

Stressed? Fatigued? Pressured?  
Feeling pushed?

Holiday time is here...along with the  
expectations holidays can bring.

How do you do everything,  
when you are not feeling like doing  
anything?

**Each Day...**take a few moments to  
honor your own needs.

Sadly, we often feel we need permission  
to put ourselves first.

It is hard to remember, like a car,  
we run best when  
we have simple daily maintenance.

*So permission granted.*  
Take a few moments to take care of  
yourself...you are important to us!

Each day give yourself a little  
timeout to sit quietly and be  
thankful for all that you have.



shutterstock.com · 1046229520

"When you change the  
way you look at things,  
the things you look at  
change."

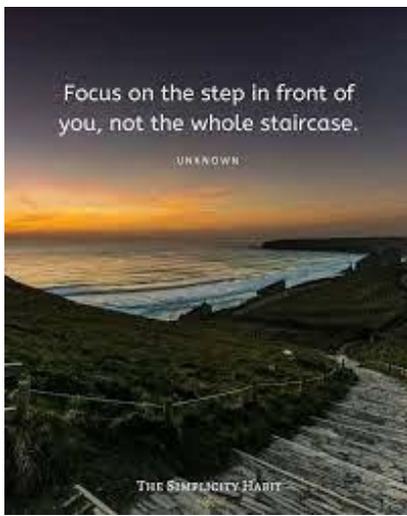
~Wayne Dyer

I will NO longer allow  
the negative things in  
my life to spoil all of  
the good things I have.  
I choose to be Happy.

www.InformativeQuotes.com

Focus on the step in front of  
you, not the whole staircase.

UNKNOWN



THE SIMPLICITY HABIT

"The secret of  
getting ahead,  
is getting started."  
~Mark Twain

**I am glad you are my friend,  
For I like myself better when  
I'm with you!**

~Common saying

Life is short.  
Spend it with  
people who make  
you laugh and  
feel loved.

QuoteTag

"There will always be a reason why  
you meet people. Either they will  
change your life, or you're the  
one who will change theirs."

Walter Cronkite



*"Humankind has not  
woven the web of life. We  
are but one thread  
within it.  
Whatever we do to the  
web,  
we do to ourselves.  
All things connect"*

~Native American Proverb

**"Feel free to think  
good thoughts;  
they are power."  
Anonymous**



# We've got rhythm/ "tumbao"



Lets take a fresh look at the rhythm of life; native cultures throughout time have known that rhythm was something that connected us to nature.

We are more connected than we ever imagined to rhythms and beats.... I offer this article on 'drumming' that takes a fresh look at the rhythms of life.....

The World Is your Drumming Circle by Jill Mattson and published in the Spirit of Change newsletter

The beat pattern of the rain speeds up and calms down until it slackens to a slight drip-drop. The brittle fall leaves create precise rattle-sounds, rustling and shaking like a tambourine. Yet, the spring leaves birth fresh and soft rhythms, as they wave in the beat of the wind. Invisible currents from animals running, moving insects, wings flapping overhead and even our own footsteps provide our own personal drumming circle. Just as we connect with others by joining a drumming circle and sharing the rhythm, nature joins with us in our own individual drumming circle.

Our rhythms reflect who we are to a larger extent than we ever imagined. Our personality is reflected in our personal rhythms: our gait of walking, how fast or slow we speak and move, and even our characteristic postures with their unconscious communications. In the Caribbean, this signature rhythm is called your tumbao; it is unique as your finger prints. It is the unique beat that you project!

The environment unconsciously moves us with circadian rhythms of Mother Nature./. Her beat-pattern of summer, fall, winter and spring gently guide our moods. Her swing-like movements of. More and less sunlight, softly rock us into compliance, as the days march on.

Shooting down from the sky are invisible frequencies, below our hearing range, originating from the movements of the stars in the

heavens, combining with magnetic currents from underground magna-deep within the earth. These multilayer waves combine with the rhythms of our breath, circulation and heart beats. Rhythms in close proximity entrain and impact each other.

