CLATSOP CARE RETIREMENT VILLAGE

947 Olney Avenue • Astoria, OR 97103 • 503-325-4676

November 2026

Administrator's Corner

Hello Residents, Families, and Friends!

The holiday season is here! Now that Covid-19 is behind us, I am excited to see everyone gathering again and enjoying time together.

I am happy to announce that we have welcomed Shantell, our new community nurse! She brings years of nursing experience and a passion for senior care. Please join me in giving her a warm welcome!

We are looking forward to celebrating Thanksgiving with a special dinner and hope that you will join us for great food and wonderful company.

We are also excited to introduce our Resident Angel Tree, located in the main lobby. Families and friends are invited to sponsor a resident and help spread holiday cheer. Please reach out to me with any questions.

I am truly thankful for our residents, families, and dedicated staff. Wishing everyone a wonderful Thanksgiving and a joyful holiday season!

Warm regards,
Latisha Aguilar
Administrator

An Attitude of Gratitude

A thankful heart is a happy heart—it may sound cliché, but science says it's true. Making gratitude a regular habit boosts positive emotions and helps you be more resilient when dealing with life's challenges. These exercises in gratitude can lead to a happier you.

Keep a journal. A dedicated journal, in which you write down a few things you are thankful for each day, is a simple and effective tool for cultivating gratitude. Rereading past entries can offer a healthy perspective when you need an emotional boost.

Create a collage. Put together a collage of photos of friends and family members, as well as other items that bring you joy, such as a meaningful postcard or a wise saying from a fortune cookie. Place it where you'll see it every day as a visual reminder of the good things in your life.

Say "thank you." Express your thanks when interacting with food servers, store clerks, medical staff and customer service employees. Send personal thank-you notes to people who've left lasting impressions.

Give back. Donating your time, skills or money to those in need gives you the chance to reflect on things you may take for granted. Helping others also increases your sense of purpose and overall well-being.

Meditate. You can stop a sour mood in its tracks with mindful meditation. Sit in a quiet place, breathe deeply and slowly, and focus on your senses. Notice the little things that make you happy. A bird singing? The sound of laughter in the background? Add these to your daily gratitude list—nothing is too small or insignificant!

Health & Fitness

On Mondays, Wednesdays, and Fridays at 9:45am CRV hosts Jill Coryell and her Seated Chair Exercise for Seniors Program. Jill has been an ACE Certified Personal Trainer for over 20 years and a group fitness instructor for Clatsop Community College for 34 years. She teaches aerobics, stepping, circuit training, aquatic exercise, and stretching as well as senior classes. Her Seated Chair Exercise for Seniors class is for all ages and all abilities. She focuses on active aging and strength training. Please join Jill and the many residents that already participate in this fun-filled class. And bring a friend or a neighbor. This activity is held in the activities area on the second floor.







Life on the Road

Route 66 is celebrating its 100th birthday! From 1926 to the last half of the 20th century, "The Mother Road" was the favored way to traverse the western half of the United States.

The nation's first paved highway spanned 2,448 miles from Chicago, Ill., to Los Angeles, Calif. Towns and businesses along the highway grew and prospered with the boom of tourists. The Bobby Troup song "Route 66" advised folks to "Get your kicks on Route 66."

The Federal Aid Highway Act of 1956 prompted the construction and upgrade of roads across the country. By the 1970s, Route 66 was mostly replaced by five interstate highways, and it was fully decommissioned by 1985. Businesses along the highway closed as traffic dwindled.

There have been efforts, however, to preserve historic sites along the route, and travelers can still get their nostalgic "kicks" navigating about 85% of the original Route 66. Cities along the famous route are celebrating the centennial with parades, festivals and, of course, car shows.

In Service to the Nation

November brings Veterans Day, when we honor those who have served in the nation's military. Take a moment to reflect on your experiences.

- Did you serve in the armed forces? If so, in which branch? How long was your service? In what places were you stationed? Where else did you travel to as a member of the military?
- What ranks did you hold, and what duties did you perform?
- Who was the most memorable person you met while serving?
- Of your time in the military, what is the most lasting memory you have?
- If you didn't serve, were you close to someone who did—a family member, spouse, child or friend? How did you feel about them being in the service?
- What do you remember about the times when the nation was at war?
- Describe the ways that war changed your life or the lives of others you know.
- From your military service or wartime experiences, what would you most want future generations to know?
- Have you visited any war or military memorials?
- How do you show support to veterans and honor Veterans Day?



Brain Bender: Words of a Feather

Use your ol' noodle to solve these Thanksgiving-themed analogies!

Example: Thanksgiving is to November as Valentine's Day is to: February.

