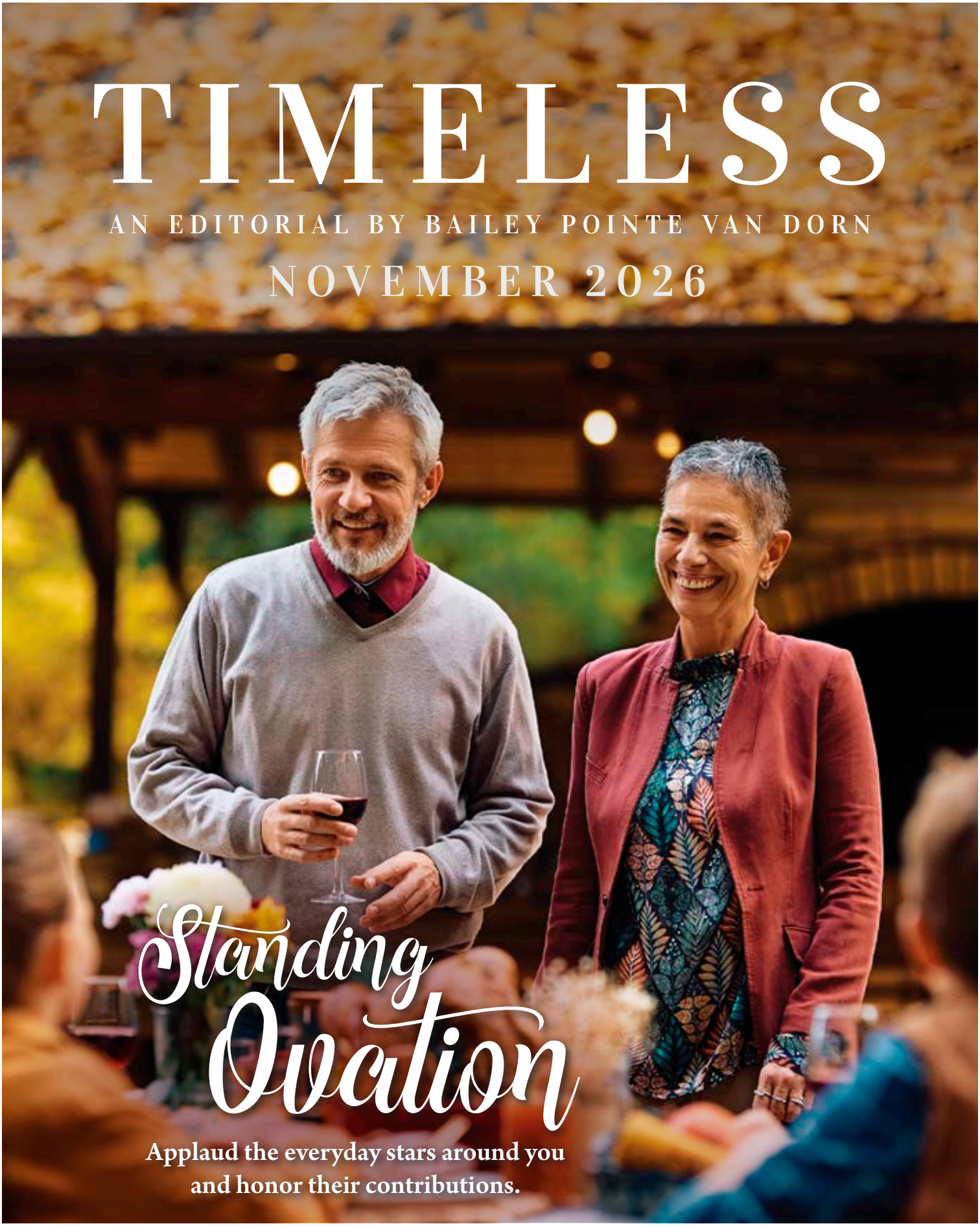
TIMELESS

AN EDITORIAL BY BAILEY POINTE VAN DORN

NOVEMBER 2026



Standing Ovation

Applaud the everyday stars around you and honor their contributions.

BAILEY POINTE ASSISTED LIVING AT VAN DORN



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

Turkey Traditions: The Presidential Pardon

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.

Indian Summer

When people refer to an "Indian summer," they often mean any unusually warm stretch of fall weather. Traditionally, however, the term points to a much more specific period: November 11 through November 20.

The term is often used casually, but by the standards of the Old Farmer's Almanac, not every warm spell in autumn qualifies. The old saying explains it this way: "If All Saints' brings out winter, St. Martin's brings out Indian summer." All Saints' Day falls on November 1, and St. Martin's Day falls on November 11.

