



# THE WESLEYAN AT ESTRELLA

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## **Thank You, Veterans**

There are more than 20 million veterans in America. Honor those who have served on Veterans Day, Nov. 11.

## **Stay Healthy This Season**

During cold and flu season, bolster your immunity by practicing the basics of good health: Wash your hands often, eat a nutritious diet, exercise regularly and get plenty of rest.

## **Remember When: Elevator Operators**

Nowadays, taking an elevator requires just the push of a button, but before automation, it was the job of elevator operators to help riders get to their desired floor. Along with offering a friendly face and providing helpful service, several technical skills were needed for the post. Attendants had to manually open and close the doors, control the elevator's speed and direction, and safely stop the car in alignment with the floor.

## **'Sesame Street' Turns 50**

On Nov. 10, 1969, a groundbreaking children's TV series starring both people and puppets debuted on public television. Today, "Sesame Street" has an audience of 150 million kids worldwide and remains a beloved childhood memory for many adults.

## **Thanksgiving Bells**

The song "Jingle Bells" probably brings to mind snowy wintertime fun, but the original 1857 tune was actually written to be sung on Thanksgiving.

## **November 2019**



## **Berry Popular**

Cranberries have been a tradition at the Thanksgiving table since the first feast in 1621. Native Americans taught early colonists that these wild fruits were a valuable food and a healing remedy, using them to treat wounds. These days, about 80 million pounds of the berries will be consumed during the holiday week alone.

## **Make Time for Quiet Time**

This time of year is known for holiday hustle and bustle, but seeking out some quiet time should be on your to-do list. There's evidence that sustained silence may stimulate the creation of new brain cells in the region of the brain responsible for learning and memory, according to a study. Tuning out external noise also allows you to tune in to inner thoughts, memories and emotions.

## **Take Good Care**

"Every one of us needs to show how much we care for each other and, in the process, care for ourselves."  
—Princess Diana

## Thanksgiving by the Numbers

The first Thanksgiving festivities took place over three days in the autumn of 1621 and included 50 Pilgrims and 90 members of the Wampanoag tribe. Here are some more holiday facts to share over your feast.

- About 95% of American households say they celebrate Thanksgiving.
- A majority of those people spend the day with family. "Friendsgiving," which is sharing a Thanksgiving meal with friends, is also popular.
- The American Automobile Association predicts an estimated 50 million people will travel at least 50 miles to reach their holiday destination.
- Nearly 90% of those celebrating Thanksgiving eat turkey, whether roasted or deep-fried, according to the National Turkey Federation. The average weight of a bird bought for the meal is 16 pounds.
- The Butterball Turkey Talk-Line answers more than 100,000 calls each November and December from people needing cooking advice.
- Three-quarters of those surveyed said they enjoyed Thanksgiving leftovers more than the actual meal.



## The Pumpkin Pie Tradition

For many, Thanksgiving dinner isn't complete without a slice of pumpkin pie, the traditional holiday dessert.

Pumpkins are native to North America and were taken to Europe by explorers. In the 1600s, French and English cooks began using the orange squash in early pie recipes.

Native Americans and the Pilgrims probably included pumpkin at the first Thanksgiving, most likely as a savory dish. The early colonists would also hollow out pumpkins, fill them with spiced milk, and cook them over a fire.

In 1796, the first American cookbook, Amelia Simmons' "American Cookery," offered two recipes for "pompkin pudding," in which a custard-like filling was baked in a crust. This became the basis for the pie we know today.

Thanksgiving was declared a national holiday in 1863, but Americans had already made pumpkin pie a tradition of the annual meal. By the 1920s, canned pumpkin was a grocery staple, saving cooks time by eliminating the laborious process of cooking the squash.

## Tips To Prevent Falls

The cooler months provide a refreshing break to get out and about, but fallen leaves, wet surfaces and other hazards can raise the risk of falling. These tips can help you stay safe.

*Wear appropriate shoes.*

Properly fitting, sturdy footwear with nonskid soles will provide good traction.

*Dress warmly.* When you are cold, your muscles tense up, which can affect your balance. Wearing warm layers during cool weather can relax your muscles, keeping you steady.

*Pay attention.* When walking, focus on the path ahead and look for any obstacles or slippery surfaces. Scan the surroundings using your eyes only; moving your head to look down or around may throw off your balance.

*Use assistive devices.* Handrails, walkers and canes are designed to keep you safe, so use them whenever possible.

*Keep your hands free.* Carrying bags or packages can cause unsteadiness. Try to keep your load light, or ask for assistance.

