

**November 2019**

# SIENA GARDENS

1055 Ohio Pike Cincinnati, OH 45245 513-449-3900



## **Celebrating November**

**Inspirational Role Models  
Month**

**Alzheimer's Disease Month**

**American Indian Heritage  
Month**

**Author's Day**  
*November 1*

**Men Make Dinner Day**  
*November 7*

**Veterans Day: U.S.**  
*November 11*

**World Kindness Day**  
*November 13*

**Rock Your Mocs Day**  
*November 15*

**Thanksgiving: U.S.**  
*November 28*

## **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

## Employee of the Month

Peggy Warner

Peggy is one of our housekeepers. She was born and raised in Hillsboro, KY with 6 sisters and 3 brothers. She attended Fleming County High School. After graduation she was a 'stay at home' mom with one daughter. Peggy said she was bored and started working in the fast food industry and Busken Bakery after she came to Cincinnati in 2002.

This is her first housekeeping job and first job in the Long Term Care Facility. She is an asset to the residents, staff and Siena Gardens.

Peggy is a very friendly kind person, always smiling with residents and staff. She goes above and beyond to help in any way she can.

Be sure to congratulate Peggy as she serves our residents usually on 500 hallway.

Thanks Peggy!





## Jukebox Heroes



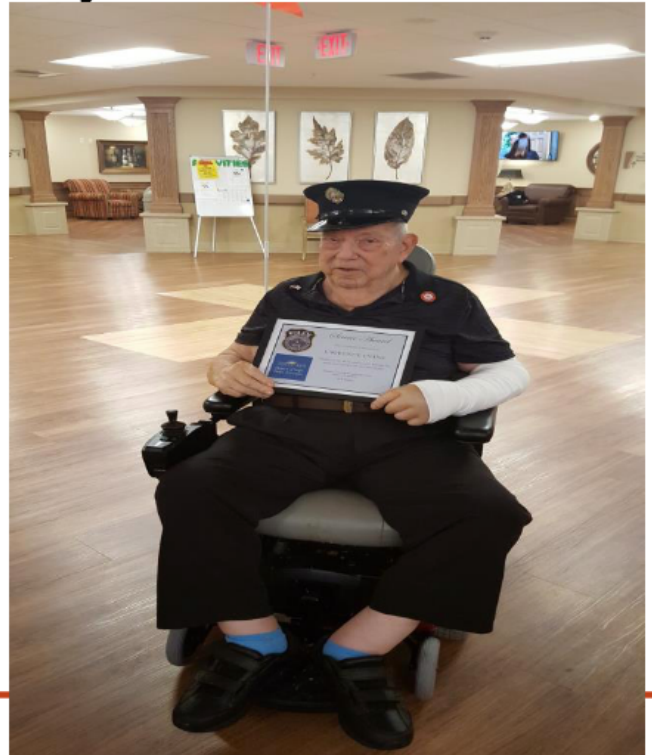
The day before you gather around the turkey for Thanksgiving, gather around the jukebox for Jukebox Day! After all, both are American pastimes, and both offer perfect reasons to gather together and have a party.

The very first jukebox was installed by Louis Glass in San Francisco's Palais Royale Saloon on November 23, 1889. His nickel-in-the-slot machine was little more than an Edison wax cylinder phonograph fitted with Glass's own invention, a coin slot. The machine did not have any speakers or means of amplification, so listeners had to put their ear to one of four listening tubes to hear the music. And listen they did! In the first six months of operation, the single nickel-in-slot phonograph machine earned over \$1,000. Glass quickly installed other machines throughout the area, which helped him earn thousands. Before long, other inventors got in on the game, creating coin-operated music players of their own.

In 1918, Hobart Niblack created a device that could automatically change records. This led to the invention of the first machine that could play a wide selection of music from different records, by the Automated Musical Instrument Company in 1927. Then in 1928, Justus Seeborg combined a loudspeaker with a coin-operated player that allowed for multiple records. The modern jukebox was born, and the 1930s became the jukebox's golden era.

So why was the device named the "jukebox"? The term *juke* comes from the Elizabethan English word *jouk*, meaning "to dance or act wildly." Before the jukebox, there were juke bands that played in juke joints. These were rowdy establishments filled with heavy drinking and good times. But with the invention of the automatic, coin-operated playing machine, live juke bands gave way to the far cheaper jukeboxes, which suddenly appeared in every juke joint in America.

## Resident of the Month Larry Evans



Larry is an only child and he was born in Bradford Ohio then moved to Williamsburg Ohio and remained living in Clermont County area all his life.

Larry was married 65 years and has 5 children, 12 grandchildren and 1 great great grandchild. He has served in the Clermont areas for over 30 years! During this time he worked for Senco and volunteered in the Batavia Fire Department, served as a Police Officer in County towns and served Batavia City Council for 16 years. He started the Williamsburg Life Squad. Larry recently received the Service Award by Hospice of Hope for his 30 plus years in the Batavia Fire Department.

He enjoyed racing cars, hunting and fishing. Larry also was part of "Grassy Run" participating in the presentation in a living history or area.

You can see Larry moving in his electric chair. Say "Hi" to Larry and thank him for his community service.

## 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.

## November Birthdays

In astrology, those born November 1–22 are Scorpio. Scorpions are passionate and assertive, yet they are also known to keep cool and calm. This composure makes them good, steadfast leaders and loyal and honest friends. Those born between November 23–30 are centaur archers of Sagittarius. Archers are curious, energetic, and enjoy change, the restless travelers of the zodiac. They are funny and enthusiastic, cherishing freedom as their greatest treasure.

Burt Lancaster (actor) – November 2, 1913  
Art Garfunkel (singer) – November 5, 1941  
Whoopi Goldberg (comedian) – Nov. 13, 1955  
Georgia O'Keeffe (painter) – November 15, 1887  
Alan Shepard (astronaut) – November 18, 1923  
Charles Schulz (cartoonist) – November 26, 1922  
Mark Twain (writer) – November 30, 1835

## Our November Birthdays

Della B.	November 1st
Patricia C.	November 17th
Judith B.	November 18th
Herschel B.	November 21st
Brenda M.	November 28th
Laurel M.	November 29th



We will celebrate our Veterans on Sunday, November 10<sup>th</sup> at 6pm. Please join us in giving thanks for their service: Ray Gorman, Herschel Borne, Rodney Adams and Carl Sims who served our country. And are employees: Rhonda Cartwright and Latoya Burke for their service