



CEDAR SINAI PARK
park tower apartments



The Salmon Street Rag

November 2013

Food Pantry Drive

The Women's Group is organizing a Food Drive to benefit the Park Tower Food Pantry. The event will take place in the basement on Monday, November 4th from 3-5pm.

We welcome cans and cash donations. The pantry is most in need of specialty canned goods, including, low sodium, light and healthy items. For every can or \$2 donated, you will receive one raffle ticket to be entered for a chance to win a prize. Everyone who donates will receive a "Star of Recognition" with their name on it. Thank you all for helping out your neighbors in need!



Park Tower Staff

Manager – Quinn Black (503) 227-3367
Assistant Manager – Dawn Fogoros
Maintenance Lead – Dwight Covington
Service Coordinator – Leah Heimbigner (503) 299-2295

From the Service Coordinator

The holiday season is here! Please mark your calendars for **Wednesday, November 20th at 3:00pm** – Picnic House will be catering a **Thanksgiving Dinner** at Park Tower. Bring your appetite to the activity room for a bountiful Thanksgiving feast!

Please note that, due to the Thanksgiving holiday, our **offices will be closed** on Thanksgiving Day, **Thursday, November 28th and Friday, November 29th**. If you have an urgent issue, please contact the after-hours phone number. Due to this closure, our Resident Meeting and Birthday Celebration will be combined with the Thanksgiving Dinner on November 20th.

There will be a **December Holiday Event** on **Thursday, December 5th at 3:00pm**. Details to be announced in next month's newsletter.

Beginning in **January, 2014** Park Tower will be providing **free Wi-Fi on each floor!** Please see the Service Coordinator for questions regarding how to connect to the wireless internet using the building's Wi-Fi or for the password.

SUN

MON

TUES

WEDS

THURS

FRI

SAT



November



					1 Food Pantry 9:30 – 10:30am All Saints Day	2
3 Diwali Daylight Savings Ends	4 Women's Group 3 – 4pm Food Drive 3 – 5pm 1 st Day of Muharram	5 English Class 10 – 11am	6 English Class @ 1200/RST 2-4pm	7 English Class 10-11am Arthritis Stretch Group 1:30 - 2:30pm	8 Food Pantry 9:30 – 10:30am English Class @ 1200/RST 2-4pm	9
10	11 Flu Shot Clinic 1:00pm Women's Group 3 – 4pm Veteran's Day	12 English Class 10 – 11am	13 English Class @ 1200/RST 2-4pm	14 English Class 10-11am Arthritis Stretch Group 1:30 - 2:30pm	15 Food Pantry 9:30 – 10:30am English Class @ 1200/RST 2-4pm	16
17	18 Women's Group 3 – 4pm	19 English Class 10 – 11am	20 English Class @ 1200/RST 2-4pm Thanksgiving Dinner & Birthday Celebration 3-5pm	21 English Class 10-11am Arthritis Stretch Group 1:30 - 2:30pm	22 Food Pantry 9:30 – 10:30am English Class @ 1200/RST 2-4pm	23
24	25 Women's Group 3 – 4pm	26 English Class 10 – 11am	27 English Class @ 1200/RST 2-4pm	28 Offices Closed Thanksgiving Day 1 st Day of Hanukkah	29 Offices Closed Food Pantry 9:30 – 10:30am	30

Why Do We Have Daylight Savings?

One of the biggest reasons we change our clocks to Daylight Saving Time (DST) is that it saves energy. Energy use and the demand for electricity for lighting our homes is directly connected to when we go to bed and when we get up. Bedtime for most of us is late evening through the year. When we go to bed, we turn off the lights and TV.



In the average home, 25 percent of all the electricity we use is for lighting and small appliances, most frequently used in the evening when families are home. By moving the clock ahead one hour, we can cut the amount of electricity we consume each day.

Studies done in the 1970s by the U.S. Department of Transportation show that we trim the entire country's electricity usage by about one percent EACH DAY with Daylight Saving Time.

