

The Trumpeter

Asbury Towers Retirement Community

Able Baking

You may have discovered that baking homemade bread is not easy. Instead of getting a loaf of light, airy, chewy bread with a crispy crust, you end up with a dense, heavy loaf that is more like a brick. On November 17, Homemade Bread Day, follow these tips for baking the perfect loaf.



Yeast may be the most important ingredient in bread because it creates the bubbles that make bread rise. It also develops flavor. There are two common types of yeast: instant and active dry. The two can be used interchangeably, but active dry needs to be proofed (dissolved in warm water) and given more time to work. Yeast is a living thing that thrives between 70° and 100°F, but cooler conditions are best for a slow rise that builds flavor. Water should not be too cold or too hot, because it will also affect the environment for the yeast. All-purpose flour works fine, but bread flour has more protein, which better develops gluten.

Kneading is important to develop the gluten that makes the dough elastic and silky smooth. It also helps the dough keep its shape while the yeast develops gas and inflates the dough like a balloon. After kneading, you must wait. How long depends on humidity, altitude, and temperature. Your dough should roughly double in size. A good test of doneness is to press your finger into the dough. It should leave an impression.

The best ovens need to stay hot. Some people use baking stones or Dutch ovens because, when preheated, they retain heat for baking. A spray bottle will also help you create steam inside your oven. Place your dough onto your preheated surface, spray it with water, and score or slice the top of your dough with a knife. Let it bake for about 15 minutes, and then open the oven and spray the inside to create more steam. The steam encourages a crispy crust. Sit back and allow your bread to finish baking. Before

November Birthdays

Those born between November 1 and 21 are Scorpios. Scorpios are passionate and assertive leaders who value honesty and fairness above all. Betray a Scorpio and suffer the scorpion sting, but befriend a Scorpio, and you will have a friend for life. Those born between November 22 and 30 are Archers of Sagittarius. Archers are both confident and lucky and so often find success. Their infectious enthusiasm attracts friends to help them achieve their ambitious and lofty goals.

- Marie Antoinette (queen) – Nov. 2, 1755
- Art Carney (actor) – Nov. 4, 1918
- John Philip Sousa (conductor) – Nov. 6, 1854
- Carl Sagan (astronomer) – Nov. 9, 1934
- Jonathan Winters (actor) – Nov. 11, 1925
- Petula Clark (singer) – Nov. 15, 1932
- Mickey Mouse (cartoon) – Nov. 18, 1928
- Boris Karloff (actor) – Nov. 23, 1887
- Tina Turner (singer) – Nov. 26, 1939
- Jimi Hendrix (musician) – Nov. 27, 1942
- Mandy Patinkin (actor) – Nov. 30, 1952

Heads Up

November 17 may be a day to make your own bread, but November 28 is a day to Make Your Own Head. Paint a self-portrait, or use clay or papier-mâché or even mashed potatoes—the only rule on this crafty day is that the head you make must be your own. Since cell-phone selfies are all the rage these days, scientists have begun to wonder why we are so obsessed with ourselves. Psychologist Judy Weiser believes that self-portraiture can be a powerful act of healing. True self-portraiture allows us to filter out all the input we get from others and be honest with ourselves. The person creating their own head sees themselves anew with their own eyes, building self-acceptance, self-esteem, and self-knowledge. Now that's a lot of "selfie"



Celebrating November Birthdays

Residents

- 21 Jennifer Charles
- 30 Dave Johnson



Staff

- 01 Delores Smith
- 09 Charles Meisberger
- 16 Holly Martellaro
- 16 Hannah Ehmen
- 24 Kelly Wood

THOUGHTS FROM TONY:

The following is an excerpt from an article I found on the internet regarding the history of Thanksgiving Day celebrations. (What did we do before the Internet??? Of yes, we went to the Library). I thought you might find this interested:

*Thanksgiving Day has been an annual holiday in the United States since 1863. Not everyone sees Thanksgiving Day as a cause for celebration. Each year since 1970, a group of Native Americans and their supporters have staged a protest for a National Day of Mourning at Plymouth Rock in Plymouth, Massachusetts on Thanksgiving Day. **American Indian Heritage Day** is also observed at this time of the year.*

There are claims that the first Thanksgiving Day was held in the city of El Paso, Texas in 1598. Another early event was held in 1619 in the Virginia Colony. Many people trace the origins of the modern Thanksgiving Day to the harvest celebration that the Pilgrims held in Plymouth, Massachusetts in 1621. However, their first true thanksgiving was in 1623, when they gave thanks for rain that ended a drought. These early thanksgivings took the form of a special church service, rather than a feast.

