How Thanksgiving Came About

By: Phil

Autumn harvest in 1621, at a location known today as Plymouth, Massachusetts, is the first noted occasion of what is now called Thanksgiving.

Gathering together were 53 colonists and 90 indigenous people to share in a feasting and celebration that lasted for three days.

The food was bountiful, including venison, wildfowl, fish, lobster, corn, pumpkin, and a myriad of other crops. The essence of this holiday has sustained and evolved to what we now hold as a common embrace.

The efforts of Sarah Josepha Hale are responsible for establishing the formality of this event. It took 36 Years and 13 presidents before finally becoming proclaimed by Abraham Lincoln in 1863. Then, it wasn’t until 1941 that Franklin D. Roosevelt made a bill of law for the fourth Thursday of November.

The food, family, and friends may vary, but this day continues as a time we extend goodwill and thankfulness for all things positive in the journey of our lifetimes.
CARF International Recognizes CODAC for Strengths and Service Quality

On Monday, November 6 through November 8, representatives from CARF International visited CODAC’s sites to do an in-depth survey of our programs and services.

CARF International is a nonprofit organization that offers accreditation services and support for health and human services programs, like CODAC. They accredit more than 50,000 human services programs at more than 25,000 locations around the world. To be accredited by CARF means that CODAC is committed to quality and excellence as a health care provider.

A team of five surveyors from across the country looked at CODAC policies and procedures, interviewed staff and members, reviewed personnel files, training files, health and safety standards and much more. Together they have applied greater than 1,000 best practice standards and have measured us on how we are doing against these national standards across all of our programs.

Surveyors interviewed staff, members, and other community partners to review operations and service models. They had many positive comments to share at their exit interview on Wednesday, November 8, 2017.

Below are a few of their comments:

“Members were uniformly positive in describing their experiences with staff at all levels of CODAC. They consistently noted that they are treated with respect, many of them using the words non-judgmental.” - CARF surveyor Patrick Tyler.

“CODAC has a very caring, dedicated staff committed to comprehensive and compassionate approach to recovery. CODAC is much respected in the community for their care and hope that they instill in persons served as echoed in the comments received from persons served (members) and staff.” - CARF surveyor LaRita Jackson-Riley.

“CODAC has developed a culture that promotes the delivery of high quality, cost-effective services that are based on best practices.” - CARF surveyor LaRita Jackson-Riley.

It will take approximately 8 weeks to learn the status of CODAC’s accreditation. Based on the feedback received, we are hopeful that CODAC will receive the maximum three year accreditation.

CODAC is committed to providing quality and effective care within our community. This accreditation demonstrates that we pledge to value the input of our clients, respect cultural and individual preferences, and provide the best possible quality of care.
The Benefits of Eating Turkey

Turkey is a form of animal protein that has many nutritional benefits. Turkey is one of the foods that may prevent cancer due to the contents of the antioxidant that it has. Minerals such as zinc, phosphorous, iron and potassium are good for the healthy functioning of the immune system and the saturated fats that are found in the turkey consumed in moderation is good for the body. Turkey is also rich in protein and vitamins.

Skinless turkey is healthier than turkey with the skin because the skin is high in saturated fats. Turkey is good for the heart because it lowers cholesterol in the body. Turkey is also good for diabetes because it may help lower insulin levels.

Get your Flu Shot at CODAC!

The best way to protect yourself from the flu is to get vaccinated. These vaccines protect your body from the flu virus that is currently circulating. Vaccines are available at CODAC.

**Thursday, November 16, 2017**
CODAC at Broadway | 3130 E. Broadway Blvd.
9:00 AM – 12:00 PM

**Tuesday, November 28, 2017**
CODAC at Cobblestone Court | 1075 E. Ft. Lowell Rd.
9:00 AM – 12:00 PM

“Untitled”

Well hello, Who are you?<br>Who are you that keep knocking At my door?<br>Who are you to disturb my sleep?<br>Walking through my dream with a smile on your face,<br>Dancing through my dreams with such ease and grace.<br>You don’t know?<br>You call me forth, a hidden desire,<br>I am a wish you have tucked away.<br>A wish for things long gone.<br>Who am I? Funny you should ask.<br>

You don’t know? You can’t see?<br>I am who you should be.<br>Decisions you made, actions you took<br>Caused me to be lost,<br>Less than a thought<br>Only and idea, a wish<br>For things long lost.<br>

By: Sami

DIY Thanksgiving Decor

Using cloves, spell out a Thanksgiving message on pears, apples, or oranges. Not only does this look great and provide a wonderful decoration, it also makes your house smell wonderful.

You need either pears, apples or oranges and some cloves to do this project.

It only takes a few minutes!

Group Spotlight: Road to Recovery

Learn new ways of handling challenges involved with long-term sobriety. Learn healthy alternative behaviors to prevent drug and alcohol relapse.

Road to Recovery groups take place on:

- **Mondays from 10:00—11:00 AM**
at CODAC at Alvernon (630 N. Alvernon Way)
- **Wednesdays from 12:00—1:00 PM**
at CODAC at Cobblestone Court 1075 E. Ft. Lowell Rd.
Recipe: Autumn Apple Roses

**Ingredients:**
- 4 Red Apples (with skin)
- Juice from 1/2 Lemon
- 3 tbsp. fruit preserves (of your preferred flavor)
- 1 sheet puff pastry (thawed)
- Cinnamon to taste
- Powdered sugar
- Flour (to coat counter top)

**Directions:**

Preheat oven to 375 degrees.

Place cored and thinly sliced apples (with skin on) in microwave safe bowl. Fill bowl with enough water to just cover the apples, then add the lemon juice. This will soften the apple slices for rolling. Microwave for about three minutes or until they bend without breaking.

Sprinkle your counter with flour and roll out the puff pastry enough to make 6 strips that are three inches wide. I use a pizza cutter to cut mine but a knife works well also.

Spread the preserves in a thin layer on each strip.

Drain the apples from the water and arrange them on the dough, overlapping one another. Make sure the top (skin side) of the slices sticks a little out of the strips. Sprinkle with cinnamon.

Fold up the bottom part of the dough.

Starting from one end, carefully roll the dough, keeping the apple slices in place. Place in a greased cookie sheet and bake for about 40-45 minutes. If the apples look like they are burning, move to a lower rack in the oven.

Sprinkle with powered sugar and enjoy!

Watch the video for how to make these online at: https://www.tastemade.com/videos/apple-cream-cheese-rose-tarts.

Quotes of the Month

“Do it now. Sometimes, later becomes never.” - Anonymous

“In the end, we only regret the chances we didn’t take.” - Anonymous

“Life is better when you are laughing.” - Anonymous

“It is up to you to see the beauty of everyday things.” - Anonymous

Puzzle Answers:

1) Simple Simon; 2) Secret Service; 3) Sad Sack; 4) Saddle Shoes; 5) Seattle Slew; 6) Summer Solstice; 7) Status Symbol; 8) Step Stool; 9) Stick Shift; 10) Short Stop; 11) Side Saddle; 12) Sing Sing; 13) Stainless Steel