

Whiskers for a Cause



All November long, you might notice more men than usual sporting mustaches. These guys don’t call this month November; they call it “Movember,” and their mustaches are symbols to help raise awareness of men’s health issues. As men grow their “mos,” friends and supporters donate money to fund programs targeting challenges faced by men.

The Movember movement began in Australia in 2003. Since then, it has inspired more than six million new mustaches worldwide. The Movember Foundation has raised over nine million dollars to date and funded over 1,250 men’s health programs around the world, supporting efforts to combat prostate cancer, testicular cancer, and mental health challenges, as well as raise awareness about suicide prevention.

Once you’ve agreed to sign up and “Grow a Mo,” the only question remaining is what style? The American Mustache Institute details a variety of “lower nose accoutrements.” The chevron, aka the Magnum, is a popular choice. It’s named after Tom Selleck’s character on the show *Magnum, P.I.*, and may be the manliest mustache of the bunch.

The handlebar requires a touch of mustache wax. Its thin, curling edges can make you look like anything from a circus ringleader to a silent film—era villain to former Oakland A’s pitcher Roland “Rollie” Fingers.

The horseshoe, aka the trucker, demands a little more growth. It’s like a hairy horseshoe hanging over your lip and along the sides of your mouth. It’s not to be confused with a goatee, as the trucker does not connect across the chin. For a picture-perfect bleached-blond trucker, look no further than Hulk Hogan.

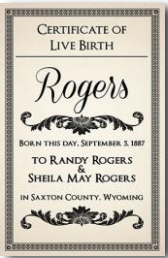
There are plenty of others: the Dalí, the pencil, the lampshade, the Fu Manchu, and the grand imperial. They’re all impressive, and they all support men’s health.

November Birthdays

If you were born between November 1–21, your astrological sign is Scorpio. Scorpions are powerful investigators who keep up on the comings and goings of their peers, take control, and lead the way to success. Those born between November 22–30 are Archers of Sagittarius. Archers are exciting and independent. Their positive attitudes, great sense of humor, and kind hearts make them excellent friends. But get ready for an earful—Archers often also speak their minds.

- Sally Field (actress) – Nov. 6, 1946
- Carl Sagan (astronomer) – Nov. 9, 1934
- Grace Kelly (actress, princess) – Nov. 12, 1929
- Margaret Atwood (writer) – Nov. 18, 1939
- Ahmad Rashad (sportscaster) – Nov. 19, 1949
- Andrew Carnegie (banker) – Nov. 25, 1835
- Tina Turner (singer) – Nov. 26, 1939
- Samuel Clemens (Mark Twain) – Nov. 30, 1835

Name of the Month



What is it about the name Rogers in November? The name is shared by many celebrities born this month. There’s Will Rogers, one of the most famous satirists of the 1920s and 1930s; he was born November 4, 1879. Roy Rogers, the famous singing cowboy and actor, was born November 5, 1911. Kenny Rogers, the baseball pitcher who once pitched a perfect game (not the country music star), was born November 10, 1964. George Rogers Clark, the American Revolutionary War general known as the “Washington of the West,” was born November 19, 1752. Baseball pitcher Buck Rogers was born November 5, 1912, and the first radio broadcast of *Buck Rogers in the 25th Century* aired on November 7, 1932. If you know anyone who’s expecting a baby in November, suggest the name Rogers. It just may be the perfect name for a November baby.

Newsletter

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Celebrating November

Aviation History Month

Novel Writing Month

Nurse Practitioner Week
November 9–15

World Kindness Day
November 13

Homemade Bread Day
November 17

International Men’s Day
November 19

Celebrate Your Unique
Talent Day
November 24

Thanksgiving Day (U.S.)
November 27

November Birthdays:

- Alice Bidiman Nov 11, 1940
- Deanna Frazier Nov 13, 1945
- Lucille Lyle Nov 15, 1941
- Shirley Schuette Nov 15, 1930
- Marvin Puett Nov 16, 1936

Talkin’ Turkey (and Chickens)

When it comes to barnyard birds, turkeys and chickens rule the roost, but not in the same way. November might be the turkey’s time to shine (or roast), but chickens hold their own all year long.

Let’s start with turkeys. Wild ones can fly—surprisingly fast and far, actually—and they sleep in trees. They’re also pretty clever at dodging predators and, yes, humans. Domesticated turkeys, on the other hand, aren’t quite so nimble. Their flashy fans and “gobble gobble” calls are iconic this time of year, but only the males gobble; females stick to more modest clucks and chirps.

Chickens, meanwhile, are the overachievers of the coop. They come in all sorts of breeds, from poofy-headed Polish chickens to speckled Sussex. They each lay about 250–300 eggs a year, which is pretty impressive considering they’re also known to chase bugs, peck your shoelaces, and form complicated social hierarchies.

In fact, chickens have become so popular that many people now keep them in their backyards. Urban and suburban chicken-keeping has taken off in recent years, with folks raising hens not just for fresh eggs but also for their quirky personalities and surprisingly therapeutic company. You don’t need a full farm—just a small coop, a little space, and a willingness to embrace a bit of daily chicken drama.

As for turkeys and Thanksgiving, the tradition dates to the 1800s, when turkey became the centerpiece partly because it was large enough to feed a crowd and not typically used for eggs or milk like other livestock. These days, though, more people are switching things up—serving roast chicken, Tofurky, lentil loaf, or lasagna layered with roasted squash for Thanksgiving’s main course. Some people even decide on breakfast-for-dinner, with stacks of pancakes and cozy casseroles taking center stage. Whether you prefer a traditional meal or trying something new, the spirit of the holiday isn’t in the bird—it’s in the gathering. No matter what’s on the plate, it’s the company that counts.

