

November 2019

# New Haven Assisted Living & Memory Care

New Haven Assisted Living & Memory Care \*2501 Sawgrass Drive \* 325-227-4748



## November

What's Happening @ New Haven?

Every Tuesday & Thursday  
Bingo @ 2PM

November 11<sup>th</sup> - North 40  
Band

November 13<sup>th</sup> Paint & Sip

November 20<sup>th</sup> Lake View  
Band

November 22<sup>nd</sup> Thanksgiving!  
We will be celebrating  
Thanksgiving Lunch 12-2PM  
All Families & Friends are  
welcome!

(Please RSVP with Ashley or  
Alicia no later than November  
13th)

## Bread for Breaking and Baking

This November, there are a variety of holidays that encourage the gathering of families and friends: Día de Muertos in Mexico, Diwali in India, Thanksgiving in the United States, Saint Andrew's Day in Scotland, and many others. These holidays offer the perfect opportunity to "break bread" with loved ones. While many will literally be breaking bread at their feast tables, the expression "break bread together" denotes sharing more than just food, but also feelings of love, trust, and togetherness.

Many believe that the phrase "breaking bread" originated in the New Testament of the Bible, where Jesus broke bread and shared it with his apostles during the Last Supper. It was this Scriptural sharing of bread that provides the basis for the Eucharist, or "Holy Communion." However, the ritual breaking of bread dates back to before the Last Supper and has a long Jewish history, a history with which Jesus, as a Jew, was familiar. The Jewish ritual of Shabbat involves breaking bread. Indeed, according to laws given to Moses by God, 12 breads were supposed to be placed in the Tabernacle each Sabbath. It is from these Jewish traditions that we get the expression "breaking bread."

As luck would have it, Homemade Bread Day falls on November 17, offering a chance for novice and expert bakers alike to try baking their own bread. When we think of bread, we mostly think of yeast breads, which must be allowed to rise and rest before baking. Quick breads, on the other hand, rise with the help of leavening agents like baking powder or baking soda, so there is no need to wait for the yeast to work. Regardless of your leaven, baking homemade bread fills the house with wonderful smells that are bound to attract a crowd. Challah is the traditional Jewish Sabbath loaf, a portion of which was separated as a gift for the *kohanim*, or priests. A yeast bread with honey-sweetened and egg-enriched dough, challah makes a light, tender loaf that is golden brown. The braided loaf looks like intertwined arms, symbolizing love or the interlocked principles of peace, truth, and justice. Its 12 humps recall the 12 ritual breads meant for the Tabernacle and the 12 tribes of Israel. With such a storied history, it is easy to see how sharing bread has come to symbolize a nourishing meal for both the body and the spirit.

## Grow a Mo, Bro

This November, you may notice that a lot more men than usual are sporting beards and moustaches. These facial hair aficionados may be following the premise “Grow a Mo, Save a Bro,” in honor of Movember, a worldwide movement of growing facial hair to raise awareness of men’s health issues.



The Movember movement began in a bar in 2003, when two Australian men, Travis Garone and Luke Slattery, shared a beer and a laugh over the demise of the moustache. It seemed as if that particular piece of facial hair’s heyday was long over. Moustaches

had not just fallen out of fashion, but they were deemed corny. Inspired by a friend who was fundraising for his mother’s breast cancer, these two friends decided that they would grow big and funny moustaches as a fundraiser for men’s health issues such as prostate cancer. They would ask people to donate 10 dollars per moustache. Before long, they had found 30 friends willing to grow a “mo” in support of their cause. Today, their worldwide moustache movement numbers five million “mo bros,” and over the past 15 years, they have raised \$837 million to combat men’s health problems such as prostate and testicular cancer, mental health problems, and suicide prevention. Thanks to Movember, many men are living longer and healthier lives.

Men can join Movember by growing a moustache, and women can support the men who choose to grow a mo. You can also support the movement by just explaining why you’ve chosen to grow a moustache. Many men will kick off the month of Movember with a “shave down” event, where they gather over dinner or drinks and shave their faces as a group, beginning their month of growing their moustaches as a team. Whether you grow a handlebar, a walrus, a goatee, or a pencil moustache, your facial hair will help prevent men from dying too young.

## Pride of the Pilgrims

In 1620, the pilgrims departed England on the *Mayflower*, looking for religious freedom in the New World. They had contracted with the Virginia Company to establish a colony in Virginia, but storms drove their ship far off course, and they landed instead on what is now Cape Cod. Far from Virginia, the pilgrims aboard the *Mayflower* began to argue that they were no longer bound to the laws of Virginia Company. Pilgrim leader William Bradford knew that without laws the colonists would turn against themselves. And so, on November 11, 1620, the colonists signed the Mayflower Compact, a set of laws establishing order within their new colony. It fell upon Myles Standish, as chief military officer, to enforce the compact. Historians now believe that it was this document that allowed the colonists to work for each other and survive that first, harsh winter. The Mayflower Compact remains the first document that established self-government in the New World and is regarded as the earliest successful example of democracy in the colonies.

## Easy-Baked Success



On November 4, 1963, the Kenner toy company introduced the Easy-Bake Oven, a real baking oven for children that was powered by nothing more than a lightbulb. Toy salesman

Norman Shapiro was inspired after taking a trip to New York City, where he saw street vendors heating their pretzels with lightbulbs. Inventor Ronald Howes was tasked with turning the idea into reality, which he did by using two 100-watt bulbs. Despite a high price tag of \$15.95, which is equivalent to \$127 in today’s marketplace, the toy was a hit, selling half-a-million units in its first year alone. Now, over 50 years and 10 different designs later, it remains popular.



