



### Notable Quotable

“I couldn’t wait for success, so I went ahead without it.”

~ Jonathan Winters, comedian



## November Horoscopes and Birthdays

In astrology, those born from November 1–21 are Scorpio’s scorpions. Scorpions are passionate and intense, yet you may never know given their calm demeanors. They value truth, loyalty, and justice. Those born between November 22–30 are Archers of Sagittarius. The Archer’s open mind, optimism, curiosity, and enthusiasm make them the travelers of the zodiac. To Archers, freedom is paramount.

- Daniel Boone – Nov. 2, 1734
- Will Rogers – Nov. 4, 1879
- Dorothy Dandridge – Nov. 9, 1922
- Polly S. – Nov. 10**
- Jonathan Winters – Nov. 11, 1925
- Neil Young – Nov. 12, 1945
- Whoopi Goldberg – Nov. 13, 1955
- Martha M. – Nov. 15**
- Danny DeVito – Nov. 17, 1944
- Betty I. – Nov. 19**
- Tina Turner – Nov. 26, 1939
- Randy Newman – Nov. 28, 1943
- Samuel Clemens – Nov. 30, 1835

### Thankful *cont. from pg. 1*

Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

People feel and express gratitude in multiple ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes), and the future

(maintaining a hopeful and optimistic attitude). Regardless of the inherent or current level of someone's gratitude, it's a quality that individuals can successfully cultivate further. Gratitude helps people refocus on what they have instead of what they lack. Though life has its share of challenges and loss, there are always reasons to be thankful! What are you thankful for in your life?

*(article content modified from Harvard Health Publishing)*

### Resident Ambassador Program

Starting November 1<sup>st</sup>, we are starting a Resident Ambassador Program. Our volunteer resident ambassadors will be part of our new resident welcome committee. As we have a new resident move-in, the designated ambassador will greet the new resident when they move in, encourage them to attend activities, and answer questions they might have as they acclimate to their new home with us at Trinity Hills.

Ambassadors are encouraged to engage in conversation with the

new resident moving in to learn more about their background and interests and try to introduce him/her to others in our Trinity Hills community. If you would like to be a Resident Ambassador, stop by and see Lynsey Chasteen at her office near the front desk!



# Trinity Hills Times

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Trinity Hills  
4611 Asheville Hwy.  
Knoxville, TN 37914  
Phone: 865-329-3292  
Fax: 865-329-8887  
Executive Director: Marshall McCauley

### Celebrating November

**Native American Heritage Month**

**Adopt a Turkey Month**

**Polar Bear Week**  
*November 1–7*

**Cliché Day**  
*November 3*

**Veterans Day: U.S.**  
*November 11*

**Rock Your Mocs Day**  
*November 15*

**International Men’s Day**  
*November 19*

**Thanksgiving: U.S.**  
*November 26*

**Square Dancing Day**  
*November 29*

## What Are You Thankful For?

The Thanksgiving holiday began, as the name implies, when the colonists gave thanks for their survival and for a good harvest. So perhaps November is a good time to review the mental health benefits of gratitude — and to consider some advice about how to cultivate this state of mind.

The word gratitude is derived from the Latin word *gratia*, which means grace, graciousness, or gratefulness (depending on the context). In some ways gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With

gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power.

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. *(continued on page 3)*



## Returning the Favor

Did you know two of our residents at Trinity Hills were featured in a TV Show filmed recently in Knoxville? *Returning the Favor* featuring Mike Rowe, shares stories about do-gooders who are highlighted in their own communities, inspire one another and discuss how everyday people can make an impact. *Returning the Favor* was created as a spark to help inspire more acts of

service around the world. Join us in the Chapel on November 16<sup>th</sup> as we will have a Hollywood, red-carpet viewing party.