*Wipe your feet.* Leaves, mud, ice and snow can stick to the bottoms of your shoes and get tracked indoors. Wipe your feet at the door to clean the soles.





### The Story of the Salute

The hand salute given by members of the military is a long-standing tradition and a gesture symbolizing honor, respect and commitment.

According to some historians, the modern military salute can be traced back thousands of years. During Roman times, a citizen would often approach another with their right hand in

the air to indicate they were unarmed and could be trusted. Another theory points to the medieval era, when a knight would greet a king or fellow knight by raising his helmet's visor to show his face. Like the Romans, the knight would also display an open hand with no weapon.

These customs likely influenced the practice of removing one's hat as a sign of respect to a superior officer. For practical purposes, this action evolved to merely touching the brim of the hat. By 1820, saluting by raising the right hand to eye level with the palm facing down had become standard in the U.S. military.

### Robotic Pet Therapy

A cute and cuddly animal can be a comfort at any age. That's one reason why robotic pets are gaining popularity with seniors.

Also known as therapy robots or companion robots, robotic pets are stuffed animals, usually dogs and cats, with sensors and internal mechanisms that allow them to respond with movements and sounds. Designed to look, feel and act like real pets, without the worries of maintaining a real animal, the robots can provide companionship, happiness and purpose to those who interact with them.

Some senior living communities use robotic pets as

a tool to ease loneliness and encourage socialization. Many residents enjoy them and experience an emotional connection, especially when the pets react to touch by blinking, purring, barking or rolling over. Holding and stroking the pets can calm anxiety, and acting as a caregiver for the robots helps promote independence.



### Wit & Wisdom

"Many people will walk in and out of your life, but only true friends will leave footprints in your heart."

—Eleanor Roosevelt

"The only way to have a friend is to be one."

—Ralph Waldo Emerson

"There's nothing like a really loyal, dependable, good friend. Nothing."

—Jennifer Aniston

"The most beautiful discovery true friends make is that they can grow separately without growing apart."

—Elisabeth Foley

"Friends are those rare people who ask how we are and then wait to hear the answer."

—Ed Cunningham

"A loyal friend laughs at your jokes when they're not so good, and sympathizes with your problems when they're not so bad."

—Arnold H. Glasow

"I would rather walk with a friend in the dark, than alone in the light."

—Helen Keller

"Awards become corroded; friends gather no dust."

