

Important Dates:**Monday November 1st-**

7pm- Chief's Watch Party w/ Boy Scouts

Wednesday November 3rd-

11am- Lunch Outing (Sign up Only)

Friday November 5th-

9am- Scenic Drive (Sign Up)

Red Friday**Sunday November 7th-**

3:25pm- Chiefs VS. Packers

Thursday November 11th-

1pm- Veterans Day Celebration

Friday November 12th-

9am- Scenic Drive (Sign up)

Red Friday**Sunday November 14th-**

7:20pm- Chiefs VS. Raiders

Tuesday November 16th-

3pm- Apartment Council Meeting

Wednesday November 15th-

11am- Lunch Outing (Sign Up)

3pm- RCF Council Meeting

Friday November 19th-

9am- Scenic Drive

Red Friday**Sunday November 21st-**

3:25pm- Chiefs VS. Cowboys

Monday November 22nd-

Spirit Week

Pajama Day

Tuesday November 23rd-

Decade's Day

Wednesday November 24th-

2-3:30pm- Thanksgiving Celebration

Turkey Shirt Day

Thursday November 25th-

Happy Thanksgiving

College Shirt Day

Friday November 26th-**Red Friday****November Birthdays**

In astrology, those born from November 1–21 are Scorpions of Scorpio. Scorpions are passionate, dedicated, and resourceful. Scorpions may seem intimidating, but they are just no-nonsense people who value honesty and loyalty above all else. Those born from November 22–30 are Archers of Sagittarius. The Archers are the travelers of the zodiac, curious and energetic, with open minds craving new experiences and challenges.

Residents: Carolyn B. 11/08; Calvin J. 11/09; Mary D. 11/10; Mary O. 11/11; Anne B. 11/15; Joyce C. 11/16; Helen L. 11/27

Employees: Tamla J. 11/06; Sr. Linda T. 11/10; Susan H. 11/24; Adriana A. 11/29

Volunteers: Jerry K. 11/26

Authors of the Month

This month we have three thriller and adventure authors: Michael Connelly, Lee Child, and Clive Cussler.

Connelly is an American author best known for his detective novels such as *The Black Echo*, *The Lincoln Lawyer*, and *Blood Work*, some you may know as movies. Child is a British author who is best known for his Jack Reacher novels. Cussler is an American author best known for his adventure novels and underwater explorer.

Our Lady of Mercy

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**Celebrating November**

Native American Heritage Month

Inspirational Role Models Month

Adopt a Turkey Month

Chief's Watch Party
November 1

Diwali
November 4

World Chili Day
November 6

Veterans Day
November 11

International Men's Day
November 19

Game & Puzzle Week
November 21–27

Thanksgiving Day
November 25

Hanukkah
November 28–December 6

Mason Jar Day
November 30

Deliberate Acts of Kindness

The phrase “survival of the fittest” is often used to describe the tough tactics people use to get ahead in modern society, but scientists have determined that a far more effective coping strategy might be “survival of the kindest.” The second week of November is World Kindness Week, a perfect opportunity to make kindness a part of our everyday routines.

Humans have evolved into one of Earth's most social species. While many people tend to think of humans as inherently competitive with each other, fighting for resources, mates, or even promotions at work, scientist and psychologist Dacher Keltner takes another point of view. He believes that humans are built to be kind. Our generosity, self-sacrifice, play, modesty, compassion, awe, gratitude, and even embarrassment all present powerful evidence of our innate drives for kindness and caring. Research shows that when people act kindly toward others, they take more pleasure in society and are more likely to feel satisfied and happy. New research suggests that our vagus nerve in particular may have evolved to support and encourage altruistic behaviors. Perhaps stimulation of the vagus nerve is what prompted writer Anne Herbert to write, “Practice random kindness and senseless acts of beauty” on a placemat in a California restaurant in 1982.

Herbert's notion that we should practice random acts of kindness is not new. Jews have practiced *mitzvahs*, or good deeds for others, for millennia. In the cafés of Naples, Italy, hardworking people who unexpectedly come into money pay for two coffees, a tradition called *caffè sospeso*, taking one for themselves and leaving the other for someone less fortunate. In 2006, the Free Hugs Campaign was launched on YouTube, encouraging people to share the simple act of a hug with others in need of comfort. For some, kindness is easy. For others, sharing public acts of kindness may take practice. Start by doing one small, kind thing for someone. As the Greek fabulist Aesop once said, “No act of kindness, no matter how small, is ever wasted.”

History of the U.S. Department of Veterans Affairs

In the Beginning

Today, Americans can't imagine the military without the Department of Veterans Affairs to support their servicemen and women who are no longer on active duty. But this was not always the case.

Prior to the end of World War 1, Americans did not feel as grateful for military personnel as they do today. In fact, for two centuries, military veterans were not looked upon as anything special by the general population. Starting with American's very first veterans, those who fought in the Revolutionary War, soldiers were promised the world when enlisting or drafted, but pay, pensions, and medical care were often neglected once the fighting was over. The treatment of soldiers was so bad after the Revolutionary War that there was nearly a military coup over the broken promises. Many soldiers had lost limbs and were unable to work again after the war, meaning that the missing pensions left them destitute and desperate for help. However, there were many men and women who believed that taking care of those who had fought in the wars was a top priority for the country and worked tirelessly to create what we now know today as the Department of Veterans Affairs.