In the second half of the 1600s, thanksgivings after the harvest became more common and started to become annual events. However, it was celebrated on different days in different communities and in some places, there were more than one thanksgiving each year. George Washington, the first president of the United States, proclaimed the first national Thanksgiving Day in 1789.

So, now that we know more about the origin of Thanksgiving, **Let's Eat!**

Tony

long, you will have a beautiful, golden-brown loaf. worth taking a second look at.

ASBURY TOWERS STAFF

Executive Director
Anthony Mundell

Medical Director
Dr. John Savage

Director of Nursing
Charlie Clark-RN, DON

Activities
Julie Dozier

Business Office
Debbie White

Chaplain
Jim Stagers

Dining Services
Justin Homler

Environmental Services
Lisa Steele

Human Resources
Kris Beck

Marketing
Michelle Collins

MDS
Michelle Linton, LPN, MDS

Maintenance
Jake Hodges

Social Services

WELCOME NEW RESIDENTS

Poplar Grove

Nova Cooper
Gerald Cooper
Mary Snider

Red Bud Lane

Gloria Duggan
Sue Schoenfeld

1st Floor

Sharon Hassler



WELCOME NEW STAFF

Ellen Abott-Dining Services
Trena Roger-Dining Services
Meghan Beyers-Environmental Services
Chino Wilson-LPN
Betsy Adams-Dining Services
Pat Kirby-Dining Services

Please if you see any of these residents or staff, stop and make them feel welcome.

BUSINESS OFFICE NEWS

The 2017 insurance enrollment period is October 15th through December 7th. Please make sure the Business Office has a copy of your most current insurance card(s). Asbury Towers is NOT in network with any Medicare Advantage Plans.

Medicare Advantage Plans:

Always have co-pays and/or deductible.
Must stay in network or you are charged more.
Need a referral to see a specialist.

Not all doctors or hospitals accept Medicare Advantage Plans.

The insurance company decides your care, not your doctor.

Lower premiums but higher out of pocket expenses.

Advantage Plans are Regional...When you keep your Medicare, you can go ANYWHERE.

You CANNOT purchase a Medigap (supplement) plan to help with copays and deductibles.

Advantage plans are all inclusive in that they include pharmacy (Part D).

Medicare:

No office co-pays.

Can go to any doctor or hospital.

Never need a referral.

Your doctor is your caregiver, not the insurance.

You can purchase a Medigap plan to cover your deductibles.

Must purchase a pharmacy plan (Part D).

From the Desk of Sharon:

On The Subject of Memory (I think)

Hey you guys, did you ever run into somebody who knew you, but you didn't know them? Awkward isn't it? Recently, while out shopping with my daughter, a woman approached me, gave me a hug and said, "Goodness Sharon! Long time no see! How are you and how's your folks? I've really missed you!" instead of saying, I didn't remember her, like an idiot, I pretended like I did. Big Mistake!! I went so far as to ask her, "How are your parents?" She said, "They're dead." Then she frowned and said, "Don't you recall?" You sent those lovely flowers and a donation to the cancer fund?" Well, by now I'm lookin' around for something to crawl under. Finding nowhere to hide, I said " Please forgive me. My memory is just terrible, lately!"

She said, "That's alright, my mom got that way too. Her mind wasn't right anymore, either." If that quip was meant to console me, it missed the mark. I should have said, "My dear, I don't even remember the Alamo!" However, I thanked her for excusing me for being nuts...oh, I didn't use those words, but I was thinkin' 'em!! Several folks read my other article on memory loss, and told me they could relate to the condition. I felt better about learning that I'm not alone in my lack of memory. Thanks, you guys! At least, I remember Pearl Harbor. But, no wonder, I went to school with her!

God Bless Us Every One!