According to that traditional definition, the timing matters just as much as the temperature. For an Indian summer to legitimately occur, several conditions must line up within a narrow window:

- A hard frost must occur first, but there should be no actual snowfall.
- The days that follow must be unseasonably warm.
- The nights should remain cool.
- The weather should be calm, with little or no wind.
- A high-pressure system should create clear temperature shifts and a hazy daytime atmosphere.

When all of these conditions occur between St. Martin's Day and November 20, the phrase fits its stricter, traditional meaning. Without the frost, the calm high-pressure pattern, and the specific timing, it is simply a warm spell in fall.

The next time someone calls a warm autumn day an Indian summer, consider the full definition. Has there already been a hard frost? Is the weather calm and hazy? Most importantly, is it happening during the right stretch of November? Those details can turn a casual remark into a more interesting conversation.





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 – the standing ovation – that they deserve.

Happy Birthday!

Gale B.	11/10	Gloria K.	11/5
Dorothy A.	11/16	Linda F.	11/19
Peter S.	11/12	Evelyn V.	11/24

November 2026

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7208 Van Dorn St.
Lincoln, NE 68506
402-656-6252

November 2026

HAPPY THANKSGIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
Daylight Saving Time Ends 1 9:00 St Marks Livestream Service [CH] 10:00 Catholic Communion [AR] 11:00 Current Events [AR] 2:00 Indian Hills Service [CH]	**9:30** Workout Class [1st] 2 10:00 Meet & Greet Lifestyles Director [AR] 11:00 Current Events [AR] 2:30 Catholic Services [CH]	**Election Day** 3 9:30 Dementia Support Gathering [AR] **9:30** Workout Class [1st] 10:00 Seated Yoga [1st] 11:00 Current Events [AR] 2:15 Nickel Bingo [Dh]	9:00 Powerful Parkinsons Workout Video [CH] 4 **9:30** Workout Class [1st] 10:00 Coffee Chat [AR] 11:00 Current Events [AR] 1:30 Afternoon Workout [CH] 3:30 Devotions [CH]	10:00 Workout With Will [CH] 5 11:00 Lifestyles Meeting [AR] 2:15 Nickel Bingo [Dh] 6:00 Dominoes [2nd]	**9:30** Workout Class [1st] 6 11:00 Thanksgiving Trivia 4:30 Catholic Communion [CH]	9:00 7 Walking Laps [Cy] 3:30 Puzzle Table [2nd]
						
9:00 St Marks 8 Livestream Service [CH] 10:00 Catholic Communion [AR] 2:00 Indian Hills Service [CH] 3:30 Card Games [AR]	**9:30** Workout Class [1st] 9 10:00 Coffee Chat [AR] 11:00 Star of David chocolate pretzels [AR] 2:30 Catholic Services [CH] 3:30 Music Bingo [AR]	9:00 Crossword Puzzles [AR] 10 9:00 Nebraska Hearing Clinic [AR] **9:30** Workout Class [1st] 10:00 Men's Coffee Chat 2:30 Music by Scott M. [Dh] 3:40 **Resident Council Meeting [AR]**	**Veterans Day** 11 7:30 Veteran's Breakfast [Dh] 9:00 Powerful Parkinsons Workout Video [CH] **9:30** Workout Class [1st] 10:00 Coffee Chat [AR] 11:00 Military Trivia [AR] 1:30 Afternoon Workout [CH] 2:15 Nickel Bingo [Dh] 3:30 Devotions [CH]	10:00 12 Workout With Will [CH] 2:15 Nickel Bingo [Dh] 6:00 Dominoes [2nd]	**9:30** Workout Class [1st] 13 11:00 Football Trivia [AR] 2:00 Wine & Cheese Social [AR]	9:00 14 Walking Laps [Cy] 3:30 Puzzle Table [2nd]
						