Small Changes

The Navy was the first to address the issue of health care for wounded veterans, but it was a slow process. Beginning in 1811, the Navy began to deduct 20 cents a month from every sailor's paycheck. The money was put into a fund that would go on to build the first naval hospital and retirement facility, the Naval Asylum. Unfortunately, the rest of the country was not so inclined. For 35 long years, veterans fought hard to gain back what had been promised to them. In 1818, Congress finally created the War Pension Act. Although the benefits were restricted to only those "in reduced circumstances," there was still an overwhelming number of approved applicants. The government did not want to believe that so many were in such great need and immediately cut benefits, claiming fraud. In 1851, the Army followed the Navy's example and built their own hospital and

rest home. They received no government funding for the project and instead had to rely entirely upon money deducted from soldier's wages and private donations.

The Civil War

A hundred years after the Revolutionary War, Americans found themselves in a long, bloody battle, only this time it was against themselves. Hundreds of thousands of soldiers were wounded, many became amputees, and almost all of them suffered from post-traumatic stress disorder (PTSD). Most of those who fought were not trained soldiers but rather farmers who were caught up in a war that turned families against each other. Hospitals ran out of room for the number of wounded, and medical care was sorely lacking. Patients were often discharged too soon and without any plans for long-term care. The U.S. Sanitary Commission opened homes for disabled soldiers during the war, but after the Civil War, the government wanted to close these down.

Politicians and citizens alike argued to support disabled veterans. Many were reluctant to pay what they still thought of as a "handout" to many who had sacrificed so much for their country. However, empathy won out, and in 1865, Congress created the National Home for Disabled Volunteer Soldiers. They would go on to build 11 more of these facilities that would house and care for military veterans. Slowly, states, private groups, and veterans' organizations banded together to build more and more of these homes, opening them up to veterans from any war or conflict.



Pensions

Not all veterans needed long-term care, and these men found themselves in a tricky situation. Many were not able to work as much as was needed to earn a reasonable income, and some were unable to work at all. The American public was even more divided on how to support these veterans. While the nation was sympathetic to the plight of its soldiers, the idea of any kind of taxes or welfare for citizens was perceived as negative. As the requests for help came pouring in, the cost of caring for veterans would soon be one-third of the federal government's entire budget. While some U.S. military veterans were now receiving some benefits from these monies, Confederate veterans would receive no benefits or help of any kind because they had fought for secession. Even private veterans' groups shunned these men, leaving them to fend for themselves as a visible reminder of the human suffering caused by war. Besides Confederate soldiers, other soldiers were also discriminated against, based on race, class, and even the type of disability the war had left them with.

World War 1

World War 1 marked a huge change in mindset from the American public, and it was reflected in the way the government took charge in caring for returning troops. As soon as the war began, Congress was already thinking ahead to the care returning soldiers would need and began to set up places for them and investing in different ways to support them. Rehabilitative medicine was a new medical specialty, and vocational rehabilitation and training were offered in addition to disability compensation. The thought was that retraining disabled veterans would not only improve their mental state by giving them a new purpose with work but also ensure that veterans would not "languish in a state of collective dependency." In 1921, three years after World War 1 ended, Congress created the Veterans Bureau. Another three years after that, the government made the services they provided available to any veteran, whether they had been injured or not during service. In the years shortly after this decree, federal spending on veterans increased by a whopping 62%, showing how badly veterans were in need of help.

The Great Depression

In the years between World War 1 and World War 2, the hopeful promises that Congress had made to veterans about bonuses and pensions began to lose their luster. Soldiers had been promised that they would receive money for their sacrifice to the country, but they would need to wait until 1945 to collect, as the government was using taxes and private donations to slowly build the funding. Unfortunately, the Great Depression snuck up on the country, leaving everyone in a precarious situation. Veterans who had lost everything looked to the government in the hopes that they could collect their promised pensions almost 15 years early. When they were denied, tens of thousands of veterans descended upon Washington to protest. While President Herbert Hoover ordered the Army to remove the struggling veterans from the capital, the public was now vividly aware of their plight. A year later, Franklin D. Roosevelt was made president, and veterans' services vastly expanded. He had won the 1932 election by a landslide. His platform, the New Deal, pushed for the public funding of programs, public work projects, financial

Reforms, and new regulations that would help America out of the Great Depression. Sweeping veteran care reform was part of this popular package.

World War 2

The second World War brought fast changes to both the economy and to how American citizens viewed the military. Thanks to a united effort by the Allied forces and the American Office of War Information, there was a push in pro-war and military propaganda. Bright, cheerful posters depicting brave soldiers and supportive citizens at home working hard for the active-duty soldiers who were serving—and to the veterans that returned. American citizens' feelings about government "handout" and welfare for veterans had made an about-face. After the war ended, the country was united in its desire to continue to be of service to those who had defeated the Nazis. The Department of Veterans Affairs received near-universal support from the nation.