## Moist Banana Bread Recipe

### Ingredients:

- 3 to 4 ripe bananas (ripe – if you have them in the freezer, just allow to thaw)
- 1/3 cup melted butter
- 1 egg
- 3/4 cup sugar
- 1 teaspoon vanilla
- 1 teaspoon of baking soda
- 1/4 teaspoon of salt
- 1 1/2 cups of flour

You can add brown sugar if you prefer. Sometimes I will substitute a little for the sugar.

## How to make banana bread:

1. Preheat oven to 350 degrees. Spray a 5x9 [loaf pan](#) with cooking spray.
2. Peel the bananas. (these can be from the freezer, just thaw first) Mash bananas.
3. Stir in melted butter, eggs and vanilla, sugar, and salt. Stir sugar egg mixture well.
4. Add flour baking soda and stir dry ingredients well in large bowl. Pour into pan and bake.
5. Cook for 1 hour. Use a toothpick inserted after 50 minutes into the center to make sure it comes out clean. Let cool on a rack before removing from pan.

## What is Thanksgiving Day?

Thanksgiving is a national holiday in the United States, celebrated on the fourth Thursday of November. It originated as a harvest festival. Thanksgiving has been celebrated nationally on and off since 1789, with a proclamation by George Washington after a request by Congress. Thomas Jefferson chose not to observe the holiday, and its celebration was intermittent until the presidency of Abraham Lincoln, when Thanksgiving became a federal holiday in 1863, during the American Civil War.

## The Descent of Dunce



November 8 commemorates the death of the medieval Catholic scholar and philosopher John Duns Scotus in 1308. It is from Duns Scotus that we get the term *dunce*, meaning “a stupid person.” How would such an esteemed scholar give rise to a term for a know-nothing? Duns Scotus earned great renown for his sweeping philosophical tracts, including arguments for free will, the existence of God, and the Immaculate Conception of Mary. He rivaled the great minds of Thomas Aquinas and William of Ockham. Hundreds of years later, during the Renaissance of the 16th century, many scholars thought that the ideas of Duns Scotus were behind the times. Many began to use the word *Duns*, or *dunce*, as an insult, meaning one who was incapable of scholarship. Furthermore, since Duns Scotus was often depicted in his signature pointy cap, which he believed was a sort of funnel for knowledge into the head, his detractors derided the “Dunce Cap” not as a badge of intelligence,

## The Queen of Queens

On November 17, 1558, Queen Mary I died, and her 25-year-old half-sister Elizabeth ascended the throne to become Queen Elizabeth I. Queen Mary was Catholic and had spent much of her reign trying to restore the supremacy of the Pope to England. Upon her death, Queen Elizabeth I, a Protestant, was heartily welcomed by lords and laypersons alike. Queen Elizabeth's reign was



one of peace and prosperity and has been called by historians both the "English Renaissance" and England's "Golden Age." Indeed, the period of Queen Elizabeth's reign is known in history books as the Elizabethan Era.

Much of England's prosperity was due to trade across the Atlantic, especially the slave trade. This new wealth combined with a strong government and the establishment of a religious doctrine known as the Elizabethan Religious Settlement (which made Protestantism the law of the land) created stability that allowed England to flourish. Perhaps the era's most notable achievements were in literature, poetry, and drama, led by writers William Shakespeare, Christopher Marlowe, and Ben Jonson. The court of Elizabeth watched the same plays as the commoners, and so drama became a unifying art form for the country.

While England remained unified at home, it expanded its interests abroad. Queen Elizabeth's favorite explorer was Sir Francis Drake, a sea captain who turned pirate at the queen's behest, raiding rivals from Spain and France. When Drake returned to England after his circumnavigation of the globe in 1580, he was celebrated as a national hero and as a symbol of England's power. Queen Elizabeth never married, which led commoners to nickname her the "Virgin Queen," and also helped her consolidate her power. She was celebrated and idealized in poetry, portraiture, and pageantry. Even today, she remains an icon of majesty and perfection, and her continued worship is known as the cult of Queen Elizabeth.

### Autumn Word Search

Can you find the Autumn words in the puzzle below?

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| h | t | b | x | t | n | y | e | l | l | o | w |
| b | r | o | w | n | s | e | j | j | s | l | s |
| g | b | h | v | t | t | p | y | u | q | i | c |
| c | q | q | z | f | x | a | e | j | u | c | a |
| m | l | e | a | v | e | s | c | a | i | w | r |
| c | j | s | y | i | l | g | b | o | r | k | e |
| h | a | r | v | e | s | t | o | d | r | i | c |
| f | s | e | u | o | r | a | n | g | e | n | r |
| w | a | d | k | l | a | p | f | q | l | r | o |
| s | s | l | d | q | f | x | i | g | x | a | w |
| k | b | m | l | y | l | h | r | c | x | k | p |
| a | p | p | l | e | b | h | e | y | c | e | h |

  

|          |           |       |        |
|----------|-----------|-------|--------|
| rake     | scarecrow | brown | yellow |
| squirrel | leaves    | apple | red    |
| bonfire  | harvest   | fall  | pear   |
| orange   | acorn     |       |        |

**Richmond**

