

## What's Happening?



Want to improve your mobility while having fun?  
Join Katherine from Steel Feather in the Activity  
Room and get into shape!  
**Now 3 days a week!**  
Tuesday, Wednesday and Friday at 9:40AM  
(10:15 in Memory Care)  
**You can also, exercise with Candy at 10AM**  
**Monday and Thursday!**



## Corny Corner

How many bakers does it take to make a pie?  
**3.14.**

What did the mashed potatoes say to the sweet potatoes?  
**I yam what I yam!**

What did the Thanksgiving turkey say to the Christmas ham?  
**It's nice to meat you.**

Why did the cranberries turn red?  
**Because they saw the turkey dressing.**

What is a turkey's favorite dessert?  
**Peach gobbler!**

## November Birthdays

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.

Sally Field (actress) – Nov. 6, 1946  
Carl Sagan (astronomer) – Nov. 9, 1934  
Grace Kelly (actress, princess) – Nov. 12, 1929  
Margaret Atwood (writer) – Nov. 18, 1939  
Ahmad Rashad (sportscaster) – Nov. 19, 1949  
Andrew Carnegie (banker) – Nov. 25, 1835  
Tina Turner (singer) – Nov. 26, 1939  
Samuel Clemens (Mark Twain) – Nov. 30, 1835

## Transportation

Transportation is limited currently due to availability.  
Please see Angela if you have transportation needs and  
she will accommodate to the best of her ability. There will  
be two shopping trips each week on Sundays at 9:30am  
and Wednesdays at 10:30am until further notice. Space is  
limited, please see the concierge to sign up.

## Employee of the Month

**Katie**  
**Buzbee**  
**Great Work!**



## 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.

## Happy Thanksgiving

### Love the Skin You're In

As the weather turns dry and cold, those at the American Academy of Dermatology start to worry about the season's harsh effects on our skin. To encourage us all to take healthy precautions, the academy has dubbed November Healthy Skin Month.

Protecting our skin is no small task. The skin, after all, is the body's largest organ. The average adult wears about 20 square feet worth of it! It keeps us waterproof and shields us from germs. It acts as an air conditioner when we're hot and a blanket when we're cold. It makes vitamin D, which allows our bodies to absorb calcium and strengthen our bones. One square inch of skin contains more than 70 feet of nerve fibers, making our sense of touch one of our most important senses for interacting with and understanding the world around us. With so many important jobs to do, it's no wonder keeping our skin healthy is a top priority. The Mayo Clinic offers five easy tips for keeping skin in tip-top shape: >>>>>

### The Heart Behind the Apron

Cooking the Thanksgiving feast for a large crowd often starts long before Thanksgiving Day.

The day before Thanksgiving—Wednesday, November 26, this year—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 of Tie One On Day are qualities of kindness and generosity. Geisel urges us to celebrate by wrapping some home-baked goodies inside an apron and gifting it to someone you care about. Write some kind words on a note and tuck it into the apron pocket, and your gift is bound to warm both their belly and their heart.

1. Protect yourself from the sun. Use sunscreen, wear protective clothes, and seek shade when the sun's rays are strongest, between 10 a.m. and 2 p.m. (Vitamins A and B3 can help counteract sun exposure.)
2. Don't smoke. Smoking decreases blood flow in the skin, depleting it of oxygen and other nutrients. Smoking also damages the fibers that keep skin strong and ward off wrinkles.
3. Be gentle. Shave in the direction your hair grows, not against it. Use gentle cleansers, avoid hot water (which can remove essential oils), and apply a moisturizer with sunscreen.
4. Eat well. A diet full of fruits, vegetables, whole grains, lean proteins, and vitamin C improves not just your skin but overall health.
5. Manage stress. Avoid breakouts by not overwhelming yourself and exercising regularly.