We are a fluid participant in the rhythms of Earth.

We naturally sync with the energies and rhythms around us, without any conscious thought that this has occurred. We submerge ourselves in beat patterns of phone and internet signals. We are in the center of a drumming circle of cars impatiently honking, fire sirens screaming, people yelling and frantic hip hop sounds pulsing out of phones. The brain naturally looks for repeating patterns, as we have evolved in nature and she responds to such patterns of sound. Man's chaotic drumming without any pattern, tires the brain, producing stress and draining our peace and energy.

We are more connected than we ever imagined to rhythms and beats, many that we are unaware of. Our life pace and our hearts reflect sounds from within our bodies as well as from the environment and the cosmos. This fall, consider immersing yourself in calming sound patterns. Our bodies relax and restore with caresses of nature's healing drumming circles.

Links to <https://www.jillswingsoflight.com/>

See also: Animals To Humans: Be Quiet,  
Already(<http://www.spiritofchange.org/green-living-environment/Animals-To-Humans-Be-Quiet-Already/>)

Awaken Your Nature Awareness(<http://www.spiritofchange.org/Spring-2016/Awaken-Your-Nature-Awareness/>)



shutterstock.com - 716251328

*LET YOUR FINGERS DO THE WALKING  
FINGER LABYRINTHS*

*Stress. Anxiety. Anger. Panic. Finger Art*

*Tracing the twists and bends of a Labyrinth focuses your hand-to-eye coordination while calming the mind.*

*'Research indicates both walking and finger labyrinths have a positive effect on brainwave and neurological response'*

*Easy to use. Relaxing. Suitable for all ages.*

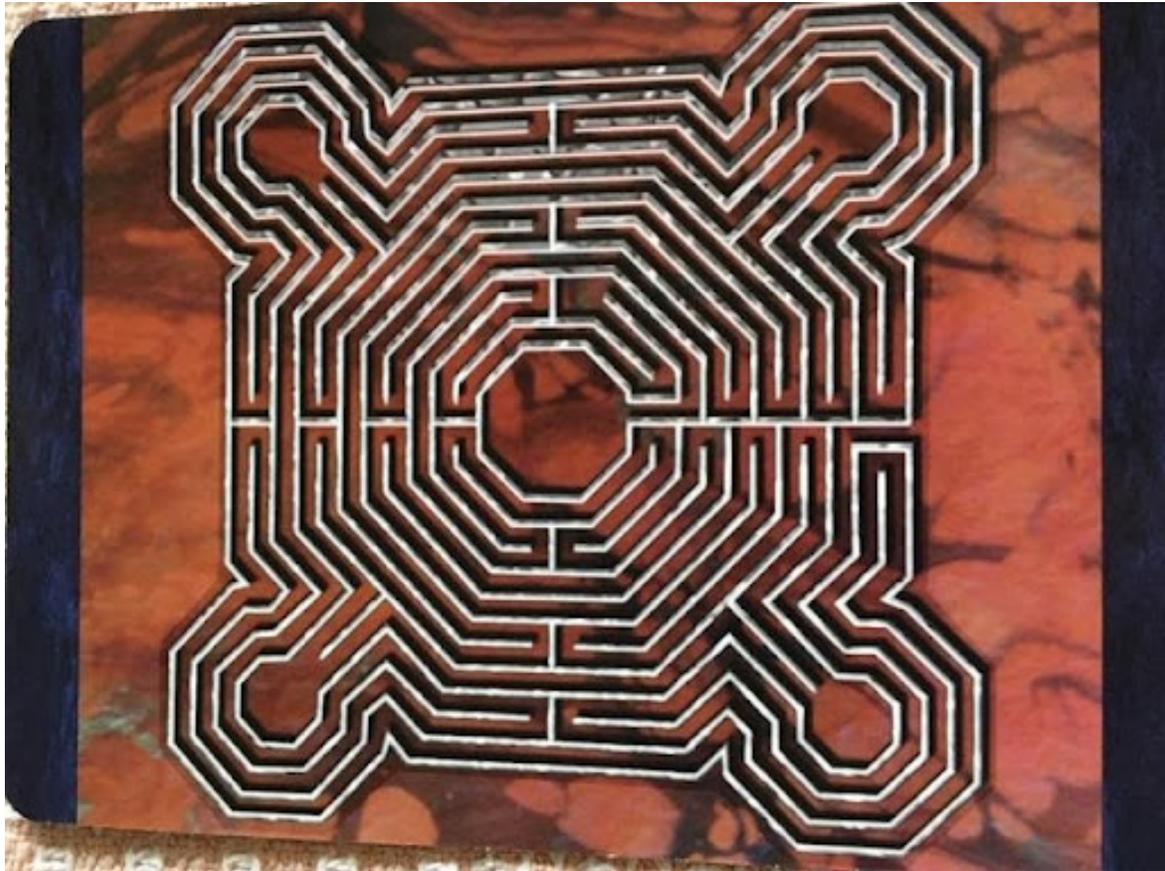
*This modern adaptation of centuries old art form is found in all countries and cultures... including Native American*

