November Has the Write Stuff

If you’ve ever had an idea for a novel percolating in your imagination but you’ve never found the time to write it, thank your lucky stars that it’s November, Novel Writing Month. Thousands of people around the globe will wake up to a blank page on November 1 and attempt to write 50,000 words by the 30th. Some will have the help of an extensive outline, detailing many characters with their challenges, various settings, and exciting plots. Others will start with nothing and just let their imagination take over. The lucky ones may end up like Sara Gruen, who wrote her acclaimed novel *Water for Elephants* during 2006’s Novel Writing Month.

On November 1, Author’s Day, we can celebrate other published authors who started their books in November: Carrie Ryan wrote her *New York Times* zombie bestseller *The Forest of Hands and Teeth*, and Erin Morgenstern’s *The Night Circus* took two November Novel Writing Months to finish her *New York Times* bestseller. Just don’t end up like writer Ali Owens, who finished her 50,000 words but did so with “a lot of crying mixed with hysterical laughter.” Writing, remember, should be fun.

If you need a few weeks to gather the courage to begin your novel in high spirits, wait no longer than November 15, I Love to Write Day. Most writers don’t do it for the money but for the love of writing. The truth is that most books and stories don’t pay the bills. Not many writers get million-dollar book contracts—pay is often sporadic at best. The real reason many people choose to write is that the effort dedicated to creating complex characters and the world they live in is incredibly satisfying in itself. So this November, don’t write just because you want to sell your book; write because you have a strong passion for it. Your audience, whether that is your family and friends or thousands of adoring fans, will thank you for your efforts.
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.
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 long, you will have a beautiful, golden-brown loaf.

November Horoscopes and Birthdays

In astrology, those born between November 1st and 21st are Scorpios. Scorpios are passionate and assertive leader who value honesty and fairness above all. Betray a Scorpio and suffer the sting, but befriend a Scorpio, and you will have a friend for life. Those born between November 22nd and 30th 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 – Nov. 2, 1755
Art Carney – Nov. 4, 1918
John Philip Sousa – Nov. 6, 1854
Carl Sagan – Nov. 9, 1934
Jonathan Winters – Nov. 11, 1925
Petula Clark – Nov. 15, 1932
Mickey Mouse – Nov. 18, 1928
Boris Karloff – Nov. 23, 1887
Tina Turner – Nov. 26, 1939
Mandy Patinkin – 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” worth taking a second look at.
TRANSITIONS HEALTHCARE
AT SYKESVILLE
TEAM

KIM DRAKE, RD, LDN, NHA – Administrator
MARJORIE SIMPSON, PhD, CRNP – Vice President, Nurse Practitioner Services
LISA LIPMAN, RN – Director of Nursing
IAN ROHE, LPN – Marketing/Clinical Liaison
KRISTEN ALLEN – Admissions Coordinator
LINDA KARMALA, RN – Assistant Director of Nursing & 1st Floor Unit Manager
DURAMANY SESAY, RN - 2nd Floor Unit Manager
DEBBIE GRIGSBY, LPN – 3rd Floor Unit Manager
RACHEL GUILFOYLE, MS, OTR/L - Rehabilitation Director
Certified Brain Injury Specialist
LISA TIMMONS – Director of Human Resources
MICHELLE MOORE, LCSW – Director of Social Work
MARISA COOKE, MSW, LGSW – Social Work (1st & 3rd Floors)
MERIDITH FARGNOLI, RD, LDN – Dietitian
IGAL QUINTANILLA – Maintenance Director
PAOOL CARDENAS – Assistant Maintenance Director
RICHARD COLEMAN - Food Service Manager
CARLOS SHARP - Laundry & Housekeeping Supervisor
PRISCILLA ATOKE - Business Office Manager
JENIFER SHOWER - Medicaid Specialist
Life Enrichment Director
DONNA BARNETT, AC-BC, ADC/MC, CDP, Editor “Sunbeams”
FAMILY COUNCIL MEETING

Sunday, November 20th
2:00 pm
3rd floor dining room

Bonnie and Rich Hobson were excited to have six families attend the 1st newly reorganized Family Council meeting in October.

Families from all 3 floors are invited to come to the meeting and bring your loved one with you. There will be a small meeting, then games for the residents, and ice cream sundaes. This is also a time to have a meaningful visit with your loved one. Everyone loves games and ice cream. Don’t miss this event.

In Sympathy...

Sincere Sympathy is expressed from all of the Transitions Healthcare at Sykesville Community to the families of:

Cordelle Dunbar
Virginia Mann
Allen Ferreira
Millard Garland

God’s Mighty Handiwork
By Helen Steiner Rice

“The earth is the Lord’s and the fullness thereof”-
It speaks of His greatness, Its sings of His love,
It whispers of mysteries we cannot comprehend Of a beautiful land Where life has no end.
TRANSITIONS HEALTHCARE AT SYKESVILLE

CELEBRATES OUR VETERANS WITH AN AFTERNOON OF MUSIC AND CERTIFICATES

FRIDAY NOVEMBER 11TH 2:00PM
ENTERTAIN BY: FRANK CAPPADORA

Everyone is welcomed to attend!