1. Turkey is to bird as cranberry is to _____.
2. Corn is to field as pumpkin is to _____.
3. Mash is to potatoes as _____ is to turkey.
4. Thanksgiving is to Thursday as Mother's Day is to _____.
5. Drumstick is to turkey leg as spud is to _____.
6. Stuffing is to side dish as pumpkin pie is to _____.
7. Turkey is to platter as _____ is to boat.
8. Green bean is to casserole as _____ is to sauce.
9. Massasoit is to Wampanoag as William Bradford is to _____.
10. Black is to Friday as _____ is to Monday.

(Answers: 1. fruit; 2. patch; 3. carve; 4. Sunday; 5. potato; 6. dessert; 7. gravy; 8. cranberry; 9. Pilgrims; 10. Cyber)

Floss Your Way to Health

Many people know the day after Thanksgiving as Black Friday, but it's also a date dedicated to your pearly whites: National Flossing Day. Dentists say flossing daily helps prevent cavities and gum disease, lowers your risk for conditions like heart disease and diabetes, and makes your breath fresher.



Self-Care Corner: Pump Up Your Mood

Squash a sour attitude by snacking on some pumpkin seeds. Their high levels of iron, tryptophan and tyrosine all contribute to the production of serotonin and dopamine, the feel-good brain chemicals that help balance mood.



A Thanksgiving Tradition

The Macy's Thanksgiving Day Parade in New York City has been a holiday tradition since 1924. Line up for some facts about the annual spectacle:

- Along with floats, brass bands and entertainers, the early parades included animals from the Central Park Zoo.
- Giant balloons replaced the live animals in 1927. Felix the Cat, a dinosaur and a dog were among the first characters.
- The parade was halted for three years during World War II, and Macy's donated 650 pounds of balloon rubber to the war effort.
- Between 2,000 and 3,000 balloon handlers volunteer for the parade each year, and they have the option to attend training to learn the ropes, whistles and hand signals needed to safely guide the massive balloons.
- Directing each balloon's handlers is a "pilot," who must walk backward during the entire 2.5-mile route.
- There are more than 8,000 parade participants, including Macy's employees, marching bands, celebrity singers, Broadway performers and the Radio City Rockettes.
- Around 3.5 million people line the city streets to watch the parade, and more than 30 million watch on TV.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 National Author's Day	2 9:45am Exercise With Jill **2**	3 National Sandwich Day	4 10:30am Shopping at Fred Meyer	5 National Donut Day	6 1:00 What's in the Box? **2**	7 National Play Outside Day
8 3:00pm Sunday Service **2**	9 National Fried Chicken Sandwich Day	10 10:30 Coffee and Current Events With Sara **2**	**Veterans Day** 11 1:30pm Resident Council Meeting **2**	12 National French Dip Day	13 3:00pm Happy Hour **2**	14 National Pickle Day
15 3:00pm Sunday Service **2**	16 9:45am Exercise With Jill **2**	17 National Take a Hike Day	18 2:00 Manicures Group A **2**	19 1:00pm BINGO **2**	20 National Absurdity Day	21 1:30pm Scenic Drive
22 National Cranberry Relish Day	23 National Eat A Cranberry Day	24 10:30am Coffee and Current Events With Sara **2**	25 3:30pm Active Games **2**	26 **HAPPY** *Thanksgiving*	27 Black Friday	28 10:45am BINGO **2**
29 3:00pm Sunday Service **2**	30 Cyber Monday					



"This Month In History"

NOVEMBER

1917: Made up of five Canadian teams, the National Hockey League is created in Montreal.

1926: U.S. Route 66 is officially established. The roughly 2,400-mile two-lane highway from Chicago to Los Angeles became a legendary east-west link.

1931: Homemaker Irma Rombauer self-publishes her favorite recipes in "The Joy of Cooking." The classic cookbook has since sold over 20 million copies.

1941: President Franklin D. Roosevelt signs a bill proclaiming the fourth Thursday in November as the official Thanksgiving holiday.

1954: The U.S. Marine Corps Memorial is dedicated in Arlington, Va. The monument depicts the raising of the American flag at the 1945 Battle of Iwo Jima.

1967: With a cover price of 25 cents, the first issue of Rolling Stone magazine goes on sale in San Francisco.

1984: Fred Rogers, of the children's TV series "Mister Rogers' Neighborhood," presents one of his sweaters to the Smithsonian's National Museum of American History.

1997: Disney's "The Lion King" opens as a Broadway musical.

2010: A groundbreaking ceremony is held for George W. Bush's presidential library in University Park, Texas.

2018: NASA's Voyager 2 probe leaves the solar system for interstellar space exploration.

2020: Whitney Houston is inducted into the Rock and Roll Hall of Fame.

2022: The world population officially reaches 8 billion people, according to the United Nations.

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