We also use less electricity because we are home fewer hours during the "longer" days of spring and summer. Most people plan outdoor activities in the extra daylight hours. When we are not at home, we don't turn on the

appliances and lights. A poll done by the U.S. Department of Transportation indicated that Americans liked Daylight Saving Time because "there is more light in the evenings / can do more in the evenings."

While the amounts of energy saved per household are small...added up they can be very large.

In the winter, the afternoon Daylight Saving Time advantage is offset by the morning's need for more lighting. In spring and fall, the advantage is less than one hour. So, Daylight Saving Time saves energy for lighting in all seasons of the year except for the four darkest months of the year (November, December, January and February) when the afternoon advantage is offset by the need for lighting because of late sunrise.

In an effort to save even more energy, the Energy Policy Act of 2005 set new start and stop dates for Daylight Savings, extending it by one month. The change was effective in 2007. Daylight Savings now goes from 2:00am on the second Sunday in March to 2:00am on the first Sunday of November.

Remember to change your clocks **back** one hour at 2:00am on Sunday, November 3rd, as Daylight Savings draws to a close.

From the Kitchen: Leftover Turkey Cranberry Roll-Ups

Ingredients:

- 3 oz. white turkey meat
- 2 Tbsp. light cream cheese
- 2 Tbsp. cranberry sauce or relish
- ½ cup lettuce
- 1 whole wheat tortilla (burrito size)
- Candied walnuts (optional)

Instructions:

- Spread cream cheese, cranberry and walnuts (if desired) onto the tortilla
- Shred turkey into small pieces
- Add turkey to the tortilla
- Add lettuce onto the tortilla
- Roll tortilla up and slice into 1 - 1 ½ inch sections



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Thanksgiving Crossword



Across

- 3. Guy who appears at the end of the Thanksgiving Parade
- 6. One way of preparing yams
- 8. A drink made from apples
- 11. Number of days the 1st feast lasted
- 13. Colony where the first Thanksgiving celebration took place.
- 15. Autumn vegetable
- 17. Another term for 1st settlers
- 18. What you feel like taking after the big feast
- 22. Thanksgiving gobbler
- 24. Words of gratitude at the dinner table
- 26. Horn of Plenty
- 28. Good luck part of the turkey
- 29. Something to count and be thankful for
- 30. A male turkey
- 32. Al burglar turkey says this instead of "gobble"
- 34. Macy's sponsors one of these annually
- 35. First settlers were also known by this name

Down

- 1. To gather a mature crop from the fields
- 2. Mayflower Puritans loved this brew
- 4. The best place for the meat thermometer when cooking a turkey
- 5. The Pilgrims were originally known as this
- 7. Famous turkey brand
- 9. Weekday for Thanksgiving observance
- 10. Shopping after Thanksgiving: _____ Friday
- 12. Relatives who join the celebration
- 14. State of the first Thanksgiving celebration in 1621
- 16. _____ of Plenty
- 19. The nut of an oak
- 20. Traditional Thanksgiving pie

Down (cont.)

- 21. First local Indian tribe invited to Thanksgiving
- 23. Traditional pigskin sport
- 25. Type of bread used for stuffing
- 27. The delicious interior of a turkey
- 31. Best poured over turkey and mashed potatoes
- 33. 1st President to declare Thanksgiving a national holiday (2 words)
- 36. Sauce served alongside turkey
- 37. Also known as maize
- 39. In Canada Thanksgiving is held in this month
- 40. In 1817 this was the first state to officially adopt an annual Thanksgiving holiday (2 words)
- 44. Another name for sweet potatoes

- 37. You do this to a turkey with a sharp knife
- 38. A favorite part of the turkey
- 41. Decorative pumpkin relative
- 42. Female turkey
- 43. Pilgrims' ship
- 45. A dizzy turkey says this instead of "gobble"
- 46. Word at the end of a prayer
- 47. Utensil that wasn't invented before the first Thanksgiving.

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