The door chimes are silent
The phone doesn't ring
The postman won't stop
There's nothing to bring

I look out the window
And don't see a car
And it leaves me wondering
Where they all are

Oh, I'm not angry
And I'm not mad
Just a little bit puzzled
And a little bit sad

When the kids were little
They thought I was great
And it keeps me guessing
What has changed of late

I guess they're just busy
That's what keep them away
Could be they'll slow down
And come see me someday

*"O, it sets my hart a-clickin'
Like the tickin' of a clock,
When the frost is on the punkin
And the fodder's in the shock!*

~James Whitcomb Riley



For Thanksgiving, November 24th we will be having the Lunch Buffet with the Meat Carving Station starting at noon and for Dinner the kitchen will supply a box lunch for our residents so the kitchen staff will be able to spend time with their families for the holiday.



Also, the Taste of Asbury will be on November 14, 2017 at 2:30 pm in the Main Dining Room



Don't forget to look at the sign-up bulletin board by the Main Dining Room for trips scheduled outside of the building for the Month of November! If you have a suggestion or place you would like to go, please contact Julie at Ext. 117 to let me know.

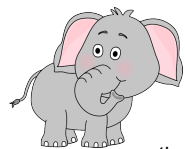
November Food Committee will meet on November 13th at 10:30 a.m. in the Founder's Lounge.

November Resident Council will meet on November 14th at 1:30 p.m. in the Main Dining Room.

Meeting will be discussing the new elections and any other business matters. Everyone from the Village and Asbury Towers are welcome to attend.

Officers are:

President: John Baughman
Vice-President: Joan Talley
Secretary: Jeanne Shillings



Join us on November 14th at 6:30 in the Main Dining Room for a White Elephant Bingo Game.

Please bring a wrapped gift with you.

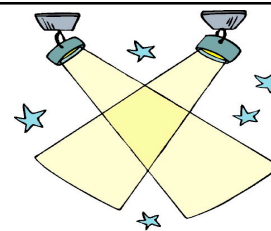
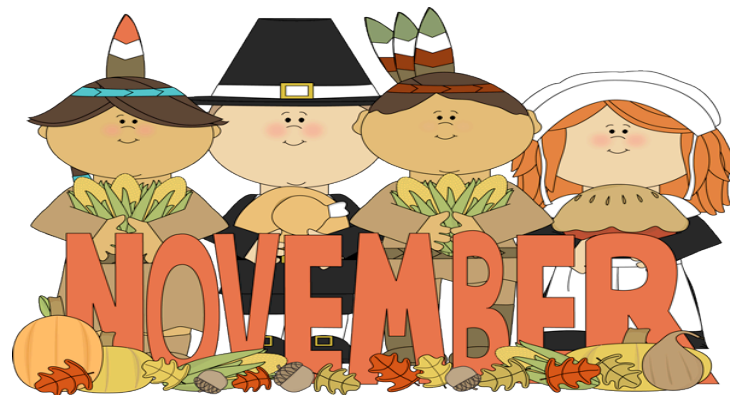
WEEKLY EVENTS

Church Service every Sunday at 1:00 pm in the Lobby
Movies every Monday at 1:00 pm in the Lobby
Chimes every Tuesday at 1:30 pm in the Main Dining Room
Art/Craft every Tuesday at 3:00 pm
Cards every Wednesday at 1:30 pm in the Main Dining Room
Manicures/Music every Thursday at 3:00 pm in the South Dining Room
Vespers are on every Thursday at 6:30 pm in the Lobby
Bingo every Saturday at 1:30 pm in the Main Dining Room

Special Events of the Month

2nd Walmart Shopping Trip leaving lobby at 1pm
3rd Fall Joyride leaving lobby at 1pm
6th Terre Haute Shopping Trip leaving lobby at 10:30 am
6th Coatesville choir in the Lobby at 6:30pm
8th Mike Van Rensselaer in the Main at 1:30pm
8th November Birthday Party at 2:30pm
9th Dollar Tree Shopping Trip leaving lobby at 1pm
10th Doug DeBaun in the lobby at 1pm
10th Veteran's Day Social in the Main at 2pm
13th Food Committee in the Founder's Lounge at 10:30 am
14th Resident Council in the Main at 1:30 pm
14th Taste of Asbury in the Main at 2:30pm
14th White Elephant Bingo in Main at 6:30 pm
16th Tom Wright in Lobby at 1pm
16th Aldersgate in Chapel at 1:30pm
16th Walmart Shopping Trip leaving lobby at 2pm
17th Joyride leaving lobby at 1pm
20th Book Club in Founder's Lounge at 6:15 pm
22nd Dollar General Trip leaving lobby at 1pm
30th Out to Lunch Bunch leaving lobby at 10:30 am
30th Aldi's Shopping Trip leaving lobby at 1pm

Look for more activities on your calendar and on TV channel 2 for additional activities throughout the month of November.



