

SIERRA POINTE *Living*

November, 2011

Happy Thanksgiving!



Are you Ready to give the toast?

A Nonet of Hearty or Humorous Toasts for Thanksgiving Hosts

By Linda Ann Nickerson

Takeaways

- Are you hosting Thanksgiving dinner this year? Will you lift your glass to make a toast?
- What welcoming remarks might you make to welcome guests to your Turkey Day feast?
- Here are some of our favorite toasts, appropriate for a Thanksgiving dinner gathering.

A Thanksgiving toast may welcome attendees, recount blessings of the past year, honor a special person who died within the past year or even simply inject humor into the Thanksgiving dinner gathering.

The best Thanksgiving dinner toasts are short and snappy. Some are pithy, and others are poignant. A simple quip or a worthy quote can usually do the trick for a terrific toast, particularly on Thanksgiving. After all, who wants cold turkey?

Terrific Toasts for Thanksgiving

Because hospitality toasts tend to be informal saying, passed along through the years, many of the original speakers (or authors) may be difficult to pinpoint. Here are some of our favorite toasts, appropriate for a Thanksgiving dinner gathering.

"God help us to be grateful for our blessings, never to be guilty of the sin of ingratitude, and to instill this same gratitude into the lives of our children."

Ezra Taft Benson

*"May you live as long as you want
And may you never want as long as
you live."*

Irish Blessing

*"Reflect on your present blessings,
Of which every man has many,
Not on your past misfortunes,
Of which all men have some."*

Charles Dickens

*"Never lose an opportunity
Of seeing anything that is beautiful.
For beauty is God's handwriting -
A wayside sacrament.*

*Welcome it in every fair face,
In every fair sky,
In every fair flower,
And thank God for it
As a cup of blessing.*

Ralph Waldo Emerson

*"Love doesn't make the world go 'round,
but it sure makes the ride worthwhile."*

Mae West

*"May your stuffing be tasty.
May your turkey plump.
May your potatoes and gravy
Have nary a lump.
May your yams be delicious
And your pies take the prize.
And may your Thanksgiving dinner
Stay off your thighs."*

Author Unknown

How to Use Terrific Toasts for Thanksgiving

The best Thanksgiving toasts are delivered from memory, making them sound spontaneous and super. Simply raise a glass, welcome your guests, deliver your remarkable remarks and begin clinking. Then take a sip, take a seat and pass the cranberry sauce.

Source and full reprint:
www.associatedcontent.com/shared/print.shtml?content_type=article&content_type_id=2404904

POINTE *Of* VIEW



"Sierra Pointe is my home sweet home because my family consists of friendly, endearing residents and outstanding, caring and competent staff. Let me introduce you to a typical staff member as a

reason to join our community. "She/ He" is gifted with many attributes and expresses enthusiasm and humor in tackling the many responsibilities that touch our daily lives. "Her/his" willingness to listen to our needs and suggestions is evident by their intelligence and devotion to everyone here. Multiply that one person by many and you have happy, healthy and vibrant residents. I am fortunate to be one of them and extend a welcome to join us soon."

~ Shirley Itkin

Resident of 2 1/2 years



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CHEF'S Corner

JESSE SARRES



Sweet Potato Biscuits

Try this recipe at Thanksgiving dinner to add a little flare to your bread basket.

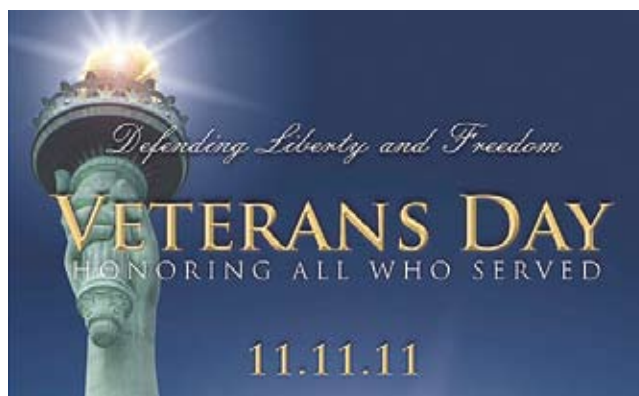
INGREDIENTS

- 1 1/4 cups all-purpose flour
- 2 heaping tablespoons sugar
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 cup mashed cooked sweet potatoes
- 1/4 cup (1/2 stick) softened butter
- 2 to 4 tablespoons milk (depending on the moisture of the potatoes)

PREPARATION

Preheat the oven to 450 degrees F.