***Here is HOW TO USE A FINGER LABYRINTH card***

*Start at the edge of a Labyrinth and trace within the lines until you reach the center. There's only one path, so you will always reach it.*

*If the pathway is small, try using something that points like a pen, a stylus, or a coffee stir stick.*

*THEN TAKE A DEEP BREATH, and trace back out to the edge. Repeat this back -and- forth motion as often as you wish*



*We offer you one to try: an adaptation of the simple Conimbriga Labyrinth from 3<sup>rd</sup> Century Portugal. To order your own travel cards: [www.CelticArtStore.net](http://www.CelticArtStore.net)*

---

## ***Easy Holiday Recipes***

*Holidays mean cooking for someone; are you tired of the same old thing?  
Are you looking for simple but tasty?*

*Look no further we have a few recipes to share....*

*We would love to hear from you as well with some of your favorite recipes;  
please share with Laurel House so we may pass them on....*

### **Cherry Cobbler**

Berries, peaches or any fruit can be used for this simple recipe, but the cheery, bright color of cherries makes it just right for gray fall/winter days.

--Eleanor Jacoby of Kansas

Ingredients:

1 cup canned pitted tart cherries

1/3 cup plus 3 tbsp sugar, divided

1/2 cup all-purpose flour

1/2 tsp baking powder

1 tbsp cold butter

1/4 cup milk

Directions:

In a small saucepan over medium heat, bring cherries and 1/3 cup sugar to a boil.

Remove from the heat; set aside.

In a small bowl, combine the flour, baking powder and remaining sugar.

Cut in butter until mixture resembles coarse crumbs. Stir in milk just until moistened.

Spread into a greased 3-cup baking dish; pour cherries over the top.

Bake at 375 degrees for 25-30 minutes or until bubbly and edges are golden brown.

Serve warm. Yield: 3 servings

# Simple Marinade

Best with Pork Chops  
and Chicken

Mix Italian  
Dressing and  
Catsup  
(Amounts to taste)

Marinate meat for at least two hours  
up to overnight for best taste. Drain  
marinade and cook meat to desired  
temperature.

