TIMELESS

AN EDITORIAL BY ASHER POINT OF AUSTIN

NOVEMBER 2026



Standing Ovation

Applaud the everyday stars around you and honor their contributions.

ASHER POINT OF AUSTIN | ASSISTED LIVING

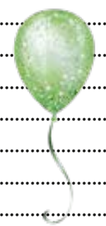
This Staff Member....

Below are bits of facts and trivia about different staff members. Submit your responses to the front desk on a separate piece of paper by Friday, November 7th, for a chance to win. The prize? Your soda and candy of choice for any movie night this month!

1. This staff member has every opera ever written on CD.
2. This staff member is a twin.
3. This staff member has experienced a Native American sweat lodge ceremony.
4. This staff member graduated from Berkeley College in White Plains, New York.
5. This staff member has never had a cavity.
6. This staff member has never been to a zoo.
7. This staff member has met Vera Wang.
8. This staff member played softball for 10 years.
9. This staff member has seven animals: three dogs, two cats, a bird, and a guinea pig.
10. This staff member has a really good memory.

Happy Birthday

Resident Birthdays



Joyce S 11/6
Rebecca A 11/11
LelAnne B 11/18
Irene H 11/2
Barry L 11/2
Jim S 11/5
Charles S 11/17

Staff Birthdays



Sandy B 11/24
Jessice B 11/17

November Around the World

Happy Thanksgiving, Día de los Muertos, Guy Fawkes Night, Narrentag, Sichi-Go-San, or Bon Om Touk! Here in America, we are most likely familiar with the annual celebration of Thanksgiving: the annual event celebrating our colonial roots and the day of harvest, focused on family, gratitude, and large feasts.

That is what makes November special to us Americans, but what about the rest of the world?

Did you know that Japan also celebrates this month? Well, they do, and it's called "Sicho-Go-San," which translates to "Seven-Five-Three." On November 15th, Japan celebrates this Traditional Rite of passage for young children at these specific ages, wishing them future health and prosperity.

What about Germany? Well, they celebrate "Narrentag," Meaning "Fifth Season." During this time, people kick off carnival celebrations for the feast of St. Martin. People don Traditional wooden masks and jester costumes and gather for merriment in town squares.

Lets move onto The United Kingdoms and the 5th of November, The gunpowder Treason and Plot.

Yes, believe it or not, the United Kingdom celebrates an event known as "Guy Fawkes Night" in which a plot was set in motion to blow up the House of Parliament in hopes of assassinating King James I, the protestant government, and overthrowing the protestant establishment to restore a Roman Catholic Monarch to the English Throne. This was a big deal because English Roman Catholics had faced decades of severe fines, imprisonment, and execution for practicing their faith. And people say America has issues.

Yet, these are just a few ways different cultures celebrate November around the world. It just goes to show you that we humans will always find a reason to celebrate life. So no matter where you are in the world or what culture you're surrounded by, you can always have something to celebrate, and I think that in itself is something to be grateful for.



Thankful vs. Grateful

November inherently carries the theme of its landmark holiday, Thanksgiving. Sitting down to write this article, I gave thought to which adjective would be the center of this motif: grateful or thankful; and is there a difference? Exploring this question, here's what I found. Thankfulness describes a present-focused, situational response to a positive outcome, or the lack of a negative one. For example, I am thankful that the kitchen is serving Frito pie today. Gratefulness describes a deeper, more enduring emotional appreciation. Gratefulness doesn't know relief, as gratefulness can weather discomfort. For example, I am grateful that the kitchen feeds me every day regardless of what is being served. While

With this knowledge, we may now better evaluate what we celebrate this season. I find there's power in both actions, each in their own realm. I believe when we can differentiate a single experience into two categories, we are quite literally doubling our capacity to count blessings. As we begin to close the book on this last season of the year, we may be inclined to remember, review, and reminisce. But let's be frank: not all events in a year may incite feelings of either thankfulness or gratefulness. Loved ones may have become distant to us. Financial and emotional burdens arise that feel too big to carry alone. The machine that stores the soul aches. Though not completely dichotomous, we may now put our two terms into practice. While I may not be thankful that I experienced a severance in friendships, I can be grateful for the lessons learned and the good times spent together. I'm not thankful for the accumulation of financial obligations I've collected this year, but ultimately I'm grateful for an income, parents who have supported me thus far, and the wisdom that comes with late fees. I'm thankful for a team that has my back. I'm grateful that those people are the individuals they are.