In the Spotlight

Join us in the lobby, for our monthly resident speaker

Come on November 27th at 11:00 a.m. in the lobby

Book Club

We have started a book club here at Asbury Towers, the next book for discussion is The Monument's Men by Robert Edsel. We will meet on October 20th at 6:15 pm in the Founder's Lounge.

If you would like to join or have some questions about the book club, please contact Julie at Extension 117.



On November 30th we have a lunch outing to Bert & Betty's in Fillmore. We will leave the lobby at 10:30 a.m. Anyone who would like to go please, sign up on the sheet on the bulletin board.

See Sandy or Julie with any questions

The invitations for the Resident Christmas Dinner will be going out in the first week of November. The Dinner will be on December 14th this year and we will have our two seating times as in the past. Every Resident will be able to invite 2 guests. If you have any questions, please contact Julie at extension 117.

On November 10th, we will honor our veteran's in the Main Dining Room at 2:00 p.m. with a program. Please come and thank them for their service to their country.



Village Residents,

Here are some reminders from the front office:

1. For our Village residents, please let the front office know if you are going away for one or more days. This will help us avoid any concern raised by your Village neighbors and Asbury staff when we don't see your friendly face(s) out and about.
2. If you see anything suspicious or concerning, please contact the police immediately and let the front office know as well.

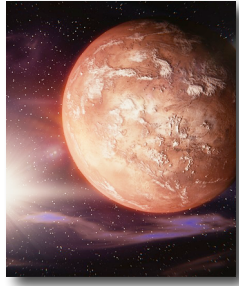
Thank you,
Tony

Note from the Employee Gift Committee

We have a tradition here at Asbury that goes back many years. As you know during the year Staff aren't allowed to take tips or gifts from Residents, but at the end of the year a committee meets and sends a letter to all Residents inside of the Towers and to the Village. This letter asks for donations to the Employee Gift Account that is distributed to the Staff in the month of December. The size of the gift is based on the hours worked by an employee over the prior twelve months. You should all be receiving a letter asking for any donations in late October. This is a voluntary donation that is tax deductible. If you have any questions, please see Mary Ellen Huggard.

More Than a Moonshot

Mars is the fourth planet from the sun and our planetary neighbor in the galaxy. It's named after the Roman god of war and is also called the "Red Planet," thanks to its reddish, rusty, rocky soil. Many believe that Mars is humanity's next stop in the cosmos, and many scientists are working on how to reach Mars in the near future. If you haven't much contemplated Mars, take some time on November 28, Red Planet Day, to learn about humankind's Martian aspirations.



Many people may not realize that NASA has been exploring the surface of Mars for four years by way of a robotic rover named Curiosity. This robot is looking for evidence of water on the planet's surface as well as other signs of life. It is believed liquid water cannot survive on the planet's surface due to evaporation or freezing, but ice does exist at its polar caps. Ice water then stretches from these polar ice caps, hiding under the rocky surface.

Where there is water, there may be Martian life. But space agencies all over the world are more interested in bringing human life to Mars. Japan's space agency, JAXA, has begun a massive program to build robotic machines that can land on a planet's surface and construct buildings for human astronauts. These construction robots will be commanded by people back on Earth, but they will also be able to operate independently, communicating with each other so that they do not collide or repeat unnecessary work. Japan hopes these robots will be ready by 2030.

Elon Musk, the founder of Tesla electric cars, wants to be on Mars by 2025. Musk's own space tourism company, SpaceX, is developing rockets capable of reaching Mars as soon as 2018. His plan is to send multiple rockets filled with supplies to Mars, so that by 2025, when humans arrive, they will have everything they need to survive. Does Musk's plan sound like a moonshot? He's thinking far bigger than that

Seeing Red

According to the creators of Love Your Red Hair Day on November 5, red hair is more than a color—it's a lifestyle. Why did red-headed sisters Stephanie and Adrienne Vendetti create this holiday? Because they were tired of redheads being the brunt of jokes.