Sp Adobe Spark



## 3 fruit compote

-- Deb Apter, LCSW

Ingredients:

1 Pineapple

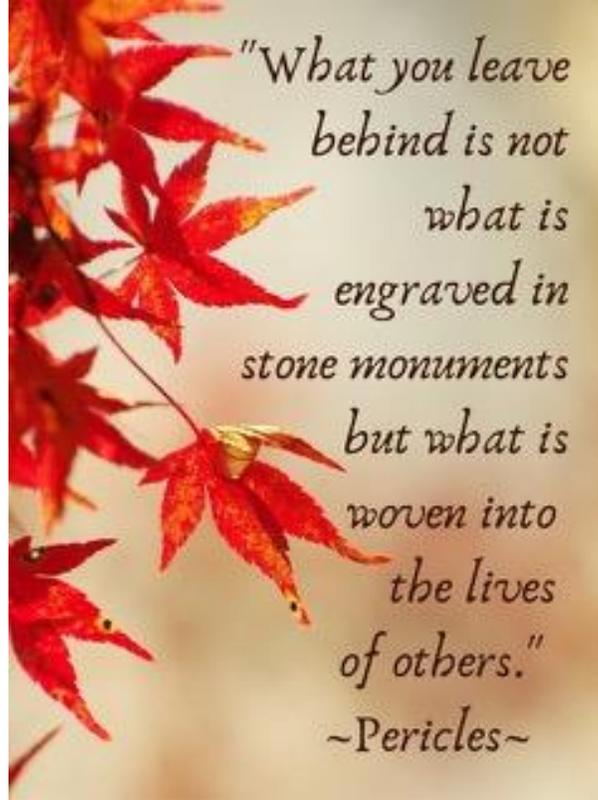
5 Tart apples, peeled

4-5 ripe pears, peeled

2 cinnamon sticks

Ground cinnamon to taste

Directions: Cut all fruit into chunks with a dash of salt.  
Cover and cook for 45 minutes



### ***PRACTICING THE ATTITUDE OF GRATITUDE***

Our early pioneers and Native Americans knew the power of being grateful. They were still here, had survived another long winter (or summer storms), and found food to eat; much to be grateful for!! So much did this resonate with them, the holiday of Thanksgiving sprung into being.

Perhaps Thanksgiving is the original *Attitude of Gratitude*, a gift from the wisdom of our predecessors we can reap daily. **Thank you, ancestors! We are grateful.**

Now fresh inspection of the power in gratitude shows it is a generating emotion. Feel gratitude and your blessings seem to expand. After 15 years of meticulous research, we know that gratitude can make people: happier, sleep better, improve their relationships, even buffer stress and potentially help counteract depression.

More research is necessary before doctors start giving out prescriptions for gratitude, but there is good reason to suspect gratitude has positive effects for your body.

**“Gratitude can be an incredibly powerful and invigorating experience,”**  
said researcher Jeff Huffman **“There is growing evidence that being grateful could lead to better health.”**

While results are still developing here are some areas to pay attention to:

**Fewer headaches dizziness stomach pain runny  
noses sleepless nights nausea  
skin reactions shortness of breath aches and pains**

Research that began in 1995 found that people who felt appreciation (an emotion related to gratitude) had improved heart function-  
. More recent studies: Woman who kept a gratitude journal for 2 weeks realized lower blood pressure, and even lower A1c values. (blood sugar measurement over three months time)

The jury may still be out on how much the attitude of gratitude improves our health, but what do we really have to lose by trying gratitude?

Practice any or all of the following:

- 3 things to be grateful for each night as we kiss the day goodbye
- Write a gratitude journal, entering a few words every time you find a new reason to celebrate being grateful
- Find at least one person a day to let know how grateful you are to have them in your life

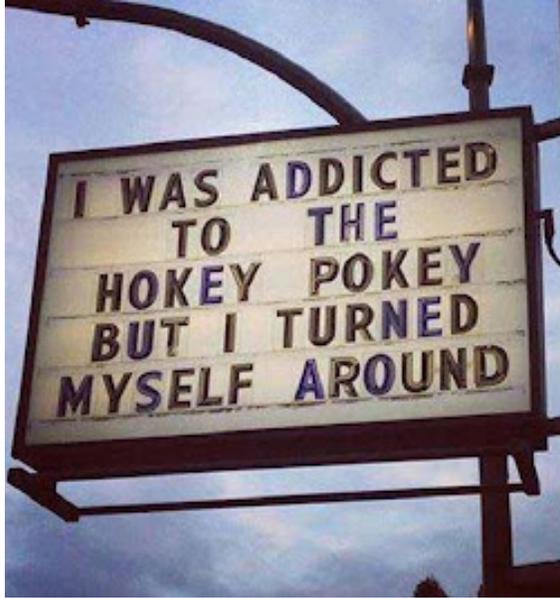
What is there to lose? Maybe sleepless nights, headaches and sore muscles, a lot of that stress that plagues you, fewer colds or skin rashes, or ..... You tell us what worked better for you. You'll find we will be very grateful for the feedback.

