



Buffalo Crossings

3890 Woodridge Drive • The Villages, FL 32162 • (352) 674-4700

Administrator's Corner

Happy Thanksgiving

Thanksgiving is all about the stretchy pants and one more slice of pie. Our thoughts are with you at this joyous Thanksgiving celebration, as we send to you warm appreciation and so much love here at Buffalo Crossings. Have a Thanksgiving that fills you with joy!

Sandy Sternefeld

Buffalo Crossings Management Team

Sandy Sternefeld	Executive Director
Brittney Russel	Director of Nursing
Alexia Reese	Asst Director of Nursing
Kathylee Brack	Marketing Director
Naomi Peeples	Marketing Counselor
Rhonda Ficco	Activities Director
Ina Weintraub	Business/HR Manager
Brandon	Executive Chef
Jeannelle Gatmari	Kitchen Manager

November Gratitude

A few things to be thankful for this month:

- Time with loved ones during the holiday season.
- The service of veterans and current military members.

What else can you add?

November 2025



Thankfulness

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

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.

Our Nation's Veterans

Veterans Day on Nov. 11 is your chance to recognize and thank those who have served our country. Veterans live all over the U.S.

Our Veterans deserve deep gratitude for their dedication and sacrifice.



Buffalo Crossings Visits Stumpknockers in Inverness

Buffalo Crossing Visits
Stumpknockers in Inverness

Our residents recently took a trip to Stumpknockers on the Square in Inverness—and it was an experience to remember! From fried catfish to frog legs, the menu offered a delicious variety that had everyone talking. With a group of 13 residents, the service was flawless, and not a single detail was missed.

After the fantastic meal, our residents enjoyed a peaceful stroll around Inverness's charming downtown square, taking in the quaint shops and beautiful scenery. The feedback was unanimous: Stumpknockers earned a solid five stars, and the little town of Inverness added an extra layer of charm to the day.



Thanksgiving's Most Unwanted

Mashed potatoes, mac and cheese and rolls—just kidding. Here are Thanksgiving's most disliked traditional dishes, according to a 2023 survey by "The Vacationer."

Cranberry sauce. More than 31% of respondents can't stand the stuff, but according to another survey by Ocean Spray, most Americans believe the controversial cranberries are still essential to any self-respecting traditional Thanksgiving meal. Even the sauce-haters probably have an opinion on another age-old dispute: homemade or canned?

Sweet potatoes or yams. Almost 30% of surveyed eaters skip the sweet potatoes, whether roasted or blanketed with marshmallows.

Green bean casserole. Green means "no" for 28% of respondents when it comes to this traditional casserole dish. Here's another detail to debate: Are canned, frozen or fresh green beans best?

Turkey. More than 27% of Americans would rather pass on the notoriously fickle main dish, whether roasted, deep-fried or smoked.

Mealtime Traditions

Families often have mealtime traditions, from favorite recipes served to the seating arrangements. Use the following questions to reminisce and share your family's customs at the dinner table.

- Did your family have any mealtime traditions when you were a child, such as Sunday dinners or special foods served on holidays and birthdays? Share your favorite stories.
- What was your favorite meal—breakfast, lunch or dinner? What foods were your favorites?
- Who prepared the meals? Did you help cook, set the table or clean up afterward?
- How many people were at your table during a meal? Did everyone have their own place at the table, or did you switch seats?
- What did you talk about during meals, and who usually led the conversation?
- As an adult, did you continue your family's mealtime traditions, start your own, or a combination of both?



First Thanksgiving

The first Thanksgiving was a harvest celebration held by the Pilgrims of Plymouth colony in the 17th century. Very little is known about the event because only two firsthand accounts of the feast were ever written.

The first account is William Bradford's journal, *Of Plymouth Plantation*, and the other is a publication written by Edward Winslow, *Mourt's Relations*.

What is known is that the Pilgrims held the first Thanksgiving feast to celebrate the successful fall harvest. Celebrating a fall harvest was an English tradition at the time and the pilgrims had much to celebrate.

The 53 Pilgrims at the first Thanksgiving were the only colonists to survive the long journey on the Mayflower and the first winter in the New World. Disease and starvation struck down half of the original 102 colonists.

These Pilgrims survived that first winter and, with the help of the local Wampanoag tribe, had a hearty supply of food to sustain them.

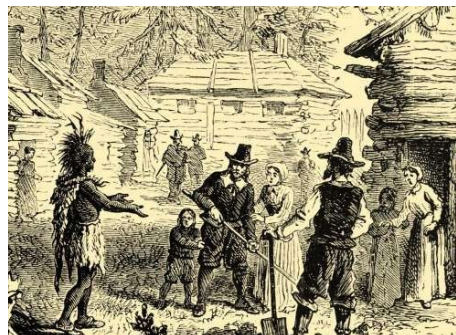
Although the modern-day Thanksgiving feast takes place on the fourth Thursday of November, the first Thanksgiving did not. This feast most likely happened sometime between September and November of 1621.



Guests at the feast included 90 Wampanoag Indians from a nearby village, including their leader Massasoit.

One of these Indians, a young man named Squanto, spoke fluent English and had been appointed by Massasoit to serve as the Pilgrims' translator and

guide. Squanto learned English before the Pilgrims' arrival after he was captured by English explorers and spent time in Europe as a slave.



The Wampanoag people, led by Chief Massasoit, assisted these early settlers. They taught the Pilgrims survival skills, such as how to grow corn, beans, and hunt local wildlife.



NFL Fun Facts

This time of year, NFL fans are all about the grit and glory on the gridiron. Here are a few fun football facts to kick around:

- The NFL was founded in 1920 in Canton, Ohio, which is now home to the Pro Football Hall of Fame.
- In 1933, the league stopped using the Collegiate Rules Book and began to develop its own rules.
- As a rookie in 1934, Beattie Feathers became the first player to rush for 1,000 yards in a season.
- A 1939 matchup between the Philadelphia Eagles and the Brooklyn Dodgers was the first televised football game.
- NFL players were not required to wear helmets until 1943.
- The 1972 Miami Dolphins became the first NFL team to have a perfect season. Their 17-0 record culminated with a win at Super Bowl VII.
- Deion Sanders is the only athlete who has played in both a Super Bowl and a World Series.
- In 2015, the league hired its first full-time female referee, Sarah Thomas.



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.