—Jesse Owens

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Happy Birthday Residents!</b> Pat Wieland 11/2 Adrienne Padfield 11/3 Anita Carter 11/9 Elaine Torosian 11/11 Jimmie Dollins 11/13 Robert Rork 11/13 Dena Parker 11/20		<p style="text-align: center;"><b>All Events Are Subject to Change</b></p>	Outings-O 1st Floor Main Lobby-ML Library-L Dining Room-DR Private Dining Room-PDR Laurel Hall-LH Resource Center-RC 2nd Floor Polo Fitness-PF Courthouse Square-CS Tonkawa Bluff-TB		9:30 AM Walking Club (ML) 9:45 AM Meet Neighbors on the Patio (ML) 10:00 AM Sing-Along With Jean (LH) 1:30 PM Balance/Stretch (CS) 2:00 PM <b>Monthly Celebration, Sing-along &amp; refreshments</b> (ML) 3:15 PM Skip Bo (ML) 6:00 PM Comedy Movie Hour	10:00 AM Puzzle Time (Library) 1:30 PM Rummikub (TB) 3:00 PM Chicken Foot (ML) 3:00 PM Weekend Movie Matinee & Snack (ML) 4:00 PM Trivia Fun (RC)
8:00 AM Church Shuttle (OB) 10:30 AM Catholic Communion Service (CS) 4:00 PM Communion & Worship Service (CS) 6:00 PM Evening Movie & Snack (ML)	10:00 AM Brain Games (RC) 10:30 AM Science with Rochelle (TB) 1:30 PM Balance & Stretch (CS) 2:00 PM Wonder Dogs Visit 3:00 PM Bible Study (TB) 3:45 PM Happy Hour at El Monumento-Georgetown (O) 6:00 PM Bridge (ML)	9:30 AM Walking Club (ML) 11:00 AM Tuesday TED Talk (ML) 10:30 AM Rosary (LH) 1:00 PM Men's Fellowship (ML) 1:30 PM Balance & Stretch (CS) 2:00 PM Bingo With Rochelle (TB) 3:15 PM Chicken Foot (ML) 6:00 PM Musical Movie (CS)	9:30 AM Walking Club (ML) 10:45 AM Lunch Bunch-Dahlia's Cafe Liberty Hill (O) 12:00 PM Perry & Pam (DR) 1:30 PM Sit & Be Fit (CS) 2:15 PM Skip Bo (ML) 3:00 PM Food Council Meeting (PDR) 4:00 PM Prayer Meeting-Chaplain Dan (CS)	9:30 AM Walking Club (ML) 10:00 AM Coffee Social with Lou & Pixie the Dog (ML) 11:00 AM WOW Bookmobile (ML) 1:30 PM Balance & Stretch (CS) 2:00 PM Bingo (TB) 3:00 PM Beanbag Baseball (ML) 3:00 PM Pet Pals-Dog Thelma	9:30 AM Walking Club (ML) 9:45 AM Meet Neighbors on the Patio (ML) 10:00 AM Sing-Along With Jean (LH) 1:30 PM Balance/Stretch (CS) 2:15 PM PIP Dominoes (ML) 6:00 PM Comedy Movie Hour	10:00 AM Puzzle Time (Library) 1:30 PM Rummikub (TB) 3:00 PM Chicken Foot (ML) 3:00 PM Weekend Movie Matinee & Snack (ML) 4:00 PM Trivia Fun (RC)
8:00 AM Church Shuttle (OB) 10:30 AM Catholic Communion Service (CS) 4:00 PM Worship Service (CS) 6:00 PM Evening Movie & Snack (ML)	<b>Veterans Day</b> 9:30 AM Walking Club (ML) 10:00 AM Brain Games (RC) 10:30 AM Arts & Crafts (TB) 1:30 PM Balance & Stretch (CS) 2:00 PM Wonder Dogs Visit 2:30 PM Veterans Day in lobby 3:00 PM Bible Study with Mary (TB) 6:00 PM Bridge (ML)	9:30 AM Walking Club (ML) 11:00 AM Tuesday TED Talk (ML) 10:30 AM Rosary (LH) 1:00 PM Men's Fellowship (ML) 1:30 PM Balance & Stretch (CS) 2:00 PM Bingo With Rochelle (TB) 3:15 PM Chicken Foot (ML) 6:00 PM Musical Movie (CS)	<b>World Kindness Day</b> 9:30 AM Walking Club (ML) 10:45 AM Lunch Bunch-Razzoo's Cajun Round Rock(O) 1:30 PM Sit & Be Fit (CS) 2:15 PM Skip Bo (ML) 3:15 PM Resident Council Meet (Council Only PDR) 4:00 PM Prayer Meeting-Chaplain Dan (CS)	9:30 AM Walking Club (ML) 10:00 AM Coffee Social w/Independent Living residents & Lou & Pixie the Dog (ML) 1:30 PM Balance & Stretch (CS) 2:00 PM Bingo (TB) 3:00 PM Grace Bible Church Sing-Along (DR) 3:00 PM Pet Pals-Dog Thelma	9:30 AM Walking Club (ML) 9:45 AM Meet Neighbors on the Patio (ML) 10:00 AM Sing-Along With Jean (LH) 1:30 PM Balance/Stretch (CS) 2:15 PM PIP Dominoes (ML) 6:00 PM Comedy Movie Hour	10:00 AM Puzzle Time (Library) 1:30 PM Rummikub (TB) 3:00 PM Chicken Foot (ML) 3:00 PM Weekend Movie Matinee & Snack (ML) 4:00 PM Trivia Fun (RC)
8:00 AM Church Shuttle (OB) 10:30 AM Catholic Communion Service (CS) 4:00 PM Worship Service (CS) 6:00 PM Evening Movie & Snack (ML)	9:30 AM Walking Club (ML) 10:00 AM Brain Games (RC) 10:30 AM Arts & Crafts (TB) 1:30 PM Balance & Stretch (CS) 2:00 PM Wonder Dogs Visit 2:00 PM <b>Health Talk/Wesleyan Home Health</b> (ML) 3:00 PM Bible Study with Mary (TB) 6:00 PM Bridge (ML)	9:30 AM Walking Club (ML) 11:00 AM Tuesday TED Talk (ML) 10:30 AM Rosary (LH) 1:00 PM Men's Fellowship (ML) 1:30 PM Balance & Stretch (CS) 2:00 PM Bingo With Rochelle (TB) 3:15 PM Chicken Foot (ML) 6:00 PM Musical Movie (CS)	9:30 AM Walking Club (ML) 10:45 AM Lunch Bunch-Milano Trattoria/Georgetown (O) 2:00 PM <b>Wesleyan IL Theatre Performance</b> (CS) 2:15 PM Skip Bo (ML) 3:00 PM Trivia Time (ML) 4:00 PM Prayer Meeting-Chaplain Dan (CS)	9:30 AM Walking Club (ML) 10:00 AM Coffee Social with Lou & Pixie the Dog (ML) 11:00 AM WOW Bookmobile (ML) 1:30 PM Balance & Stretch (CS) 2:00 PM Bingo (TB) 3:00 PM Beanbag Baseball (ML) 3:00 PM Pet Pals-Dog Thelma	9:30 AM Walking Club (ML) 9:45 AM Meet Neighbors on the Patio (ML) 10:00 AM Sing-Along With Jean (LH) 1:30 PM Balance/Stretch (CS) 2:15 PM Chicken Foot (ML) 6:00 PM Comedy Movie Hour	10:00 AM Puzzle Time (Library) 1:30 PM Rummikub (TB) 3:00 PM Chicken Foot (ML) 3:00 PM Weekend Movie Matinee & Snack (ML) 4:00 PM Trivia Fun (RC)
8:00 AM Church Shuttle (OB) 10:30 AM Catholic Communion Service (CS) 4:00 PM Worship Service (CS) 6:00 PM Evening Movie & Snack (ML)	9:30 AM Walking Club (ML) 10:00 AM Brain Games (RC) 10:00 AM <b>Songs of the Season Choir-Crestview Baptist Church</b> (DR) 1:30 PM Balance & Stretch (CS) 2:00 PM Wonder Dogs Visit 2:00 Book Club (CS) 3:00 PM Bible Study with Mary (TB) 6:00 PM Bridge (ML)	9:30 AM Walking Club (ML) 11:00 AM Tuesday TED Talk (ML) 10:30 AM Rosary (LH) 1:00 PM Men's Fellowship (ML) 1:30 PM Balance & Stretch (CS) 2:00 PM Bingo With Rochelle (TB) 3:15 PM Chicken Foot (ML) 6:00 PM Musical Movie (CS)	9:30 AM Walking Club (ML) 10:45 AM Puzzle Time (L) 1:30 PM Sit & Be Fit (CS) 2:00 PM All Resident Council Meeting (CS) 3:15 PM Skip Bo (ML) 4:00 PM Prayer Meeting-Chaplain Dan (CS)	<b>Happy Thanksgiving</b> 9:30 AM Walking Club (ML) 10:00 AM Coffee Social/ Meet your new neighbors (ML) 12:00 PM Thanksgiving Luncheon (DR) 2:30 PM Puzzle Time (L) 3:00 PM Holiday Movie (ML) <b>Have a blessed Thanksgiving</b>	9:30 AM Walking Club (ML) 9:45 AM Meet Neighbors on the Patio (ML) 10:00 AM Sing-Along With Jean (LH) 1:30 PM Balance/Stretch (CS) 2:15 PM PIP Dominoes (ML) 6:00 PM Comedy Movie Hour	10:00 AM Puzzle Time (Library) 1:30 PM Rummikub (TB) 3:00 PM Chicken Foot (ML) 3:00 PM Weekend Movie Matinee & Snack (ML) 4:00 PM Trivia Fun (RC)