DAYLIGHT SAVINGS TIME ENDS!

“FALL BACK” ON SUNDAY, NOVEMBER 6TH

SET YOUR CLOCKS BACK 1 HOUR TO STAY ON TIME!
Red Hat Society Meeting

November 18th
2:00pm
Game Room

Red Hat Club
Transitions at Sykesville
“RED HOT MAMAS!”

Thank you to everyone who has donated a red hat, scarves and purses!

LEADER
Jonda Summerhill, Life Enrichment Assistant

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THE MEN’S CLUB

November 22nd
11:30 am

LEADER
Andrew Obloy
Life Enrichment Assistant
November BIRTHDAY CELEBRATION!

NOVEMBER 17th

11:30am
1st Floor Dining Room

Entertainment:
Melissa Christiansen

Resident Council Meeting
November 17th
2:00 pm
Game Room

Everyone who calls Transitions Healthcare at Sykesville “home” is invited to attend. You are needed!
Each person who cannot attend for any reason, will now be given a form – “Resident Council Absentee Participants” Feedback/Recommendations/Comments

Complete this form and return it to Matt Tiffany, Resident Council President, or ask any staff member to put in Donna Barnett, Life Enrichment Director’s mailbox.

Looking forward to having more comments from those who are unable to attend!

MEET THE RESIDENT COUNCIL OFFICERS

Matthew Tiffany, President (room 109B)
Rhea Shifflett, Vice President (room 103A)
Jackie Maize, Social Secretary (room 110B)
Robert Richardson, Chaplain (room 107A)

Officers are available to speak with all residents who may have an idea, concern, or compliment to bring up at the next meeting. Or just brainstorm about an activity that everyone is interested in having.
Thursday, November 17th
1:00 pm

K-PETS will visit Transitions Healthcare at Sykesville residents every 3rd Thursday monthly.

Attention!
Residents & Families

TO CALL RESIDENT PHONE LINE
Dial - 410-549-3350

Please Note:
You will need to dial an extension. The extension will consist of the room # you are trying to reach and then the bed.

For example: You are trying to reach room 201, Bed A. The extension will be 2011.
Thank you!
RESIDENT BANKING NEEDS

The business office is open Monday through Friday, 8:00am – 4:00pm

Resident banking is available from 8am – 4:00pm seven days a week.

For after hours banking when the business office is closed please see the front desk receptionist. Residents can retrieve up to $50.00 per day.

From: Kim Drake, RD, LDN, NHA

Please see Priscilla Atoke in the Business Office to open a “resident account.” Check deposits for resident fund accounts should be made in the name of the resident. We cannot accept checks made payable to “Transitions” for resident account deposits. Please make checks payable to the resident to open an account.

Please visit the Business Office to make sure we have correct and current billing information. Resident bills are sent out around the 5th of each month. If you have not received a bill, please contact the Business Office.

Thank you for your cooperation!

Priscilla Atoke, Business Office Manager
Jennifer Shower, Medicaid Specialist
410-795-1100 ext. 4202 & 4203

Transitions Healthcare at Sykesville

Notaries

Jenifer Shower
Business Office
Monday – Friday
9:00am – 4:00pm

Jennifer Haines
Receptionist Hours
Monday – Friday
4:00pm – 8:00pm

(Every other)
Saturday
8:00 – 4:00pm
(Every)
Sunday
8:00 – 4:00pm
Holiday Time with Volunteers

Members of the community are calling to place their organization on the calendar for holiday events.

If your group/organization would like to come caroling, pass holiday cards, have an extra BINGO game, sing-a-long, or bring an intergenerational group to visit.

Please call or email so we may place your name/organization on the December calendar!

Contact:
Donna Barnett
Life Enrichment Director
410-795-1100 ext. 4107
dbarnett@transitionshealthcarellc.com

Help make the holiday “merry and bright” for everyone who calls Transitions Healthcare at Sykesville “home”.

Resident Council Carry-In Supper!

November 29TH
4:30pm
1st Floor Dining Room
Facts Your Are Never Too Old To Know

* In Dresden, Germany, traffic lights has stayed red since 1987

* Haiti and Lichtenstein had very similar flags. The two countries were not aware of the similar design until they encountered each other at the 1936 Olympics.

* Singapore is the only country in the modern world to gain Independence against its own will.

* There is an Eco Bridge in the Netherlands. It allows animals to cross the highway easily.

* There is a volcano in Indonesia that spews blue lava.

* If you live in Switzerland you’re not allowed to flush the toilet after 10 pm.

* Russia and Japan still haven’t signed the peace treaty to end World War II.

* New Zealand will deny people residency visas if they have too high of a Body Mass Index. There are cases where people have been rejected because of their weight.

* It is illegal to climb trees in Oshawa, a town in Ontario, Canada.

* According to Switzerland’s law, social animals like guinea pigs must have a buddy with them. Owning only one is considered animal abuse and is illegal.

