



## 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.

## Mental Health Stressors and the Holidays

It's that time of year! Despite how unpredictable and stressful 2021 has been, the holidays are here, and the end of the year is drawing near. For some of us, the holidays are more stressful than enjoyable. We are all dealing with the challenge of keeping holiday traditions alive, while being safe and not putting those we love at risk. With this in mind, forming and continuing healthy habits during the holidays is extremely important to our mental health.

### Holiday Self-Care Tips



Make space for messy feelings like grief.



Learn to say no without feeling guilty.

Create your own holiday traditions.



Keep your stress levels in check. It's okay to step back or delegate.



Set realistic expectations for yourself and the holiday.



Make a plan and try to stick to it. Organization is key.

Keep your self-care routine or begin a new one.



Give yourself permission to let it be a normal day.



BlessingManifesting

## Employees have a right to:

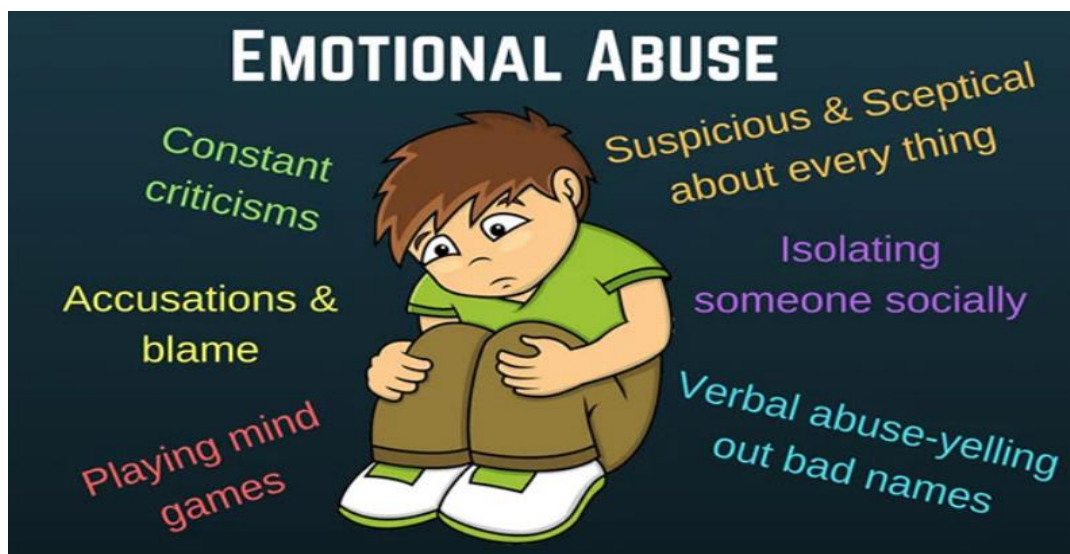


- Not be harassed or discriminated against (treated less favorably) because of race, color, religion, sex (including pregnancy, sexual orientation, or gender identity), national origin, disability, age (40 or older) or genetic information (including family medical history).
- Receive equal pay for equal work.
- Receive reasonable accommodations (changes to the way things are normally done at work) that are needed because of their medical condition or religious beliefs, if required by law.

- Expect that any medical information or genetic information that they share with their employer will be kept confidential.
- Report discrimination, participate in a discrimination investigation or lawsuit, or oppose discrimination (for example, threaten to file a discrimination complaint), without being retaliated against (punished) for doing so.

These rights are based on federal employment discrimination laws. Other federal, state, or local laws may also apply to your business. Federal, state, and local government websites may have additional information about these laws.

## 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





**Remember to change your clocks, time falls  
back on November 7th**





## Recipe: Creamy Chicken and Mushrooms

by  
Marlene Schwartz

### Ingredients:



6 boneless skinless  
chicken breasts



1 can of Cream  
of Mushroom soup



1 can of Cream  
of Chicken soup



1 cup of  
sour cream



8 oz can of  
mushrooms



½ cup  
of water



½ teaspoon  
onion powder



## Recipe: Creamy Chicken and Mushrooms

by Marlene Schwartz

### Directions:

1. Preheat oven to 350°F



2. Place a single layer of the chicken in a baking dish



3. Mix the other ingredients in a bowl



4. Pour mixture over the chicken



5. Bake uncovered for 1 hour

Refer to the website below for more exciting recipes and activities:

<https://www.unicornchildrensfoundation.org/creamychicken.html>

## Uncertainty Surrounds Biden Plan To Boost Disability Services

With President Joe Biden's \$3.5 trillion plan to expand the nation's social safety net being chopped, disability advocates are fighting to keep a massive investment in Medicaid waivers alive.

Biden acknowledged this week that his spending plan would be slashed by at least a trillion dollars after Democrats were unable to secure enough support to pass the measure.

"Look, my objective is to get everything that I campaigned on passed eventually. It won't all happen at once," Biden said.

The plan includes Biden's proposal earlier this year to invest \$400 billion in Medicaid home and community-based services. The money would go toward two major undertakings — getting people with disabilities off of waiting lists for Medicaid waiver services and shoring up the workforce of direct support professionals.

Already, the U.S. House of Representatives cut spending on the home and community-based services proposal in what's known as the reconciliation bill by more than half to \$190 billion. Advocates said that number would be inadequate to increase access to services and address workforce issues and



they were pressing for more. But now they fear that funding for home and community-based services could get scrapped from the bill altogether.

“We are still pushing for the full \$400 (billion) but know it will be cut. I am very worried about it being cut out entirely,” said Kim Musheno, vice president of public policy at the Autism Society of America. “With almost 1 million on waiting lists nationwide, we need to keep up the pressure on senators about the importance of building the infrastructure for home and community-based services.”

On Wednesday, 15 people with disabilities with the disability rights group ADAPT were arrested outside the Hart Senate Office Building on Capitol Hill while trying to meet with Sens. Joe Manchin of West Virginia and Kyrsten Sinema of Arizona, two centrist Democrats who have said they would not support the bill at its original size.

And, a coalition of 16 disability, aging and caregiver organizations held a 24-hour vigil this week outside the Capitol where they read stories about people’s experiences with home and community-based services.

“The vigil is to impress upon Congress that HCBS and affordable, accessible housing should not be political fodder because the lives and freedom of hundreds of thousands of older and disabled people quite literally depend on these two programs,” said Marsha Katz, a member of ADAPT.

Groups including The Arc, the National Down Syndrome Congress and the Autistic Self Advocacy Network have put out action alerts in recent days calling on their members to lobby Congress to keep money for home and community-based services in the bill.



Shoshana Marin, a spokeswoman for Sen. Bob Casey, D-Pa., the main backer of the home and community-based services proposal, said the senator is working to get as much money as he can for the program.

“The United States is in the midst of a caregiving crisis and we have a once-in-a-generation opportunity to solve it,” Casey said in a statement to Disability Scoop. “We owe it to every American who needs these services now, as well as all who will need care in the future, to fully fund this policy.”



# 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