---

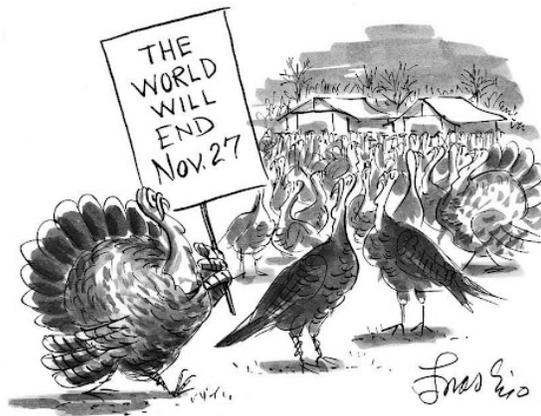
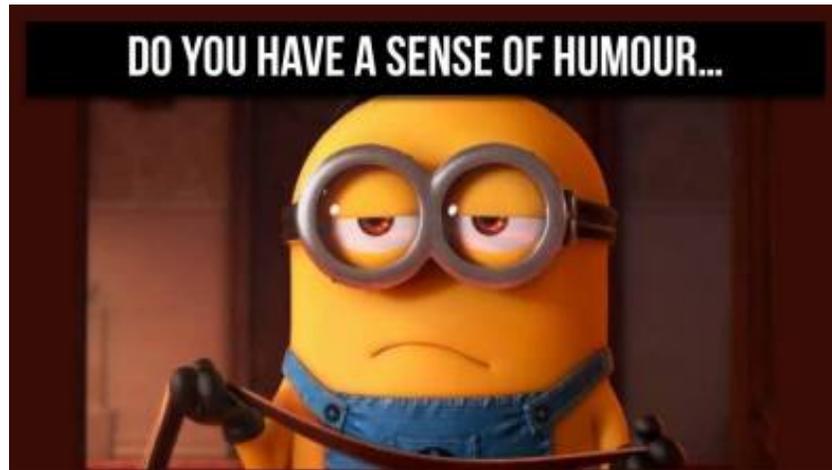
## *On The Lighter Side....*