* In Canada, text messages to landlines are converted into voice messages. English and French is supported.

* The U.S. has a national volunteer based program called “No One Dies Alone” or NODA where the volunteers keep continuous watch at the bedsides of dying people who have no family to visit them.
PLEASE FIND THE
ANNUAL STATE SURVEY RESULTS IN THE FRONT LOBBY NEAR THE VISITOR SIGN-IN BOOK

You can request a birthday card for people who are 80 or older. Send your request to:

THE WHITEHOUSE
Attn: Greetings Office
1600 Pennsylvania Avenue NW
Washington, DC 20500

www.whitehouse.gov/contact/presidential-greetings-request

“Special Greetings” are sent for individuals 100 years or older
Transitions Healthcare at Sykesville gladly meets all your grooming needs!

Saturday
10am – 4:00pm
Walk-Ins Welcome!

Prices are reasonable and within the same rate as in the community.

A “Resident Account” may be set up with the Business Office
Monday – Friday
8:00 am – 4:00 pm

For more information or to set up appointments for your beauty/barber shop needs, please call Donna Barnett, Life Enrichment Director at 410-795-1100 ext. 4107 or send an email to dbarnett@transitionshealthcarellc.com

Manicures Each Friday with the Life Enrichment Staff
10:30 am – Game Room

If you are in need of having your fingernails cut; please see anyone in the nursing department.
Tye Dye

Tee Shirt Activity
October Birthday Club

Entertainment by: Paul Seipp
Richard Coleman and Life Enrichment Aide Christine Obloy serve homemade pizza and birthday cake for the birthday club dinner!
This support group’s mission is to provide education, emotional support, and community resources to survivors of brain injury as well as their families and caregivers. Each month will feature a different topic and/or guest speaker related to brain injury.

Please join us on

Wednesday, November 30, 2016
7:00-8:00 PM
1st Floor Dining Room

Hosted By:
Transitions Healthcare at Sykesville
7309 2nd Ave
Sykesville, MD 21784

If you have any questions, contact Rachel Guilfoyle, MS, OTR / L, Rehabilitation Director, Certified Brain Specialist at (443) 609-3788 or (443) 609-3788 or email MindMattersSG@gmail.com
MEET THE NEW
FAMILY COUNCIL LEADERS
Bonnie and Rich Hobson

Meet Bonnie Hobson who along with her husband Rich are the new Family Council leaders. The first Family Council Meeting under their new leadership went well.

Life Enrichment Aide, Vishal Vakil helps Bonnie with a special ice cream social after the meeting.

Decked out in her “Lucy” apron, Bonnie Hobson assisted by Rich Hobson and Hannelove Riehl started the party by serving ice cream to all of the third floor residents. Vishal had residents toss beanbags in to pumpkin buckets for a fun game. All of the residents enjoyed the ice cream, game and the lucky videos.

Six family members participated in the Family Council meeting! Please come out and support your loved ones who call Transitions Healthcare at Sykesville “home”.

MEETINGS ARE EVERY 3RD SUNDAY AT 2:00PM
3RD FLOOR DINING ROOM
Celebrate National Nurse Practitioners Week
November 13 – 19, 2016

Meet

**Marjorie Simpson, CRNP**

for

**Transitions Healthcare at Sykesville**.

She works on site 5 days a week and is a valuable member of the clinical team.

Dr. Simpson, a Certified Geriatric Nurse Practitioner, earned a PhD in nursing from the University of Maryland, Baltimore. She currently serves as the Director of Nurse Practitioner Services at Transitions Healthcare at Sykesville. Dr. Simpson is a Professor Instructor at George Washington University School of Nursing and a Clinical Supervisor at Stevenson University. Her clinical experience includes geriatrics, long term care, rehabilitation, palliative care, home care, pulmonary and cardiology.

She received the Geriatric and Gerontology Education and Research Program Award for Clinical Excellence in the Field of Gerontology from the University of Maryland and was inducted into the Pi Chapter of Sigma Theta Tau in 2001. She is also an active member in the Geriatric Advanced Practice Nurses Association.

Dr. Simpson lives in Westminster, Maryland with her family and enjoys scuba diving and running.
WELCOME
NEW MEMBERS OF THE LADIES RED HAT SOCIETY
“BREAKFAST WITH SANTA”
9:00 AM
SATURDAY, DECEMBER 10TH
WITH MRS. SANTA & ELF

10:00 am – Santa arrives to share some time with the children. All children, residents, family members, Volunteers, grandchildren, nieces, Nephews of all ages are welcome!

Transitions Healthcare at Sykesville Is proud to share this event with The Sykesville/Eldersburg Community.

Be good! Santa is watching you!

Resident Council Fundraiser
SUGAR ‘N’ SPICE

MONDAY
DECEMBER 12TH
10:00AM – 4:00PM
GAME ROOM

Holiday Shopping
Cash, Credit Cards, Checks accepted!

Please stop by and support the Resident Council and as always Thank You!
Thank you to all who participated! Great costumes and super Transitions Healthcare at Sykesville team spirit!