



Thanksgiving

Thanksgiving is a national holiday celebrated on various dates in the United States, Canada, Brazil, Grenada, Saint Lucia, and Liberia, and the sub-national entities Leiden, Norfolk Island, and Puerto Rico. It began as a day of giving thanks and sacrifice for the blessing of the harvest and of the preceding year. Similarly named festival holidays occur in Germany and Japan. Thanksgiving is celebrated on the second Monday of October in Canada and on the fourth Thursday of November in the United States and Brazil, and around the same part of the year in other places. Although Thanksgiving has historical roots in religious and cultural traditions, it has long been celebrated as a secular holiday as well.

The Thanksgiving holiday's history in North America is rooted in English traditions dating from the Protestant Reformation. It also has aspects of a harvest festival, even though the harvest in New England occurs well before the late-November date on which the modern Thanksgiving holiday is celebrated.

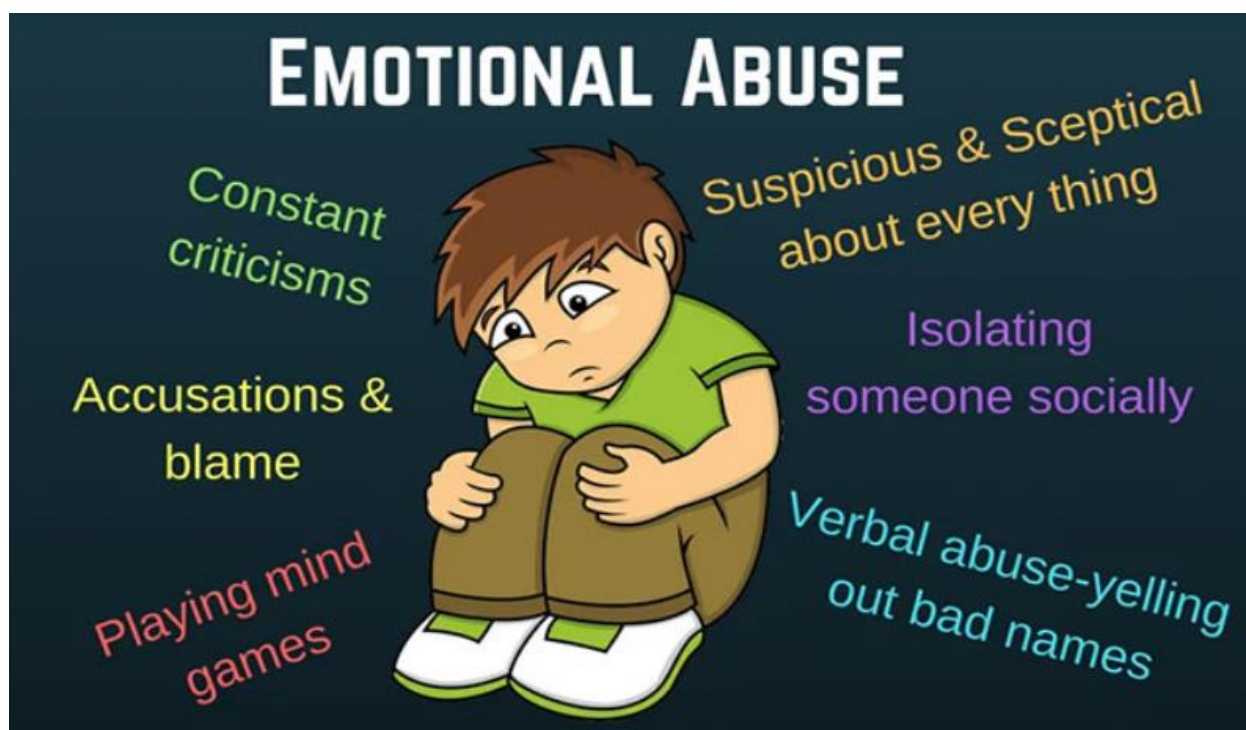
Veterans Day.