Redheads possess a genetic mutation, a recessive gene known as MC1R. Making up only 2% of the population, they have the rarest hair color in the world. Perhaps their scarcity is why they were thought to be vampires by ancient Greeks and witches in medieval Europe. The facts about red hair are far less worrisome. Compared to brunettes and blonds, redheads actually have less hair (only about 90,000 strands compared to 140,000), but red hair is thicker. For some reason, redheads are also more likely to be left-handed. The world's best-known redhead, Lucille Ball, was not left-handed or a natural redhead. According to her longtime hairdresser, her hair was "golden apricot." Ball kept her red hair dye locked away in a safe. However, Marilyn Monroe, the world's most famous blonde, was both a natural redhead and left-handed.

Here's Looking at You



One of the most famous movies of all time, *Casablanca* premiered in New York City on November 26, 1942. The World War II drama boasted many Hollywood stars, including Humphrey Bogart and Ingrid Bergman. It was nominated for eight Academy awards and won three, including Best Picture. But *Casablanca* was more than an award-winning movie. In November of 1942, Allied forces staged "Operation Torch," an invasion of Northern Africa that captured Casablanca, the very same setting as the film. Many consider *Casablanca* a propaganda film, with Bogart's character Rick symbolizing American freedom, liberty, and equality.

Computer-Generated Innovation

In 1995, no one had heard of Pixar or the acronym CGI (computer-generated imagery). But after the release of *Toy Story* on November 22, 1995, everyone would be aware of a tremendous achievement in cinematic special effects. For 80 years, animated movies had employed vast teams of artists to hand-draw cartoons, but this was the first movie made entirely with CGI. The Pixar company used only 27 computer animators to make *Toy Story*.



The story of toys coming to life was simple, delightful, and a box office smash. But long before Woody and Buzz, there was a little character named Luxo Jr., a living, hopping desk lamp. In 1986, Steve Jobs, of Apple computer fame, purchased the small computer graphics company that would become Pixar from none other than George Lucas, the world famous creator of *Star Wars*. The budding company employed a young director named John Lasseter, and it was Lasseter who came up with the animated film *Luxo Jr.* The film was very short—only two minutes long—but it was a marvelous achievement in the world of 3D computer-generated animation. Not only was it nominated for an Oscar, but the little desk lamp would go on to become Pixar's logo and mascot.

While Pixar's history boasts famous names like Jobs, Lucas, and Lasseter, it took a number of unsung heroes to develop innovation after innovation in computer-generated imagery. 2001's *Monsters, Inc.* revolutionized the generation of realistic-looking fur. 2003's *Finding Nemo* required advancements in realistic-looking underwater worlds, with currents and bubbles. Quality and realism continued to improve from 2006's *Cars*, to 2007's *Ratatouille*, to 2008's *Wall-E*. Today, there may be no greater animation studio than Pixar. Of course, CGI has never been limited to animated children's movies, but often the greatest innovations in this digital medium have come from these lighthearted, family-friendly films.

A Prime Holiday

November 1 is a holiday celebrating an invisible line. Well, at the Royal Observatory in Greenwich, England, that line, known as the prime meridian, is actually a strip of brass running down the sidewalk. Prime Meridian Day commemorates the meeting of 25 nations in 1884 to establish the International Date Line and the time zones of the world. This line represents the start of a new day. Technically, standing with a foot on either side means that you are standing with one foot in the western hemisphere and one foot in the eastern. More importantly, if you straddle the line at midnight, you're standing both in today and in yesterday.

Cold Clean

Poor refrigerators. They are one of the most important parts of the kitchen—they keep our food fresh, after all—but they are never noticed until something goes wrong. They suffer spills, odors, and endless overcrowding. With the Thanksgiving holiday just days away, it makes sense that November 15 is Clean Out Your Refrigerator Day.



It's not too early to start making room for all those leftovers. According to homemaking guru Martha Stewart, the best way to clean the fridge is to turn off the fridge's power at the breaker. Throw away all spoiled or long-unused items, and put the remainder in a cooler. Let the interior of the fridge come to room temperature before removing shelves and drawers for washing. A solution of two tablespoons of baking soda per quart of hot water will both clean and deodorize. Don't use soap. It may leave behind odors that your food will absorb. When finished, turn the power back on, give it a few hours to chill, and restock the fridge. Does your fridge still smell? Add an opened box of baking soda or even add a small tray of fresh coffee grounds for a couple of days to improve the smell.