## Who We Are

From where we live to our family customs, countless ingredients are blended together to make up who we are. Gather with others to share stories about ancestry and culture.

- How much do you know about your ancestors? What countries did they come from?
- Do you know the origin of your family name? Are there any naming traditions among your relatives?
- What foods did your family typically eat? Were any special recipes passed down?
- Talk about some of the places you have lived and how each place has influenced you.
- What holidays are the most important in your family? How do you observe these special days?
- Do you know more than one language? If so, what others do you speak? How did you learn them?
- What are some things you have learned from someone whose background or culture was different from your own?
- Have you ever used a DNA testing service to try to find out more about your ancestry? If not, would you want to? Why or why not?



## Breaking Bread Together

Bread is one of the oldest and most widespread foods, with many varieties across world cultures.

*Focaccia.* This thick, rustic Italian bread is seasoned with salt and olive oil and often topped with zesty ingredients such as herbs, cheese, olives and tomatoes.

*Injera.* In Ethiopia, food is served family-style atop this spongy flatbread made with teff,

a native grain. Instead of utensils, pieces of injera are used to scoop up bites of meat and vegetables.

*Lefse.* Potatoes are the main ingredient of this thin flatbread from Norway. Similar to a tortilla, it's often enjoyed with butter and sugar or as a wrap with savory or sweet fillings.

*Mantou.* White and fluffy, these slightly sweet steamed buns are a staple in northern China and resemble miniature clouds.