*My wife Meghan and I holding a large nurse shark (Ginglymostoma cirratum) in Isla Mujeres, Mexico in October.*

## Marshall's Minutes (The Director's Corner)

A community like ours only operates well if it is staffed with the right "type" of people - devoted, diligent, and compassionate. I feel our team exemplifies these values and I am proud of their hard work each day. Our community has a no-gratuity policy in which we ask that residents do not give tips to our employees. There are times, however, that a resident or family has insisted on giving back in some way to our outstanding team. For this reason, we have established a general employee holiday fund that will be equally distributed to all team members in the Christmas season. Speak to Rachel or Marshall if you or your family would like to make a donation to this fund.

As the weather begins to turn colder, we all are at risk for some degree of cabin fever. My wife and I were fortunate to be able to take a brief vacation in October to Isla Mujeres, which is just east

of Mexico's Yucatan Peninsula. Join me for a virtual voyage to Mexico in our chapel, which is scheduled for Saturday Nov. 28<sup>th</sup> to enjoy pictures and videos of our recent adventure!

Resident Council meetings are held on the last Tuesday of each month and all residents are encouraged to attend. The Resident Council meeting is an opportunity for residents to share feedback about what is going well in the community, but also a chance to discuss issues that may need improvement. The next meeting is scheduled for 11/24 @ 3pm in the main dining room.

**PLEASE** wear a mask at all times if you visit on our porches with visitors. Wearing a mask is also of **critical importance** if you chose to leave the community with a friend, family member or go out in public. Masks are available at the front desk.

## Trinity Potpourri

We LOVE our Veterans at Trinity Hills! We will celebrate Veterans Day on November 11<sup>th</sup> with an appreciation ceremony followed by a cake and ice cream social in the Dining Room.

We believe good friends make the best neighbors! We are giving current residents \$1,000 to refer new residents to us! Once a new resident lives in our community for 30 days, the resident who referred them will

receive \$1,000 off of their rent.

Submissions for the Trinity Hills cookbook have been extended to November 6<sup>th</sup>. Please email recipes to [lynsey.chasteen@chghospitals.com](mailto:lynsey.chasteen@chghospitals.com) or drop them off at the business office.

**New hours:** Effective Nov. 2<sup>nd</sup>, the front desk will be staffed from **8am to 4:30pm**, Monday to Friday.



*Serving Knoxville since 2006, Trinity Hills is happy to welcome our newest residents!*



*An accidental text message in 2016 became a story that has inspired many people across the world.*

## New Faces in Familiar Places

We've had several folks join our community over the past few months. We would like to extend a warm Trinity Hills welcome to our newest residents:

- **Geraldine Day**
- **Linda Hamilton**
- **Margaret Myers**
- **Peggy Percival**
- **Lawrence Percival**
- **Ann Turner**

- **Edwin Campbell**
- **Bernice Woods**
- **Alma Harrison**

Take a moment to introduce yourself to these folks as they get settled in their new home!

Note: every new resident is tested for COVID-19 to ensure that our community stays as safe as possible for our residents and employees!

## Accidental Text Leads to Unlikely Bond

It has been several years since the world fell in love with this 20-year-old man and his "grandma"—and their fans can be happy to know that their friendship is still going strong.

Back in 2016, Jamal Hinton received a text message from Wanda Dench inviting him to her Thanksgiving dinner. The message had been intended for Dench's grandson—but upon realizing her mistake, Dench invited him to dinner anyways, saying "that's what grandmas do... feed everyone."

Despite how Hinton lives in Phoenix—which is an hour and a half from where Dench lives in Mesa—he did indeed stop by for dinner and their serendipitous holiday mix-up went viral.

Hinton has been to every single one of Dench's Thanksgiving dinners since the mix-up. Not only that, they make sure to regularly text each other and

maintain contact throughout the year. In addition to meeting for dinner every few months, the two recently also went to a pumpkin patch for pumpkin-picking with Dench's husband and Hinton's longtime girlfriend Mikaela.

"We are both really passionate and love talking about our story and how many people have reached out to us and told us how it affects them," Hinton told The New York Post. "I love when people tell me it restores their faith in humanity which I get A LOT. It makes me feel good knowing something I was a part of affected so many people in a good way."

"We are both very happy and grateful that we could be the centerpiece to such an amazing story and bring joy and faith in so many different people."

- *Article written by McKinley Corbley*