Veterans Day (originally known as Armistice Day) is a federal holiday in the United States observed annually on November 11, for honoring military veterans, that is, persons who have served in the United States Armed Forces (and were discharged under conditions other than dishonorable). It coincides with other holidays including Armistice Day and Remembrance Day which are celebrated in other countries that mark the anniversary of the end of World War I. Major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918, when the Armistice with Germany went into effect. At the urging of major U.S. veteran organizations, Armistice Day was renamed Veterans Day in 1954.

Veterans Day is distinct from Memorial Day, a U.S. public holiday in May. Veterans Day celebrates the service of all U.S. military veterans, while Memorial Day honors those who had *died* while in military service. Another military holiday that also occurs in May, Armed Forces Day, honors those *currently serving* in the U.S. military. Additionally, Women Veterans Day is recognized by a growing number of U.S. states that specifically honors women who have served in the U.S. military.

Emotional Abuse



Psychological abuse, often called emotional abuse, is a form of abuse, characterized by a person subjecting or exposing another person to behavior that may result in psychological trauma, including anxiety, chronic depression, or post-traumatic stress disorder. It is often associated with situations of power imbalance in abusive relationships, and may include bullying, gaslighting, and abuse in the workplace. It also may be perpetrated by persons

conducting torture, other violence, acute or prolonged human rights abuse, particularly without legal redress such as detention without trial, false accusations, false convictions and extreme defamation such as where perpetrated by state and media. "Emotional abuse is any kind of abuse that is emotional rather than physical in nature. It can include anything from verbal abuse and constant criticism to more subtle tactics such as intimidation, manipulation, and refusal to ever be pleased. Emotional abuse can take many forms.

Three general patterns of abusive behavior include aggressing, denying, and minimizing"; "Withholding is another form of denying. Withholding includes refusing to listen, refusing to communicate, and emotionally withdrawing as punishment." Even though there is no established definition for emotional abuse, emotional abuse can possess a definition beyond verbal and psychological abuse.

Blaming, shaming, and name calling are a few verbally abusive behaviors which can affect a victim emotionally. The victim's self-worth and emotional wellbeing are altered and even diminished by the verbal abuse, resulting in an emotionally abused victim.

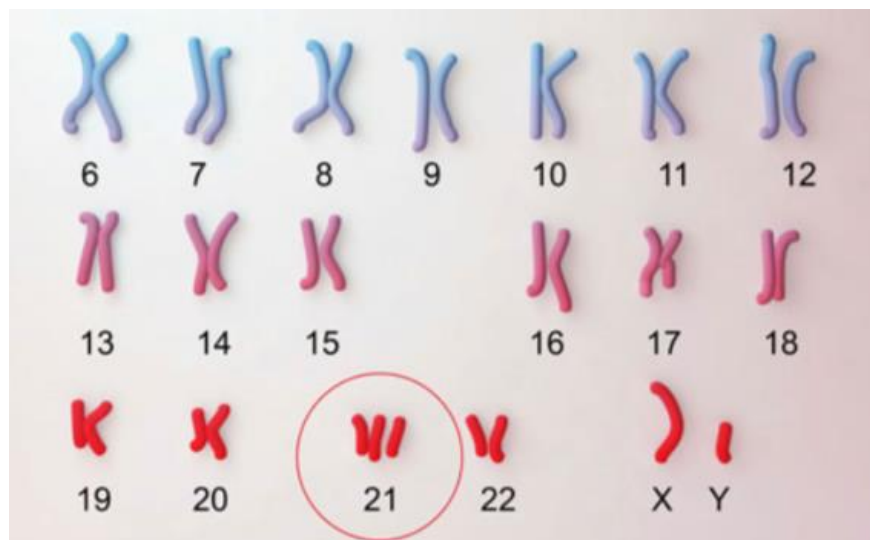
The victim may experience severe psychological effects. This would involve the tactics of brainwashing, which can fall under psychological abuse as well, but emotional abuse consists of the manipulation of the victim's emotions. The victim may feel their emotions are being affected by the abuser to such an extent that the victim may no longer recognize their own feelings regarding the issues the abuser is trying to control. The result is the victim's self-concept and independence are systematically taken away.

WE BELIEVE IN YOUR
RIGHT TO **CHOOSE.**

Did you know that you have the right to choose your provider?

