

MILITARY SLANG



- * Security of MP in the Air Force **AIR BEAR**
- * Do some push ups **BEAT YOUR FACE**
- * Airplane or satellite **BIRD**
- * Aircraft carrier **BIG BAN**
- * Anyone who has served above the Arctic Circle **BLUE NOSE**
- * Military doctors **BONES**
- * Top-ranking officers **BRASS**
- * Combat hat that does not provide protection **BRAIN SPONGE**
- * Bravo Zulu or well done **BZ**
- * Camouflage utility uniform for Navy and Marines **CAMMIES**
- * Coast Guard Academy at New London **CAMP COAST GUARD**
- * Helmetband with two pieces of luminous material at the rear **CAT EYES**
- * Refers to the perception that many Air Force personnel spend their time flying a desk (i.e., doing office work) **CHAIR FORCE**
- * Derogatory term used by cadets at the USMA and mid-shipment at the USNA to refer to the USAPA **COUNTRY CLUB ACADEMY**
- * Military hat **COVER**
- * Enlisted sailor who is doing temporary duty in a ship's gallery **CRANK**
- * First day of basic training **DAY 0**
- * Signals intelligence radio operator trained to intercept Morse Code transmissions **DIRTYBOPPER**
- * Improvised vehicles armor **FARMER ARMOR**
- * Punishment where the service member, over a period of several hours, dresses in each of his uniforms to be inspected. **FASHION SHOW**
- * Old term for The Pentagon **FIVE-SIDED SQUIRREL CAGE**
- * Push up position **FRONT LEANING REST**
- * Naval term for latrine **HEAD**
- * To abandon an aircraft mid-flight by means of a parachute **HIT THE SILK**
- * Spirited cry, for anything positive. Short for Heard, Understood, and acknowledged **HOOAH** (pronounced WhoAh)
- * Marines' term for Hooah **OORAH**
- * Pilot **JET JOCKEY**
- * Person who has been in the military a long time or plans to retire **LIFER**
- * Boots **LPC (Leather Personnel Carriers)**
- * People Against People Ever Re-enlisting - Civilian Life is Preferred acronym often used by military personnel whose enlistment is almost finished, and a jaded take on their time left. **P.A.P.E.R. C.L.I.P.**
- * Soldier who is performing his duties inefficiently or with laziness **SANDBAGGING**
- * Naval term for a chow hall cheeseburger **SLIDER**
- * Verb for to be proud or present a military appearance **STAND TALL**

DISABLED ADULTS, RESIDENTIAL ENTERPRISE

1616 E. 55th Street
Chicago, IL 60615

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NOVEMBER HIGHLIGHTS



- * **AMERICAN DIABETES MONTH**
- * **FAMILY CAREGIVER MONTH**



November Calendar

- * **DARE Recreational Therapy Every Tues & Thurs 2:00 - 3:00pm**
- * **La'Dare Club Every Friday 11:00 am**
- * **Bingo November 8th & 22nd @ 11:00am - 12:00pm**
- * **Thanksgiving Dinner & Resident Birthday Party November 23rd 12:00noon**



Karen Boyd
Robert Hillman
Darrell Payne
Derrick Walker

Ella Saller
Property Manager

Bernadine Whiteurst
Service Coordinator

Jack Childs
Maintenance Engineer

Bernading Whiturst,

Service Coordinator



This month is designated to bring Awareness to **Diabetes** and **Family Caregivers**. Diabetes is a disease in which levels of blood glucose or blood sugar are above normal. People with diabetes have problems converting food into energy. People develop diabetes because the pancreas does not make enough insulin or because the cells in the muscles, liver, and fat, do not use insulin properly or both. There are two main types of Diabetes; Type I Juvenile Diabetes, diagnosed in children, teenagers and young adults. Type II Diabetes formerly called Adult-Onset is the most common form. This can develop at any age. As a result, the body needs more insulin to help glucose enter cells for energy. Those with diabetes, it is very important to monitor your diet, exercise, and take medication regularly. It is so important that we take care of our bodies in all situations. Caregiving for someone that is a diabetic or any other illness: you must take care of you, eating properly with exercise and some type of medication to become relaxed and focus. Caregivers can become easily depressed. Approximately 44 million American Families, provide unpaid care to another adult, sometimes around the clock. They provide approximately 80 percent of the long term care in the United States. This month take action: TAKE CARE OF YOU.

VETERAN'S DAY - NOVEMBER 11, 2011

On the 11th hour of the 11th day of the 11th month, in 1918 World War I ended. This became known as "Armistice Day". This great war officially ended. In 1919, President Woodrow Wilson proclaimed November 11th as the first commemoration of Armistice Day. November became a legal federal holiday in the United States in 1938. In 1954, Armistice Day became Veteran's Day. A holiday dedicated to American Veterans of all wars. Our First Lady Michelle Obama has dedicated herself to the fight of health benefits for our Veterans. She has visited many Veteran's Hospitals. On October 18, 2011 First Lady Michelle Obama and Jill Biden, the wife of Vice President Joe Biden recently visited Army Sgt. Johnny Agbi, where his home in Washington, DC was recently renovated by the charitable venture called Heros At Home. The first floor

has been transformed, with wide entrances, a spacious kitchen with new appliances, and a large accessible bathroom. The First Lady rolled a fresh coat of pain on the walls of Agibi's living room. We can always play a significant role in rebuilding the lives of our Veterans. This Veteran's Day take time during this holiday to Remember those who have fought to keep America FREE!



B. Whiteurst
Simplify

TACO SOUP SUBMITTED BY GREG LAHMOM

- 1 CAN CORN
- PINTO BEANS
- RED BEANS
- BLACK BEANS
- DICED TOMATOES
- ROTELL TOMATOES
- SOUR CREAM
- MEXICAN CHEESE
- TORTILLA CHIPS
- 1PK. DRIED RANCH DRESSING
- 1LB GROUND BEEF OR TURKEY
- 1PK TACO SEASONING



- BROWN MEAT AND DRAIN. ADD TACO SEASONING.
- SIMMER ALL CANNED VEGETABLES IN LARGE POT. ADD DRIED RANCH DRESSING AND STIR WELL. THEN ADD MEAT TO MIXTURE. SIMMER ABOUT 15 MINUTES UNTIL BEANS ARE TENDER. STIR OCCASIONALLY.
- TOP EACH BOWL WITH MEXICAN CHEESE AND TORTILLA CHIPS

ENJOY.....

THOUGHT FOR THE W.E.A.K.

In the Beginning
Your Beginning can shape your Ending:
Anonymous

FYI: **Ms. Karen Robinson** was interviewed by Karen Myers from Channel 7 regarding Access Living. This will air the later part of November. **We're proud of your Karen!!!!**
D.A.R.E.'S VOICE IN THE COMMUNITY!!!!