



Happy Thanksgiving

Did you know that over 40% of our registered donors never become donors?

Here's why:

#1 Reason – Their loved ones and healthcare providers were not aware of their wish to donate (or their loved ones are against donation).

#2 Reason – Self-Consents were not complete and there is no legal consentor at the time of passing.

End-of-life conversations are not the easiest conversations to have, however discussing this important topic with your loved ones can help honor your wishes and relieve burden from your loved ones at a very difficult time. With family and friends gathering together for the holiday season, now may be the best opportunity for you to share your wish and have this important conversation.

If you've registered for donation through Science Care, take steps to help ensure your wishes are carried out. Download our new information packet and pass it along to your loved ones so that they can be better informed about your decision.

[Download the Science Care Information Packet Here](#)

Donation FAQ

Can there still be a memorial service if I choose whole body donation?

The answer is a resounding YES!

We educate people each day on the options available. As a donor, your family can still choose to have a memorial service or celebration of life event right away or after 3-5 weeks upon receiving the cremated remains. It is a personal choice, and one that many families opt for. If needed, our Donation Services Coordinators can help you locate a funeral establishment locally to help with any service arrangements or memorialization products.

Health News

Open Enrollment is here: 6 tips for choosing a health insurance plan

(NPR) - It's the season to roll up your sleeves, gather your documents, and pick a health insurance plan for 2020. For those shopping for their own plans, HealthCare.gov and the other state exchanges are open for enrollment as of November 1. [Read more...](#)

Breakthrough discovery in plants' DNA may lead to slowing aging process in humans

(CNN) - Science has identified in the plant kingdom the "missing link" of cellular immortality between human and single-celled animals, according to a new study led by scientists from Arizona State University and Texas A&M University. [Read more...](#)

Yoga and physical therapy as treatment for chronic lower back pain also improves sleep

(Boston Medical Center) - Yoga and physical therapy (PT) are effective approaches to treating co-occurring sleep disturbance and back pain while reducing the need for medication, according to a new study from Boston Medical Center (BMC). Published in the Journal of General Internal Medicine, the research showed significant improvements in sleep quality lasting 52 weeks after 12 weeks of yoga classes or 1-on-1 PT, which suggests a long-term benefit of these non-pharmacologic approaches. [Read more...](#)

Study finds no link between statin use and memory harm in older adults

(Medical News Today) - There is no link between statin use and memory impairment, researchers have concluded, after evaluating effects of the cholesterol-lowering drugs over 6 years in more than 1,000 older people in Australia. [Read more...](#)

6 Signs a caregiver may be burned out and 7 ways to help

(Healthline) - From giving your time to help with tasks to simply staying in touch, there are a number of easy ways we can help caregivers avoid experiencing burnout. [Read more...](#)

15 Years after his death, Christopher Reeve is still changing lives

(Healthline) - On Oct. 10, 2004, the world lost a real-life superhero when Christopher Reeve, advocate and actor, passed away at the age of 52. In the final decade of his life, Reeve, best known for his iconic role as Superman, had become just as much a symbol of hope as the Man of Steel himself. [Read more...](#)

Thanksgiving – Old & New

Not too much has changed with the way we celebrate Thanksgiving today vs. the 1950's. Turkey is still king, although more people today opt for ham than they did 60 years ago. The Macy's Thanksgiving Day Parade still hits the morning airwaves, but it's not quite the spectacle it once was. The parade started in 1924 and has been televised every year since 1952. For kids, watching the parade on television gave them a chance to catch their first glimpse of Santa Clause. Today, they get access to Santa all year long.

Back in the day, the Thanksgiving meal was an occasion you dressed up for. Today, it's all about football and sweatshirts. Speaking of football, did you know that NFL games have occurred on Thanksgiving since the league's inception in 1920? The actual first broadcast took place on Thanksgiving Day in 1934 (Detroit Lions vs. Chicago Bears).

Thanksgiving side dishes and desserts have also gone through somewhat of a transformation since the 1950's. Dessert has transitioned to a fancier array of choices, although pies still reign as king. In the 50's it was apple, pumpkin and mincemeat. Today, the most popular pie choices are apple, strawberry, pumpkin and cherry. Sadly, mincemeat no longer ranks among the top 10 favorites. And although many of us still serve traditional side dishes like yams, potatoes, stuffing, cranberry sauce and green bean casserole, they are no longer the be all end all of side dishes. Just do a Google search for Thanksgiving meal ideas and have a peek at what's trending.

Although traditions may change over time, the one thing about Thanksgiving that will never change is

being thankful for everything we have.

Happy Thanksgiving!

Remember When "50 Years Ago" November 1969

Topping the Billboard music charts for November 1969 were "Suspicious Minds" by Elvis Presley and "Wedding Bell Blues" by The 5th Dimension. Topping the Country charts was "Okie from Muskogee" by Merle Haggard.

- Sesame Street aired its first episode on the National Educational Television (NET) network, the predecessor to the Public Broadcasting System (PBS), starting after school at various times.
- Ferdinand Marcos was re-elected to a four-year term as President of the Philippines, defeating Senator Sergio Osmeña Jr. in a landslide and winning more than 60 percent of the vote.
- Five Americans and one New Zealander became the first women to visit the South Pole. Four of the group, led by Dr. Lois Jones, were researchers from Ohio State University and Pam Young was from the New Zealand Antarctic Research Operation.
- The first Wendy's "old fashioned" hamburger restaurant was opened, as businessman Dave Thomas began business at 257 East Broad Street in downtown Columbus, Ohio.
- In Washington, D.C., more than 500,000 protesters staged "the largest peace march on Washington in American history".
- Negotiators from the Soviet Union and the United States met in Helsinki, to begin the first Strategic Arms Limitation Talks.
- Apollo 12 astronauts Pete Conrad and Alan Bean landed the lunar module Intrepid at the northern edge of the crater Mare Cognitum within the Oceanus Procellarum ("Ocean of Storms") area, becoming the third and fourth humans to reach the surface of the Moon (Nov 19).
- Edson Arantes do Nascimento of Brazil, known worldwide as Pelé, became the first professional soccer football player to score 1,000 goals in a career.
- U.S. President Nixon signed into law a provision for the first "draft lottery", with random selection of "the dates of the year and then of the letters of the alphabet" to determine which young men would be picked first for military service.

Sources: Wikipedia / Billboard

Share this web-page and guide with friends and family. It gives a great overview and comparison on the various end of life options for anyone who has yet to make plans or have the end of life discussion.

[A Comparison Guide: Burial, Cremations and Donation](#)

Not a Member of the Science Care Donor Registry yet?

Click on the button below to join or give us a call!

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[Join the Donor Registry!](#)

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