Under the Waiver program you always have the right to change providers if you feel they do not meet your schedule and/or needs. Your coordinator should help you change providers. For more information on how to interview for a new provider, visit our website columbus.org under "FLORIDA CARE COORDINATION".

Down Syndrome



Down syndrome or Down's syndrome, also known as trisomy 21.

A genetic chromosome 21 disorder causing developmental and intellectual delays.

Down syndrome is a genetic disorder caused when abnormal cell division results in extra genetic material from chromosome 21.

Down syndrome causes a distinct facial appearance, intellectual disability, developmental delays, and may be associated with thyroid or heart disease.

Medical specialists will conduct additional screenings. Early intervention programs with a team of therapists and special educators who can treat each child's specific situation are helpful in managing Down syndrome.

Types of Down Syndrome

There are three types of Down syndrome. People often can't tell the difference between each type without looking at the chromosomes because the physical features and behaviors are similar.

- Trisomy 21: About 95% of people with Down syndrome have Trisomy 21.² With this type of Down syndrome, each cell in the body has 3 separate copies of chromosome 21 instead of the usual 2 copies.
- Translocation Down syndrome: This type accounts for a small percentage of people with Down syndrome (about 3%).² This occurs when an extra part or a whole extra chromosome 21 is present, but it is attached or "trans-located" to a different chromosome rather than being a separate chromosome 21.
- Mosaic Down syndrome: This type affects about 2% of the people with Down syndrome.² Mosaic means mixture or combination. For children with mosaic Down syndrome, some of their cells have 3 copies of chromosome 21, but other cells have the typical two copies of chromosome 21. Children with mosaic Down syndrome may have

the same features as other children with Down syndrome. However, they may have fewer features of the condition due to the presence of some (or many) cells with a typical number of chromosomes.

What is going on in our community this month!



FOOD DISTRIBUTION

MIRACLE BY THE BAY & FEEDING TAMPA BAY
NOVEMBER 23, 2020
From 11 AM To 3 PM
Located at 2200 Tall Pines Drive Suite 124
Largo, FL 33771

1 Care Entertainment Center

MIRACLE BY THE BAY

FEEDING Tampa Bay

Happy Thanksgiving

Kiwanis CLUB OF SEMINOLE

WISHING FOR A
HAPPY
THANKSGIVING
FOR YOU AND
YOUR FAMILY



The Salvation Army LaBelle Service Unit is now taking reservations for a Thanksgiving meal package. Please call our office at 863-674-1441 to reserve yours today!

Distribution will be Monday November 23rd 2:00pm-4:00pm

**133 N Bridge St LaBelle FL 33935
(ON NORTH SIDE OF BUILDING!)**

Meal will be served Uncooked and will need to be prepared!

Please note that once we reach 150 families, we will have to stop taking reservations, or on November 9 2020 (Whichever comes first).

Pumpkin or squash Soup



Ingredients

- 2-3 tbs olive oil
- 1 white onion diced
- 3 garlic cloves crushed
- 1 tsp cumin
- 4 roma tomatoes peeled and chopped
- 6 cups chicken or vegetable stock
- 1 large butternut squash or 1 small pumpkin peeled, seeded and cut into small chunks
- Salt and pepper to taste

Garnishes:

- Queso fresco or feta or goat cheese
- Avocado slices
- Chopped chives

Instructions

1. Heat the oil over medium low heat in a large saucepan or soup pot.
2. Add the onion, garlic, cumin, and tomatoes, sauté until the onions are translucent or about 5 minutes.
3. Add the 6 cups of chicken or vegetable stock and bring to a boil.
4. Add the squash chunks, bring to a boil, reduce the heat and simmer until the squash is very soft, about 30 minutes.
5. Let the soup cool down enough to blend to obtain a puree, you will probably need to work in batches or use a handheld immersion blender.
6. Add salt and pepper to taste, re-warm if necessary.
7. Serve warm with queso fresco, feta or goat cheese and chopped chives. Can also serve with avocado slices



Thanksgiving Day Fun

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

Cornucopia
Dinner
Family
Feast
Friends

Gather
Gobble
Grateful
Harvest
November

Potatoes
Thankful
Thanksgiving
Tradition
Turkey