As the season of thankfulness dawns, I encourage you all to explore the depth of gratefulness.



November 2026

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November 2026

November 2026

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Daylight Saving Time Ends 1 7:45 Breakfast 10:30 Resident Led Church Service [T] 11:45 Lunch 4:45 Dinner	2 7:45 Breakfast 10:00 Sit & Be Fit 11:00 Scattergories 11:45 Lunch 1:15 Arts & Crafts| 4:45 Dinner	**Election Day** 3 7:45 Breakfast 10:00 Reading Round Table 11:45 Lunch 1:15 BINGO 4:45 Dinner	4 7:45 Breakfast 10:00 Coffee & Chit Chat 10:00 Coffee with the ED 10:30 Sit & Be Fit 11:45 Lunch 1:15 Movie| [T] 4:45 Dinner	5 7:45 Breakfast 10:00 The Daily Chronicle 10:30 Wellness Walk [C] 11:00 Lemonade & Laughter 11:45 Lunch 3:30 Happy Hour 4:45 Dinner	**National Nachos Day** 6 7:45 Breakfast 10:30 Flexible Fitness 11:00 Scramble Words 11:45 Lunch 2:00 Nacho Bar 4:45 Dinner	7 7:45 Breakfast 11:45 Lunch 4:45 Dinner
Location Keys Courtyard C Theater T	8 7:45 Breakfast 10:30 Resident Led Church Service [T] 11:45 Lunch 4:45 Dinner	9 7:45 Breakfast 10:00 Sit & Be Fit 11:00 Scattergories 11:45 Lunch 1:15 Arts & Crafts| 4:45 Dinner	10 7:45 Breakfast 10:00 Reading Round Table 11:45 Lunch 1:15 BINGO 4:45 Dinner	**Veterans Day** 11 7:45 Breakfast 10:00 Coffee & Chit Chat 10:30 Sit & Be Fit 11:45 Lunch 1:15 Movie| [T] 4:45 Dinner	12 7:45 Breakfast 10:00 The Daily Chronicle 10:30 Wellness Walk [C] 11:00 Lemonade & Laughter 11:45 Lunch 4:45 Dinner	**National Indian Pudding Day** 13 7:45 Breakfast 10:30 Flexible Fitness 11:00 Scramble Words 11:45 Lunch 2:00 Pudding Party 4:45 Dinner	14 7:45 Breakfast 11:45 Lunch 4:45 Dinner
	15 7:45 Breakfast 10:30 Resident Led Church Service [T] 11:45 Lunch 4:45 Dinner	16 7:45 Breakfast 10:00 Sit & Be Fit 11:00 Scattergories 11:45 Lunch 1:15 Arts & Crafts| 4:45 Dinner	17 7:45 Breakfast 10:00 Reading Round Table 11:45 Lunch 1:15 BINGO 3:30 Spotlight Event 4:45 Dinner	18 7:45 Breakfast 10:00 Coffee & Chit Chat 10:30 Sit & Be Fit 11:45 Lunch 1:15 Movie| [T] 4:45 Dinner	19 7:45 Breakfast 10:00 The Daily Chronicle 10:30 Wellness Walk [C] 11:00 Lemonade & Laughter 11:45 Lunch 3:30 Town Hall 4:00 Happy Hour 4:45 Dinner	20 7:45 Breakfast 10:30 Flexible Fitness 11:00 Scramble Words 11:45 Lunch 4:45 Dinner	21 7:45 Breakfast 11:45 Lunch 4:45 Dinner
	22 7:45 Breakfast 10:30 Resident Led Church Service [T] 11:45 Lunch 4:45 Dinner	23 7:45 Breakfast 10:00 Sit & Be Fit 11:00 Scattergories 11:45 Lunch 1:15 Arts & Crafts| 4:45 Dinner	24 7:45 Breakfast 10:00 Reading Round Table 11:45 Lunch 1:15 BINGO 4:45 Dinner	25 7:45 Breakfast 10:00 Coffee & Chit Chat 10:30 Sit & Be Fit 11:45 Lunch 1:15 Movie| [T] 4:45 Dinner	**Thanksgiving** 26 7:45 Breakfast 10:00 The Daily Chronicle 10:30 Wellness Walk [C] 11:00 Lemonade & Laughter 11:45 Lunch **3:30 Monthly Birthday Celebration** 4:45 Dinner	27 7:45 Breakfast 10:30 Flexible Fitness 11:00 Scramble Words 11:45 Lunch 4:45 Dinner	28 7:45 Breakfast 11:45 Lunch 4:45 Dinner
Creative Intellectual Physical Professional Wellness Social Spiritual	29 7:45 Breakfast 10:30 Resident Led Church Service [T] 11:45 Lunch 4:45 Dinner	30 7:45 Breakfast 10:00 Sit & Be Fit 11:00 Scattergories 11:45 Lunch 1:15 Arts & Crafts| 4:45 Dinner	11279 Taylor Draper Ln Austin, TX 78759 737-352-4720	“Each day I am thankful for nights that turned into mornings, friends that turned into family, dreams that turned into reality and likes that turned into loves.” *— Unknown*			