5555 SE King Road  
Milwaukie, OR 97222  
www.RoyaltonPlace.com



Management Team:

- Kayla Knight – Executive Director
- Tiffany Villa – Business Office Manager
- Jennifer Theisen – Community Relations Director
- Jason Gallagher – Community Relations Director
- Cher Huppunen LPN – Wellness Director
- Julianne Partridge – Memory Care Director
- Kim Haddock – Resident Services Director
- Amarachi Irechukwu RN – RN Oversight
- Angela Dionne – Life Enrichment Director
- Lance Chess – Dining Services Director
- Ron Fredrickson – Plant Operations Director



Birthdays & Anniversaries

Resident Birthdays

Dora Repp	11/11
Lois Olson	11/15

Associate Birthdays

Tiffany Lopez	11/8
Kim Haddock	11/9
Tori Erbeling	11/9
Sylvia Cruz	11/21
Jason Gallagher	11/25

Associate Anniversaries

Dani Neuhaus	11/20 (6 Years)
Nik Brown	11/6 (1 Year)



November Events

- 11/2 Daylight Savings Time
- 11/3 Scenic Drive
- 11/10 Veteran’s Pinning Ceremony
- 11/10 Scenic drive ft. Vancouver
- 11/11 Veteran’s Day
- 11/16 Poetry with James Hipshire
- 11/17 Holiday Photo Shoot
- 11/18 Planning Committee
- 11/18 Dementia Support Group
- 11/21 Chef Talk with Lance
- 11/22 MC Family Event
- 11/24 Outing: Sammy’s Burgers
- 11/25 Sing with Roger
- 11/25 Resident Council
- 11/27 Thanksgiving Day
- 11/27 Birthday Celebrations

Chef Talk

Join Lance in the Dining room on 11/28 at 1pm to give us your feedback on food quality and

Good Friends Make Good Neighbors Referral Program

When a Royalton Place resident or family member refers a potential new resident to our community and that person moves in, the referring resident will receive a one-time \$4,000 credit applied to their base rent.

To qualify, the names of the person making the referral and the prospective resident must be given to the Executive Director or the Community Relations Director prior to the inquiry or tour.

The new resident must reside at Royalton Place for a minimum of 90-days before the credit is applied.



ASSISTED LIVING • MEMORY CARE

November Word Find

P	U	M	P	K	I	N	V	R	O	L	L	S	Words
T	H	A	R	C	R	A	N	B	E	R	R	Y	Thanksgiving
B	L	O	B	P	O	T	A	T	O	D	C	T	Blessing
M	A	Y	F	L	O	W	E	R	N	A	O	U	Turkey
A	B	S	P	I	E	S	P	I	L	G	R	R	Cranberry
Y	T	H	A	N	K	S	G	I	V	I	N	G	Pumpkin
T	U	N	B	G	H	A	S	A	S	M	U	E	Pies
H	R	O	U	T	R	A	P	I	C	N	C	B	Cornucopia
A	K	V	N	U	G	A	R	P	N	B	O	E	Abundance
N	E	E	D	R	N	M	V	V	L	G	P	A	Family
K	Y	F	A	M	I	L	Y	Y	E	E	I	N	Thankful
F	P	B	N	D	P	E	C	A	N	S	A	S	Pilgrim
U	I	E	C	O	R	N	B	M	W	A	T	M	Mayflower
L	E	R	E	M	P	I	L	G	R	I	M	P	Wampanoag
U	W	A	M	P	A	N	O	A	G	O	N	A	Harvest

How many BONUS words can you find???

Sing with Roger!

Warm up those vocal cords! Royalton has a new volunteer who will be joining us at the end of each month, to lead a singing group! Get your song lyrics from Angela to begin practicing! Roger will join us with his guitar and harmonicas at the end of each month. See calendar for details.

Entertainment

- Robert Rictor 11/6
- Mike Oxburrow 11/11
- James Hipshire 11/16
- Monte and Hank 11/18
- Ted Horwitz 11/20
- Sing with Roger 11/25

See Calendar for several new resident inspired activities!

Don't forget to voice your opinions at the Planning Meeting and Resident Council!