

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

Resident Birthdays

Carolyn H. 11/6
Diane M. 11/13
Richard G. 11/14
Ceci D. 11/25

Staff Birthdays

Kelly C. 11/04
Carmella S. 11/04
Erik F. 11/05
Kacee Q. 11/29
Sofia A. 11/30

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.

Salon
Need a Haircut?

Women
Bang Trim \$5.00
Haircut \$25.00
Shampoo and Set: \$25.00
Shampoo, Haircut, Styling \$35.00
Hair Coloring \$55.00 and up
Perm \$75.00
Perm and Styling \$85.00



Men
Haircut \$20.00
Shave \$15.00

Book an Appointment today! Walk-In clients are also welcomed. For inquiries, please call Nancy (503) 656-7415

Deerfield Gazette

Deerfield Villate | 5770 SE Kellogg Creek Drive | 503-653-4064



Meet Our Team

Executive Director

Milissa Wright

Community Relations

Director

Taylor Hilker

Resident Service

Director

Stephanie Paxton

Wellness Director

Karen Harrison

Life Enrichment Director

Danielle Yochum

Dining Services Director

Sean Moss

Plant Operations Director

Craig Fouche

Concierge- Business

Office Manager

Robin Reynolds

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.

Outings

November 8th @ 7PM The Oregon Symphonic band
 November 14th @ 10AM Fred Meyers
 November 21st @ 1:30PM Christmas Vintage Market
 November 28th @ 10AM Black Friday Shopping @ Walmart

Important Outing Information

Our trip to the Oregon Symphonic Band is **free** for residents.

Due to limited space on the bus for wheelchairs/ scooters we will be starting a lottery style selection if there are more than 2 wheelchair/scooter spots needed.

Note* If we have less than 3 people signed up, the outing will be rescheduled.

Medical Transportation

Medical transportation is available on Wednesday and Thursdays. Appointments should be scheduled between **12:00 PM and 4:00 PM**. To arrange a ride, please see Robin at the front desk for assistance in scheduling. Make sure to have Date, Time, and Address.

Same day appointments may not work, please give at least a 24-48hr notice for transportation.

Events

Veteran's Day

We will be Celebrating our Veteran's on November 11th @ 2:00PM in the dining room. Family are encouraged to attend.

Thanksgiving

Join us for a Thanksgiving lunch on Thursday November 27th at 12:00pm. Please RSVP with Danielle so we can get an accurate head count. You can rsvp by emailing danielley@cascadeliving.com or by calling the front desk at 503-653-4064.

Welcome to Deerfield



New Residents & Move-In Anniversaries

New Residents

Rita T.
 Dave S.

Welcome home to our new residents.

Move-In Anniversary

Tarky H. 3 years
 Shirley W. 10 years

We are so grateful to have you as a part of our Deerfield Family

New Activities and Updates

Self-paced Walk & Roll

This is a new activity for Sunday and Mondays. It is completely independent. If you would like to participate, please be at the front lobby at 4:00PM. If the weather is nice an outdoor walk/roll .would be perfect! If it is drizzly outside, walking/rolling down the hallways is always a great way to move your body!

Exercise Calendars

We are now highlighting our exercise dates and times with its very own Calendar. All exercise classes will be held in the Activity Room. Please see Danielle if you have any questions.

One on One Visits

This is special time I set aside each week to do one on one activities. If this is something you would be interested in, please see Danielle.

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.

Good Friends Make Good Neighbors Program

Residents love living at Deerfield Village and, since our residents are often our best spokespersons, we've created the Good Friends Make Good Neighbors Program to show our appreciation.

How it Works

When a Deerfield Village resident or family member refers a new potential resident* to a Cascade Living Group community and that person moves in for at least 90 days, the referring resident will receive a \$4,000 credit applied to their base rent.

*In order to qualify as a new potential resident, the person being referred may not already be on our contact list. To make a referral and ensure you receive proper credit for making the introduction, please provide your name and the name of your friend or family member to our Executive Director or Community Relations Director prior to the inquiry or tour.

Nature's Favorite Sequence



Fibonacci Day is celebrated on November 23 (11/23), a date that matches the start of the famous Fibonacci sequence: 1, 1, 2, 3. Each

number in the sequence is the sum of the two before it. When squares with sides the length of Fibonacci numbers are next to each other, a spiral can be drawn through their corners. This pattern shows up everywhere—from pinecones and sunflowers to galaxies and hurricanes. Named after Italian mathematician Leonardo of Pisa (aka Fibonacci), the sequence dates back to the 1200s but still fascinates math lovers today. On Fibonacci Day, some people bake spiral-shaped pastries or decorate with Fibonacci-themed art. This November 23, give a little nod to numbers—and maybe eat a croissant in a golden spiral.