



WINDSOR COURT

PALM SPRINGS

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Recognition for Veterans

On Veterans Day, Nov. 11, America comes together to honor and thank veterans for their service in the nation's armed forces.

World's Oldest Map

Imago Mundi, the oldest known map of the world, is about the size of a cell phone. Experts believe the clay artifact is more than 2,000 years old, and it currently resides in the British Museum. The center of the map features the Euphrates River and the ancient city of Babylon.

An Engineering Marvel

Twenty-five years ago, the Laerdal Tunnel opened between Laerdal and Aurland in Norway. At just over 15 miles long, it claims the distinction of being the longest road tunnel in the world. The average driver takes about 20 minutes to traverse its length. The tunnel has plenty of safety features: several man-made caves where drivers can pull off to rest, special lighting and a high-tech ventilation system are all features that help keep drivers alert and safe.

Amazing Herbs: Sage

A popular herb used in Thanksgiving recipes, sage is also commonly found in sausages and dishes containing beans, cheese, tomatoes and eggs. Its botanical name comes from the Latin word *salvere*, meaning "to heal or save"—an appropriate moniker given its extensive healing properties. A natural preservative and antiseptic, sage has been used to treat wounds, bites and ulcers for thousands of years. More recently, the herb's essential oils have been studied in Alzheimer's research, due to evidence they may enhance memory and cognitive function.

November 2025



Thankfulness

"What if today, we were just grateful for everything?"
—Charlie Brown

Happy Thanksgiving!

As we celebrate Thanksgiving with family and friends in November, we'll be thinking how grateful we are to have such wonderful neighbors. Thanks for making our community such a pleasant place to live. We wish you a safe and enjoyable Thanksgiving holiday!

An Ounce of Prevention

Cooler weather signals the start of cold and flu season. We may thoroughly wash our hands only to contaminate them again by touching a germy doorknob, light switch, keyboard, phone or remote. Taking a few minutes regularly to clean these household surfaces with disinfectant wipes could help stave off a nasty bug.



WINDSOR



Welcoming the Palm Springs Police Dept. into our community on "Coffee w/ a Cop" day was another fun event. Residents enjoyed chatting with them and sharing their stories.



We Appreciate Our Local Law Enforcement for All That They Do!!

Memory Care



**Chell W/ Suncrest
Spending Time With
Our Residents**



Gobbling Up Turkey for Thanksgiving

Chances are, on Thanksgiving Day, turkey will be on the menu for the holiday meal. How did this bird become the symbol for the day?

The Pilgrims of the Plymouth colony and local Wampanoag Indians marked the first Thanksgiving in 1621. Although written accounts of the food offered mention wild fowl, and turkeys were plentiful in the area, they likely weren't the focus of the spread then.

However, the Pilgrims' tradition of giving thanks for harvests became common, and in 1863, President Abraham Lincoln made Thanksgiving a national holiday. Magazine editor Sarah Josepha Hale had lobbied for such a day, and she wrote about New Englanders serving roast turkey for the festivities. Others then adopted the menu.

Historians point to the fact that turkey is native to North America and widely available across the U.S. The pick is also practical because a turkey can feed a large gathering of people. At the same time, turkey as a main dish on holidays and special occasions was reflected in popular books throughout the 19th century.

All this helped reinforce the turkey's image as a symbol of Thanksgiving, a celebration now nicknamed Turkey Day.



Decade-Defining Innovations

These innovations made waves from the decades when they were created until today.

Decade	Names
1950s	Commercial jet airliner travel, polio vaccine and the computer hard disk drive
1960s	First implanted pacemaker, cordless tools and coronary bypass surgery
1970s	MRI, barcodes, personal computers, GPS and the Walkman
1980s	DNA fingerprinting, the World Wide Web, Microsoft Word and Prozac
1990s	DVDs, the International Space Station, Bluetooth and white LED lightbulbs
2000s	Wikipedia, Facebook, Google Maps, iPhone and Bitcoin
2010s	Siri, Curiosity Rover on Mars, metal 3D printing, video doorbell, Apple Watch

"This Month In History"

NOVEMBER

1800: President John Adams and his family move in to the newly completed White House, then called the President's House.

1906: SOS is adopted as the standard distress signal at sea.

1910: Hailed as a monumental work of architecture, the Pennsylvania Station railroad terminal opens in New York City.

1922: The entrance to King Tut's tomb was discovered by archaeologist Howard Carter.

1924: The Boston Bruins make their debut as the first U.S. team in the NHL.

1939: In Hyde Park, N.Y., the cornerstone is laid for a library to preserve President Franklin D. Roosevelt's official papers. It was America's first presidential library.

1945: The first issue of Ebony magazine is published.

1959: On Broadway, the Rodgers and Hammerstein musical "The Sound of Music" opens.

1968: The Motion Picture Association of America introduces a rating system for movies.

1973: Britain's Princess Anne marries Capt. Mark Phillips at Westminster Abbey.

1989: L. Douglas Wilder of Virginia becomes the first African American governor elected in the U.S.

1993: Made up of 12 countries, the European Union is formally established.

2000: A crew of three arrives at the International Space Station and is the first to live and work at the research facility.

2008: Taylor Swift releases her second album, "Fearless." It would go on to be the most awarded album in country music history.

2013: Disney's animated movie musical "Frozen" premieres.