Bedtime Procrastination and the Psyche

Do you aim to get a full night's rest on the daily, or is that a little less important than other things? Is your day full of other priorities, so you stay up late for "me time?" If so, it may be time for a little research on bedtime procrastination, and maybe even a little more research into revenge bedtime procrastination.

Sleep scientists haven't yet caught up to the concept of bedtime procrastination, but essentially it is staying up late and saying, "no thank you" when it comes time for bed, giving yourself less sleep, often for mundane reasons like watching television or scrolling through stories that come across your phone on social media. You tell yourself you want to finish the final chapter of the book you've been reading for months. The reason isn't decisive or necessarily on purpose. Sometimes you might simply lose track of time.

Revenge bedtime procrastination is slightly different and more about the "why" of it all. It's a form of self-sabotage, perhaps, and sometimes happens to those who can't exert much control over the components that compose the rest of their daily life. It's hard and fast: "me time" is often seen as a way to take back control of life, especially when people feel their busy daily schedules leave no free time.

High stress levels and abnormal circadian rhythms can also contribute to bedtime procrastination. Sleep deprivation can affect memory, decision-making, and more. So, if you think you are struggling in this area, talk to your doctor. It is extremely important to take all things into consideration when it comes to sleep health.



The VA and Veterans Day

Every year on November 11, America observes Veterans Day as a time to recognize and thank the people who have served in the U.S. armed forces. The day honors veterans from every era of service, whether they served in times of war or peace, past or present, are still living or have passed away, and volunteered or were drafted. The date also connects to an important moment in U.S. military history. In 1942, the minimum draft age was lowered from 21 to 18, helping strengthen the military during World War II.

The VA has a long history of caring for the people who have served our country. Much of that support began after the Civil War, when the government started creating homes and pensions for disabled veterans. By World War I, veterans' support had become more organized and included programs for benefits, insurance, and on-the-job training. Following World War II, service members came home numbering in the millions. At that point, the United States needed a bigger plan to help them get a fresh start as they adjusted and transitioned into everyday life. Subsequently, the GI Bill of 1944 came into play. It made a huge difference by helping veterans pay for school, buy homes, and find work as they got back on their feet.

