

November for Men's Health

All November long you may 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 men's health issues.



The Movember movement began in Australia in 2003. Since then it has inspired at least four million new mustaches. The Movember Foundation has helped raise \$559 million to date and funded 800 different men's health programs around the world, aiding the fight against prostate cancer, testicular cancer, and mental health issues.

Once you've agreed to sign up and "Grow a Mo," the only question remaining is what style to grow? 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.* (photo above) 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 "Dali," the "Pencil," the "Lampshade," the "Fu Manchu," and the grand "Imperial." All impress, and all support the men's health cause.

NOVEMBER BIRTHDAYS

Helen Harvey - November 5th

Taylor Anania - November 7th

Peggy Warner - November 10th

Mary Weaver - November 19th

Vickie Cemore - November 23rd

Riddle:

What do you take off last before going to bed?

(feet of the floor)

Employee of the month Judy Mitchell

Judy Mitchell is the youngest of eight children. Judy is married to the greatest man she knows, David Mitchel. They have been married 28 years (and David thinks Judy still likes him? Lol)

Judy has two sons, Mike and Bryan. Her daughter has three girls and four grandbabies, so that makes Judy Great Grandmother. Her son is married to Randi and has two boys and one girl.

Judy loves to watch her grandkids play sports and play sketch. She loves to visit with her chickens, because they don't talk back. She also has two dogs-Maddie and Sypy. She takes them on long walks.

We are really blessed to have Judy at Windsor Manor. She loves all of the residents and is a very pleasant person.

Windsor Manor

* 608 South 15th Street Indianola, IA 50125 * Ph 515 961-8900 * Fax 515 961-8907 *



Windsor Manor presents *Living with Dementia*

If you or a loved one has recently been diagnosed with Alzheimer's Disease or another type of dementia, you probably have a lot of questions. Join us at Windsor Manor Assisted Living for one or all of the following presentations:

Tuesday, November 3

1:30 – 3:30 p.m. (Memory Screens 3:30 – 5 p.m.)

TOPIC: *From the Eyes of the Afflicted*

Participants will view and discuss part of the critically acclaimed HBO Alzheimer's series, "The Alzheimer's Project." The "Memory Loss Tapes" contain up close and personal perspectives from dementia sufferers and the affects of the disease on those who love them.

Tuesday, November 10

1:30 – 3:30 p.m. (Memory Screens 3:30 – 5 p.m.)

TOPIC: *Inside the Mind of the Afflicted*

In this session, participants will be presented with basic information about the damage caused by various dementias and the resultant symptoms. Understanding what causes problematic behaviors can help us to create communication and care strategies that create a better day for everyone.

Tuesday, November 17

1:30 – 3:30 p.m. (Memory Screens 3:30 – 5 p.m.)

TOPIC: *From the health care professional's perspective*

Alzheimer's Disease is an irreversible and progressive disease with many common symptoms. Understanding what comes next in the disease process is a critical step for loved ones, helping them to be better prepared for the inevitable declines caused by the disease and to help them live each day focusing on all that is left, rather than only grieving the losses.

These sessions are open to the public and offered free of charge. For the sake of ensuring adequate space, participants are kindly asked to register for sessions by calling 515-961-8900 or by e-mailing Leigh Heaverlo, Community Relations Manager, at leigh.heaverlo@windsor-manor.com.

Celebrating November

Aviation History Month
Sleep Comfort Month

Novel Writing Month

Marooned Without a
Compass Day
November 6

Nurse Practitioner's Week
November 8–14

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 26

Maize Day
November 27

Veteran's Day

On the 11th hour of the 11th day of the 11th month of 1918, an armistice, or temporary cessation of hostilities, was declared between the Allied nations and Germany in the First World War, then known as "the Great War." Commemorated as Armistice Day beginning the following year, November 11th became a legal federal holiday in the United States in 1938. In the aftermath of World War II and the Korean War, Armistice Day became Veterans Day, a holiday dedicated to American veterans of all wars.



Outings/Events for November:

November 11th - Veteran's Day Special Lunch Open House. RSVP is required

November 28th – Thanksgiving Buffet starts at 11:30 a.m. Guest Meals \$5. Please, RSVP by Nov. 20th

November 17th – Christmas Shopping - Mall



Join us in spreading Christmas Great Joy

Windsor Manor Assisted Living decided to organize the shoebox gifts for kids overseas. If you are interested in getting involved, here are some items we are collecting:

School Supplies: pens, pencils and sharpeners, crayons or markers, stamps and ink pad sets, writing pads or paper, solar calculators, coloring and picture books, etc.

Hygiene Items: toothbrush, mild bar soap (in a plastic bag), comb, washcloth, etc.

Other: t-shirts, socks, ball caps, sunglasses, hair clips, toy jewelry, watches, flashlights (with extra batteries).

Do NOT include-used items, war related items, chocolate or food, liquids or lotions, breakable items or aerosol cans.

Items can be for a boy or girl, ages 2-4, 5-9, or 10-14.

Please, bring your items to Windsor Manor Living Room Area no later than Nov. 13. Thank you!

Up for Adoption

Although Thanksgiving is celebrated in October in Canada and in November in the United States, both countries often share one tradition: a delicious roast turkey for the Thanksgiving feast. Why has turkey become the iconic meal for this holiday? Why not chicken, goose, ham, or beef? The menu choice is gastronomical as well as historical—with the long-held belief that the Pilgrims ate turkey during their "First Thanksgiving." But did America's European settlers actually feast on this gobbling bird?



We know from the memoirs of William Bradford, governor of the Plymouth colony, that wild turkeys roamed the area around Plymouth Rock. However, when we look to colonist Edward Winslow's firsthand account of the First Thanksgiving, there is no mention of turkey. He notes "wild fowl," but this could just have easily meant duck or goose.

If eating a turkey seems "fowl," consider adopting one instead. November is Adopt-a-Turkey Month, and rescue organization Farm Sanctuary will be hard at work finding loving homes for an array of needy turkeys. And why stop at turkeys when you could adopt an entire barnyard?

Or perhaps you would prefer the nation adopt the turkey as its new national bird. Founding Father Benjamin Franklin himself denounced the bald eagle as America's symbol, writing, "I wish the Bald Eagle had not been chosen the Representative of our Country. He is a Bird of bad moral Character...the Turkey is in Comparison a much more respectable Bird, and withal a True original Native of America." Is it time to redesign the U.S. Presidential Seal?

Happy Thanksgiving

An Apron of Comfort

Cooking the Thanksgiving feast for a large crowd often starts long before Thanksgiving Day. The day before Thanksgiving—Wednesday, November 25—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 to Tie One On Day are qualities of kindness and generosity. Geisel urges us to celebrate Tie One On Day by wrapping some home-baked goodies inside an apron and gifting that to someone you care about. Write some kind words on a note, tuck the note into the apron pocket, and your gift is bound to warm both their belly and their heart.

Rails to 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 create 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, so they are great for outdoor garden exhibits. O-scale trains fall right in the middle; they are large enough to highlight detail and small enough for children's hands—a classic choice to run 'round the Christmas tree.