9:00 St Marks 15 Livestream Service [CH] 10:00 Catholic Communion [AR] 2:00 Indian Hills Service [CH]	**9:30** Workout Class [1st] 16 10:00 Coffee Chat [AR] 11:00 Meditation 2:30 Catholic Services [CH] 3:00 Resident Spotlight: My History [AR]	**9:30** Workout Class [1st] 17 10:00 Seated Yoga [1st] 11:00 Custom Hearing Clinic [AR] 2:15 Nickel Bingo [Dh]	9:00 Powerful Parkinsons Workout Video [CH] 18 **9:30** Workout Class [1st] 10:00 Coffee Chat [AR] 1:30 Afternoon Workout [CH] 2:15 Nickel Bingo [Dh] 3:30 Devotions [CH]	10:00 Workout With Will [CH] 19 10:30 Reading with Mike [CH] 2:30 Music Antiqua [Dh] 3:30 Townhall Meeting [Dh] 6:00 Dominoes [2nd]	**9:30** Workout Class [1st] 20 11:00 Wheel of Fortune [AR] 2:00 Baking Class [AR] 3:30 Happy Hour [AR]	9:00 21 Walking Laps [Cy] 3:30 Puzzle Table [2nd]
Gratitude is the harvest of a joyful soul.						
9:00 St Marks 22 Livestream Service [CH] 10:00 Catholic Communion [AR] 2:00 Indian Hills Service [CH] 3:30 Card Games [AR]	**9:30** Workout Class [1st] 23 10:00 Coffee Chat [AR] 11:00 Nails with Danielle [AR] 2:30 Catholic Services [CH] 3:30 Music Bingo [AR]	9:00 Crossword Puzzles [AR] 24 **9:30** Workout Class [1st] 10:00 Seated Yoga [1st] 11:00 Christmas Memories 2:15 Nickel Bingo [Dh] 3:30 Black Jack [AR]	9:00 Powerful Parkinsons Workout Video [CH] 25 **9:30** Workout Class [1st] 10:00 Coffee Chat [AR] 11:00 Craft with Rachel [AR] 1:30 Afternoon Workout [CH] 3:30 Devotions [CH]	**Thanksgiving** 26 10:00 Coffee Chat [L] 11:30 Thanksgiving Meal [Dh] 6:00 Dominoes [2nd]	**9:30** Workout Class [1st] 27 10:00 Card Bingo [AR] 3:30 Resident Birthday Bash [AR]	9:00 28 Walking Laps [Cy] 3:30 Puzzle Table [2nd]
Lifestyle events are Subject to Change						
9:00 St Marks 29 Livestream Service [CH] 10:00 Catholic Communion [AR] 2:00 Indian Hills Service [CH]	**9:30** Workout Class [1st] 30 10:00 Coffee Chat [AR] 2:00 Hot Drink Social [L] 2:30 Catholic Services [CH]					

Bailey Pointe ASSISTED LIVING AT VAN DORN

- Creative
- Emotional/Sensory
- Environmental
- Intellectual
- Physical
- Professional Wellness
- Social
- Spiritual

Location Keys

Activity Room	AR
Chapel	CH
Courtyard	Cy
Dining Room	Dh
First Floor Lobby	1st
Lobby	L
Second Floor Lobby	2nd

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Día de los Muertos

Day of the Dead, or Día de los Muertos, is a Mexican holiday that is celebrated November 1-2. It centers around mourning, grief, and remembrance of loved ones lost. In addition to Mexico, it is often celebrated in parts of Latin America and the United States. Day of the Dead dates back centuries to an Aztec ritual honoring the dead known as Miccaihuitl. After the Spanish colonization of present-day Mexico, the combination of indigenous rituals with Christianity's All Souls' Day and All Saints' Day led to an emergence of what is observed today as Día de los Muertos. It's a bit different than originally designed, but honors the dead, nonetheless.

Among the many symbols and traditions associated with the holiday, you'll find the sugar skull. Even if you know nothing about the Day of the Dead observance whatsoever, you're likely familiar with the sugar skull symbol. Sugar skulls, also known as calaveras, are intricately designed works of art and might have loved ones' names inscribed on them. These often make up a part of the ofrenda, or offering, that is key to the Día de los Muertos observance. The offering is essentially an altar of remembrance. It's set up as a sort of centerpiece for honoring the dead. Food, drink, and other special items specific to the deceased are placed on and around the altar. What else might one find during a Día de los Muertos celebration or contribute to la ofrenda?

- **Marigolds:** These flowers are known for their brightness and aromatic scent. They add a sense of livelihood to the remembrance.
- **Photographs:** Like any other ritual or tradition associated with death, photographs are essential reminders of those loved and lost.
- **Stories:** Similar to the aforementioned point, sharing stories of the loved ones being honored is an integral part of the celebration. Storytelling brings memories to life.
- **Drinks:** Corn-based drinks specific to the holiday, Mexican hot chocolate or Ecuadorian Colada Morada, are often the drink of choice for the occasion.
- **Pan de Muerto:** This sweet bread comes in many different shapes, sizes, and colors. It is commonly found with skull and bones designs. Some add it to the altar while others simply eat it as part of the Day of the Dead celebration.
- **Papel Picado:** This tissue-paper decoration represents wind, floating in various colors. Banners swaying and swerving can be delicate reminders of laughter, smiles, and love shared with those who have passed.
- **Copal:** This might be incorporated into Día de los Muertos in the form of incense. The scent has long been associated with ancestral connection spanning generations. It's prevalent this time of year. Copal tree resin is the source of the enticing scent.
- **Monarch Butterflies:** This creature is associated far and wide with life and death. They are known to fly into Mexico this time of year, giving them a "spirits of the departed" sort of reputation. Many people find themselves on the lookout for these gorgeous animals.



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.





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