Sift together flour, sugar, baking powder and salt. In a separate, large bowl, mix the sweet potatoes and butter. Add both mixtures together and mix to make a soft dough. Then add milk a tablespoon at a time and continue to cut in. Turn the dough out onto a floured board and toss lightly until the outside of the dough looks smooth. Roll the dough out to 1/2-inch thick and cut with a biscuit cutter. Place the biscuits on a greased pan and coat tops with melted butter. Bake for 12-15 minutes.



An Act (52 Stat. 351; 5 U. S. Code, Sec. 87a) approved May 13, 1938, made the 11th of November in each year a legal holiday—a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as "Armistice Day." Armistice Day was primarily a day set aside to honor veterans of World War I, but in 1954, after World War II had required the greatest mobilization of soldiers, sailors, Marines and airmen in the Nation's history; after American forces had fought aggression in Korea, the 83rd Congress, at the urging of the veterans service organizations, amended the Act of 1938 by striking out the word "Armistice" and inserting in its place the word "Veterans." With the approval of this legislation (Public Law 380) on June 1, 1954, November 11th became a day to honor American veterans of all wars.

Later that same year, on October 8th, President Dwight D. Eisenhower issued the first "Veterans Day Proclamation" which stated: "In order to insure proper and widespread observance of this anniversary, all veterans, all veterans' organizations, and the entire citizenry will wish to join hands in the common purpose. Toward this end, I am designating the Administrator of Veterans' Affairs as Chairman of a Veterans Day National Committee, which shall include such other persons as the Chairman may select, and which will coordinate at the national level necessary planning for the observance. I am also requesting the heads of all departments and agencies of the Executive branch of the Government to assist the National Committee in every way possible."



President Eisenhower signing HR7786, changing Armistice Day to Veterans Day. From left: Alvin J. King, Wayne Richards, Arthur J. Connell, John T. Nation, Edward Rees, Richard L. Trombla, Howard W. Watts

Source: <http://www.va.gov/opa/vetsday/vetdayhistory.asp>

Sierra Pointe Octoberfest Celebration!



Don Simmons



Dessert Buffet



Music from "Joel's Band"



Evelyn Emin

Handling Objections When a Loved One Resists Making Needed Lifestyle Changes

If some of the warning signs that a loved one needs help are present, don't panic. Instead, sit down with your loved one and share your concerns. Develop a plan before it becomes an emergency. Older adults still living in their own homes are often afraid to verbalize the question of whether or not they need help while their adult children are more proactive and out in the community looking for options. Adult children see their mom or dad living alone or losing touch with their peers, so try to present options to loved ones in a positive way so as not to bring pressure.

Common objections

1. I'm not ready yet.
2. Moving from a large home is too overwhelming.
3. I can't afford it.
4. I don't know anyone there.
5. I don't want to give up my independence.
6. I need to be close to my doctors.
7. I wouldn't know how to scale down.

Be respectful of feelings and attitudes. Many people have unpleasant memories of "nursing homes". To paraphrase an award-winner General Motors commercial, "this isn't your grandfather's retirement home" any more, so be patient with outdated concepts others - and even you! - may have. You may be challenged by your loved one's struggle to maintain

his/her independence as well as outdated ideas about senior living communities. The new senior housing communities are modeled on the hospitality industry and away from the old medical model people remember.

Communicating as a Family

If the first or second attempts at conversations with family don't produce smiles, willingness or gratitude, be patient. Suggest an outing to simply "explore future options" or "see what others find so attractive". Explain that you haven't reached any conclusions and that you too would like to understand what retirement communities are all about. Look at websites together and gather information.

The move to a retirement community is more than just a move. It represents the next step closer towards changes in life that most of us don't want to spend too much time thinking about. Ideally, we could all talk about these issues with emotional distance; with the dispassionate logic needed to reach logical conclusions. But we're human beings with our fears and concerns. We're attached to our homes, our neighborhoods, our cities, our things and our life. We resist change. But with humor, love and patience brought to these difficult conversations, solutions can be reached.



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