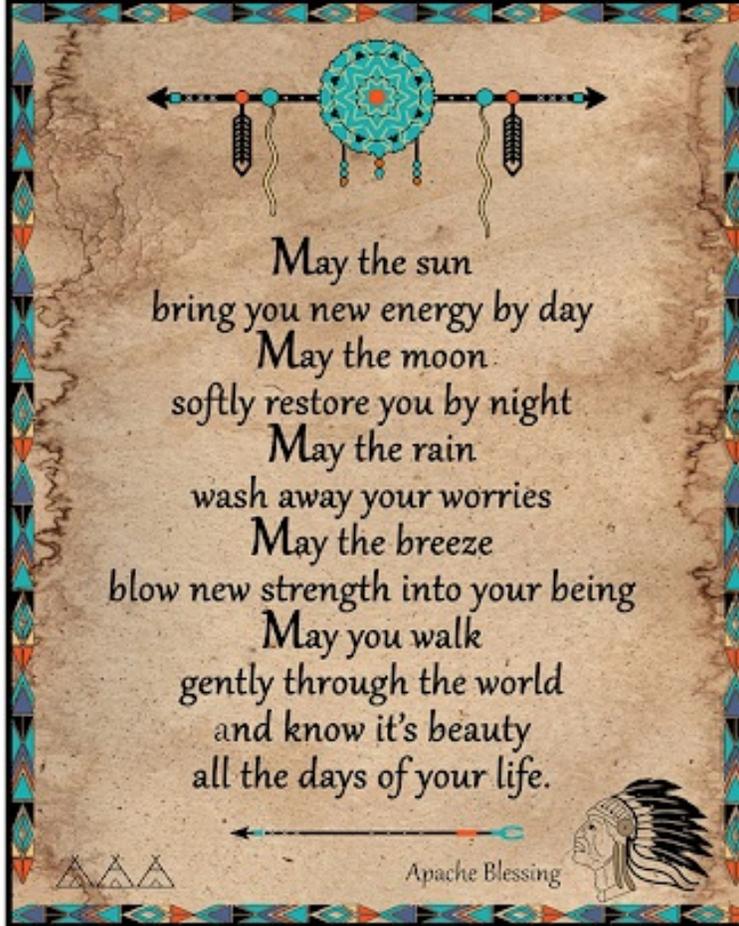
*'Hearty laughter is a good way to jog internally without having to go outdoors'. Norman Cousins*



***My grandmother started walking 5 miles a day when she was 60. She's 94 now and we don't know where the heck she is!***



*Blessing*

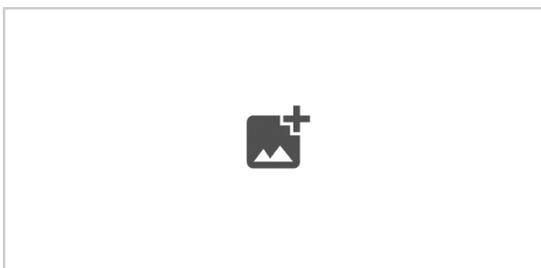


*Having trouble with the links? No problem!  
Call 315-573-7028 and we will gladly mail you a print out.*

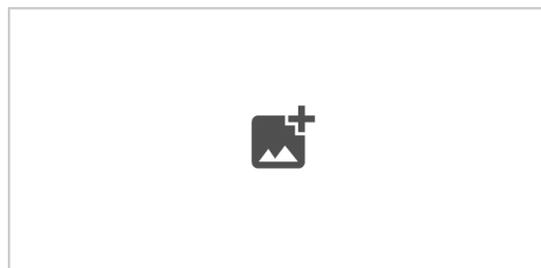
*If you feel someone could benefit from receiving this newsletter, please email:  
[director@laurelhousecomfortcare.org](mailto:director@laurelhousecomfortcare.org)*



Laurel House Comfort Care Home | [www.laurelhousecomfortcare.org](http://www.laurelhousecomfortcare.org) | 315-573-7028



Your copy should address 3 key questions: Who am I writing for? (Audience) Why should they



Your copy should address 3 key questions: Who am I writing for? (Audience) Why should they

care? (Benefit) What do I want them to do here?  
(Call-to-Action)

Create a great offer by adding words like "free"  
"personalized" "complimentary" or "customized."  
A sense of urgency often helps readers take an  
action, so think about inserting phrases like "for a  
limited time only" or "only 7 remaining"!

care? (Benefit) What do I want them to do here?  
(Call-to-Action)

Create a great offer by adding words like "free"  
"personalized" "complimentary" or "customized."  
A sense of urgency often helps readers take an  
action, so think about inserting phrases like "for a  
limited time only" or "only 7 remaining"!

Laurel House Comfort Care Home | 224 Fair Street, Newark, NY 14513

[Unsubscribe director@laurelhousecomfortcare.org](mailto:unsubscribe@laurelhousecomfortcare.org)

[Update Profile](#) | [About Constant Contact](#)

Sent by [director@laurelhousecomfortcare.org](mailto:director@laurelhousecomfortcare.org) in collaboration  
with



Try email marketing for free today!