*Marraqueta.* These rolls are served at nearly every meal in Chile, where they are a symbol of national pride. A traditional loaf has four lobes.

## Here's Looking at 'Casablanca'

"Casablanca" premiered in November 1942, and nearly 80 years later, both film fans and experts continue to rank it one of the best movies of all time.

The romantic drama stars Humphrey Bogart as Rick Blaine, an American nightclub owner in the Moroccan city of Casablanca, and Ingrid Bergman as Ilsa Lund, his former love interest. Set in 1941 against the backdrop of World War II, the film debuted just days after the real-life Allied victory in North Africa.

Along with a cast of stars and the plot's pacing and intrigue,

part of the movie's long-lasting appeal is its dialogue, including the memorable lines "Here's looking at you, kid," "We'll always have Paris" and the film's final words, "Louis, I think this is the beginning of a beautiful friendship." The often-quoted phrase, "Play it again, Sam," is never actually spoken. Instead, "Play it once, Sam," and "Play it, Sam" are said.

Unforgettable music is another celebrated aspect of the film, most famously the song "As Time Goes By," performed by the club's piano player, Sam, actor Dooley Wilson.

"Casablanca" won Academy Awards for best picture, director and adapted screenplay.

## Honoring Baseball's Best Pitchers

Each November, the most outstanding pitchers of the Major League Baseball season are presented with the Cy Young Award.

The prize is named after the winningest pitcher in baseball history, Hall of Famer Cy Young, who made his MLB debut in 1890. During his 22-year career, Young set many records, including most wins, with 511. Among those wins were three no-hitters, one of which was a perfect game, meaning none of the opposing team's players reached first base.

As a tribute to Young's legacy, the Cy Young Award was introduced in 1956, a year after Young's death. Originally, only one pitcher was selected annually. In 1967, due to fans' requests, the rules were changed to honor the top pitcher in both the American and National leagues.

Members of the Baseball Writers' Association of America vote on the candidates, and the winners are announced live on television. Notable past recipients include Don Newcombe, Sandy Koufax, Greg Maddux, Randy Johnson, Pedro Martinez and Roger Clemens.



## Scenic Canyon Country

Towering red rock cliffs, a maze of scenic canyons and cascading waterfalls are just some of the breathtaking features of Zion National Park, established Nov. 19, 1919.

Covering more than 200 square miles in southwest Utah, the state's first national park is home to some of the tallest sandstone cliffs in the world, many of them rising 2,000 feet high. Layers of sedimentary rock were deposited by rivers 250 million years ago and weathered and eroded over time to form the colorful striped walls. The Virgin River runs through the park, continually carving and reshaping the deep canyons.

To make these natural wonders more accessible to visitors, the 25-mile Zion-Mount Carmel Highway was built and completed in 1930. An engineering marvel, the road includes a mile-long tunnel cut through the heart of the park's sandstone cliffs, with massive gallery "windows" that provide spectacular views of Zion's beauty. The highway connects to nearby Bryce Canyon and Grand Canyon national parks.

## Remember Me?

His easy-listening music was the soundtrack for a generation. Look back at Ray Conniff's notable career.

- He was born into a musical family outside Boston on Nov. 6, 1916.
- Conniff began his career as a trombonist, working with some of the swing era's top bands, including Bob Crosby's Bobcats and the Artie Shaw Orchestra.
- During World War II, he served in the Army as an arranger for Armed Forces Radio in Hollywood.
- Later, as a solo arranger, he helped create hits for stars such as Johnny Mathis and Marty Robbins.
- In 1956, Conniff's first album, "S Wonderful," debuted his signature sound, which combined a chorus of men's and women's voices with light instrumental accompaniment.
- He won a Grammy Award in 1967 for his version of "Somewhere My Love," adapted from the theme song of the movie "Doctor Zhivago."
- For over a decade during the 1950s-'60s, the Ray Conniff Orchestra and Singers had 28 albums on the music chart.
- His 1962 hit holiday album made him CBS Records' bestselling artist of the year.



## Assisted Living & Memory Care Team Leaders



Donna Hohm, LVN, Administrator  
Laura Kate Placke, Asst Administrator  
Petrina Rose, LVN, Wellness Director  
Mariesa Kanetzky, Community Relations  
Shawn Draper, Director of Life Enrichment  
Melissa McCollum, Chef Manager  
Mike Andrews, Director of Maintenance  
Lisa Oberman, Beautician  
Michelle Rodriguez, Human Resources  
Dan Bonner, Chaplain