Over time, all of these programs were brought together. In 1989, the VA officially became the Department of Veterans Affairs, a cabinet-level department. Since then, it has continued to grow and adapt, offering healthcare, support for veterans experiencing homelessness, and services for veterans from Vietnam, the Gulf War, and more recent conflicts.

November 2026

DATES TO CELEBRATE

Daylight Saving Time Ends	11/1	World Kindness Day	11/13
Día de los Muertos	11/1-2	Full Moon	11/24
Election Day	11/3	Thanksgiving	11/26
National Nurse Practitioner Week	11/8-14	Black Friday	11/27
Veterans Day	11/11	Small Business Saturday	11/28

Birthstone - Yellow Topaz | **Flower** - Chrysanthemum | **Zodiac** - Scorpio & Sagittarius



Standing Ovation

What does gratitude mean to you? Is there someone who embodies it for you? Are we born with grateful hearts, or is gratitude something we can practice and learn over time? These are worth pondering this November, as Thanksgiving approaches and we look for ways to notice and thank the people who quietly make our lives better.

There are myriad ways to show gratitude toward our neighbors, family, and friends, but it's easy to let them slip by unnoticed. Think of the friend who shows up with comfort when a beloved pet of 15 years passes. The neighbor whose crockpot meal arrives right when you need it most. The stranger who offers you their umbrella in the rain. The grandchild who lights up when you show up for their school play. These moments are easy to take for granted, and easy to miss.

Research shows that practicing gratitude regularly benefits both mind and body. It brings a greater sense of peace, builds empathy, and supports overall well-being. No matter what kind of day you're having, there's almost always something, or someone, worth appreciating. This month, take a moment to notice the people who've shown up for you. Consider how best you can celebrate them this month. Give them the thanks – and the standing ovation – that they deserve.

Turkey Traditions: The Presidential Pardon



President George H. W. Bush at the 3rd annual pardoning of the Thanksgiving turkey, 1991.

Turkeys have become a traditional part of the Thanksgiving Day feast since the early 1800s, once it became clear that one of these birds could feed an entire family. Access was readily available, so it basically just made sense, especially in New England. By the 1870s, turkeys were such a common Thanksgiving delight that some decided they were a worthy White House gift for the president.

The first turkey on the books to be given to a president was done so by a Rhode Island farmer named Horace Vose. He openly described turkey as the "most patriotic bird" and gave turkeys to 11 presidents, the first of which was Ulysses S. Grant in 1873. The hearty birds were generally slaughtered and eaten during the Thanksgiving feast over the years. However, in 1989, President George H.W. Bush offered up the poultry pardon instead of indulging in the offering. The turkey presented to the president wasn't eaten, but rather sent to a children's farm to live. This was the first ceremonial instance of record that pertained to a turkey's presidential pardon. Other presidents who have officially pardoned turkeys include Bill Clinton, George W. Bush, Barack Obama, among others. Those who have unofficially pardoned poultry include Abraham Lincoln and John F. Kennedy.

These days, the National Turkey Federation gives at least one turkey to the president around Thanksgiving. The ceremonies are typically held in the White House Rose Garden. As the ceremony progresses, the president offers a ceremonial pardon to the gifted poultry, ensuring it will most certainly not be eaten at a Thanksgiving dinner table. After the ceremony, the birds go on to live out their time on earth at various parks, farms, and universities that provide a loving home and care, as well as specialized programs, for the turkeys.

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Sharing Gratitude

F R I E N D S F F A M I L C G F A M I L Y
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ABUNDANCE
APPRECIATION
BLESSINGS
CELEBRATE
FAMILY
FRIENDSHIP
GENEROSITY
GIVING
GRATITUDE
HARVEST
JOY
KINDNESS
THANKFUL
TOGETHER