

# Mind Body Spirit

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## A Little Thanksgiving History

For many of use, the meaning of Thanksgiving usually includes feasting, a four-day weekend, football games, floats, family reunions, or a forerunner to Christmas festivities. The first Thanksgiving however was neither a feast nor a holiday, but a simple gathering. Following the Mayflower's arrival at Plymouth Rock on December 11, 1621, the Pilgrims suffered the loss of 46 of their original 102 colonists. With the help of 91 Indians the remaining Pilgrims survived the bitter winter and yielded a bountiful harvest in 1621. In celebration, a traditional English harvest festival, lasting three days brought the Pilgrims and natives to unite in a "Thanksgiving" observances.

What are you thankful for this Thanksgiving.? Are you thankful for your family and friends, your home, your church, your job? Do you have any special tradition or event you do on Thanksgiving?

Thanksgiving is a special time that we all can give thanks and gratitude to all the good things we have in



our lives. Happy Thanksgiving to you and your family.



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

## Veterans Day

Let us please take time to remember our veterans on November 11, 2018, which is known as Veterans Day. A kind word, a "Thank You" or a nod means so

much to the men and women of our armed forces. Past and present. We have much to be grateful for and their sacrifices are truly humbling.



## Recipe of the Month Corn Casserole

**1 Can Whole Kernel Corn**

**1 Can Cream Style Corn**

**1 (8 oz) package of Corn Muffin Mix (Jiffy)**

**1 Cup Sour Cream**

**1/2 stick melted butter**

**1 to 1 1/2 cups shredded cheddar cheese**

**Preheat oven to 350 degrees F**

**In a large bowl, stir together the 2 cans of corn, corn muffin mix, sour cream, and melted butter. Pour into a greased 9 x 13 inch casserole dish. Bake for 45 minutes, or until golden brown. Remove from oven and top with Cheddar. Return to oven for 5 to 10 minutes, or until cheese is melted. Let stand for at least 5 minutes and then serve warm.**

### November Dates to Remember

**November 4 — Daylight Savings Times Ends**

**November 6 — Election Day**

**November 11 — Veterans Day**

**November 12 — BRHA Office Closed**

**November 16 — Great American Smoke Out**

**November 22 — Thanksgiving Day**

### **BRHA is Smoke Free**

BRHA has implemented a Smoke Free Policy for all property's managed by the agency. Smoking is not permitted in any buildings or on any property. You must be off BRHA property to smoke. BRHA does have information on Smoke Free Assistance. Please call the FAW or FAWP offices and we will be glad to share this information with you at

276-821-6270 or 276-821-6269.

Interesting facts about stopping smoking and health benefits:

◇ Lowered risk of lung cancer

◇ Reduced heart disease risk

◇ Reduced respiratory symptoms

◇ Reduces risk of developing some lung disease

◇ Reduced risk of infertility in women of childbearing age

**Remember BRHA is  
Smoke Free**

**Find a Way Plus  
Office at Stant Hall, 325 Edmond Street  
Phone 276-821-6269**

**Announcements**

**GED Classes**

*Monday & Wednesday*

*9:00 am until 12 noon*

**Computer Lab**

*Monday 1:00pm to 3:00pm*

*Thursday 3:00 to 5:00 pm*

**Loom Knitting**

*Thursday, November 8, 2018 at RSB 2:00pm*

*Thursday, November 29, 2018 at RSB 2:00pm*

**Safety Tips**

**Keep your windows and doors locked at all times.**

**Never let a stranger into your home when you are there alone.**

**Talk over offers made by telephone salespeople with a friend or family member.**

**Always ask for written information about any offers, prizes, or charities and wait to respond until you have reviewed the information thoroughly.**

**Do not let yourself be pressured into making purchases, signing contracts, or making donations. It is never rude to wait and discuss the plans with a family member or friend.**

**Make sure all hallways, stairs, and paths are well lit and clear of objects such as shoes, books, etc.**

**Don't put too many electric cords into one socket or extension cord.**

***Put rubber mats in  
the bathtub to  
prevent slipping***