Love the Skin You're In



As the weather turns dry and cold, those at the American Academy of Dermatology start to worry about the season's harsh effects on our skin. To encourage us all to take healthy precautions, the academy has dubbed November Healthy Skin Month.

Protecting our skin is no small task. The skin, after all, is the body's largest organ. The average adult wears about 20 square feet worth of it! It keeps us waterproof and shields us from germs. It acts as an air conditioner when we're hot and a blanket when we're cold. It makes vitamin D, which allows our bodies to absorb calcium and strengthen our bones. One square inch of skin contains more than 70 feet of nerve fibers, making our sense of touch one of our most important senses for interacting with and understanding the world around us. With so many important jobs to do, it's no wonder keeping our skin healthy is a top priority.

The Mayo Clinic offers five easy tips for keeping skin in tip-top shape:

- 1. Protect yourself from the sun.** Use sunscreen, wear protective clothes, and seek shade when the sun's rays are strongest, between 10 a.m. and 2 p.m. (Vitamins A and B3 can help counteract sun exposure.)
- 2. Don't smoke.** Smoking decreases blood flow in the skin, depleting it of oxygen and other nutrients. Smoking also damages the fibers that keep skin strong and ward off wrinkles.
- 3. Be gentle.** Shave in the direction your hair grows, not against it. Use gentle cleansers, avoid hot water (which can remove essential oils), and apply a moisturizer with sunscreen.
- 4. Eat well.** A diet full of fruits, vegetables, whole grains, lean proteins, and vitamin C improves not just your skin but overall health.
- 5. Manage stress.** Avoid breakouts by not overwhelming yourself and exercising regularly.

The Heart Behind the Apron

Cooking the Thanksgiving feast for a large crowd often starts long before Thanksgiving Day. The day before Thanksgiving—Wednesday, November 26, this year—is a day to honor these intrepid holiday chefs and the aprons they so dutifully don. It's Tie One On Day.

Writer EllynAnne Geisel founded Tie One On Day in 1999. While writing an article about aprons, she was struck by the unique beauty of apron fabrics and design, leading her to curate a traveling exhibition featuring more than 600 aprons. She calls aprons the "armor of domesticity" and shows a true passion for the art of homemaking.

The central tenets of Tie One On Day are qualities of kindness and generosity. Geisel urges us to celebrate by wrapping some home-baked goodies inside an apron and gifting it to someone you care about. Write some kind words on a note and tuck it into the apron pocket, and your gift is bound to warm both their belly and their heart.

Full Steam in Small Scale

November is Model Railroad Month, and boy, have model trains come a long way! In the earliest days of model trains, there were no standardized scales. Serious hobbyists and manufacturers eventually teamed up to produce officially scaled trains and parts, allowing modelists to create vast layouts that mirror real places and historical periods to the tiniest detail. Different scales call for different layouts. HO scale is the most popular, with cars often no longer than a pencil. This makes HO-scaled trains perfect for indoors. G-scaled trains are larger and more durable, great for outdoor garden exhibits. O-scale trains fall right in the middle—large enough to highlight detail and small enough for little hands, making them the classic choice to run 'round the Christmas tree.



Witty Words at Play

If I've told you once, I've told you a thousand times that November 3 is Cliché Day. Don't let the mention of another foolish holiday make your blood boil. Only time will tell whether this holiday truly stands the test of time.



The term *cliché* has come to mean "an overused or unoriginal expression." But the French word *cliché* is actually an onomatopoeia: it's the sound a printing plate makes as it lays its ink on paper in the printing process. In time, the printing plate itself became known as a cliché. Later, as a tribute to the repetitive process of mass printing, the term *cliché* came to refer to any oft-repeated expression.

Are you sick and tired of Cliché Day already but still thirsty for more word-related revelry? November 8 is Abet and Aid Punsters Day, a day to support anyone daring enough to drop a pun. Clever punsters must rely entirely on wordplay to get a laugh, sometimes using a word or phrase that sounds like another:

"Police were called to a daycare where a three-year-old was resisting a rest."

Or with a word that has more than one meaning:

"I used to be a banker but I lost interest."

And "Tom Swifties" relate certain words to others in a creative and punny way:

"I need a pencil sharpener," said Tom bluntly.

Neurologist James H. Austin, author of *Zen and the Brain*, attempted to prove the inferiority of puns using MRI scans of the brain. When volunteers heard puns, they groaned—activating the left posterior *inferior* gyrus and left *inferior* frontal gyrus of their brains. Really funny jokes, on the other hand, involve the ventral part of the medial prefrontal cortex. That hard science is no laughing matter.

Employee of the Month

Meet LeAnn



Charismatic, Eager, Caring, Well spoken, Outgoing, and loved by all. LeAnn is one of our med techs and we are blessed to have her here with us.
We love you LeAnn!

Fun Jokes for the Month

- **What's the secret to having a smoking hot body in old age?**
Cremation.
- **What is a prize old people can win for aging?**
Atrophy.
- **What's the best part of old age?**
That it doesn't last very long.
- **Which underwear brand do seniors love best?**
It Depends.
- **Why do old people love English muffins so much?**
Because of the nooks and grannies.
- **How is the moon like dentures?**
Both come out at night.
- **What goes up but never comes down?**
Your Age