

November
2023

Sierra Ridge Memory Care

3265 Blue Oaks Drive
Auburn, CA 95602



Sierra Ridge Management Team

Jennifer Fuston
Executive Director

Elizabeth Morris
Sales and Marketing Director

Colleen Magda
Business Office Manager

Jami Koopman
Resident Care Director

Jennifer Neeley
Sous Chef

Levi Phillips
Maintenance Director

Employee of the Month



Congratulations **Alyssa**, we appreciate you!

Save the Date - 16 November



You are Invited to Join us for a
THANKSGIVING CELEBRATION
on Thursday the 16th of November
at 12 Noon

Please RSVP at bom@sierraridge.net or call
530-887-8600 by the 10th of November.

We look forward to seeing you!

Mission Statement

Sierra Ridge is Committed
To being the Leader in Providing
Quality Personal Service For our
Residents while Honoring the
Experience of Aging through our
In the Moment Program

Excuses to Celebrate November

Native American Heritage Month

Inspirational Role Models Month

Adopt a Turkey Month

Dia de Los Muertos
November 1

World Chili Day
November 6

Veterans Day
November 11

International Men's Day
November 19

Game & Puzzle Week
November 21-27

Thanksgiving Day
November 23

Mason Jar Day
November 30



Don creating a poster for Halloween



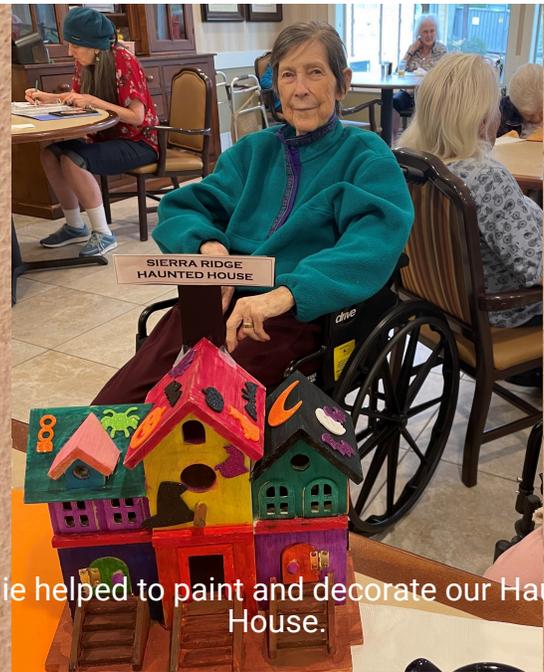
Susan helped to decorate the haunted house for Halloween

November:
The last month of autumn,
but the beginning of a new adventure.
Time to take risks and do the
unexpected.

~ Unknown



Christina working on a fall craft.



Natalie helped to paint and decorate our Haunted House.

Deliberate Acts of Kindness

The phrase “survival of the fittest” is often used to describe the tough tactics people use to get ahead in modern society, but scientists have determined that a far more effective coping strategy might be “survival of the kindest.” The second week of November is World Kindness Week, a perfect opportunity to make kindness a part of our everyday routines.

Humans have evolved into one of Earth’s most social species. While many people tend to think of humans as inherently competitive with each other, fighting for resources, mates, or even promotions at work, scientist and psychologist Dacher Keltner takes another point of view. He believes that humans are built to be kind. Our generosity, self-sacrifice, play, modesty, compassion, awe, gratitude, and even embarrassment all present powerful evidence of our innate drives for kindness and caring.

Research shows that when people act kindly toward others, they take more pleasure in society and are more likely to feel satisfied and happy. New research suggests that our vagus nerve in particular may have evolved to support and encourage altruistic behavior

Acts of Kindness continued:

Perhaps stimulation of the vagus nerve is what prompted writer Anne Herbert to write, “Practice random kindness and senseless acts of beauty” on a placemat in a California restaurant in 1982.

Herbert’s notion that we should practice random acts of kindness is not new. Jews have practiced *mitzvahs*, or good deeds for others, for millennia. In the cafés of Naples, Italy, hardworking people who unexpectedly come into money pay for two coffees, a tradition called *caffè sospeso*, taking one for themselves and leaving the other for someone less fortunate.

In 2006, the Free Hugs Campaign was launched on YouTube, encouraging people to share the simple act of a hug with others in need of comfort. For some, kindness is easy. For others, sharing public acts of kindness may take practice. Start by doing one small, kind thing for someone. As the Greek fabulist Aesop once said, “No act of kindness, no matter how small, is ever wasted.”

Let us all be a little kinder and spread happiness the Thanksgiving season!

November Birthdays

In astrology, those born from November 1–21 are Scorpions of Scorpio. Scorpions are passionate, dedicated, and resourceful. Scorpions may seem intimidating, but they are just no-nonsense people who value honesty and loyalty above all else. Those born from November 22–30 are Archers of Sagittarius. The Archers are the travelers of the zodiac, curious and energetic, with open minds craving new experiences and challenges.

Happy November birthday to:

Wanda - 17th of November
Judy - 6th of November
Susan H. - 11th of November
Natalie - 15th of November
Helga - 25th of November
Susan To. - 29th of November.

Hope you have a birthday filled with lots of love and sweet surprises!
Happy Birthday!



Bob and Debbie enjoying their Oktoberfest lunch.



Margaret and Jen with Antonio, our violinist, during our Oktoberfest celebration.



Martha and Bob enjoying our Oktoberfest Celebration.

Better Off Red

November 5 is Love Your Red Hair Day, and love it while you still can because rumors persist that the recessive redhead gene is causing redheads to go extinct! Luckily, this rumor is not true. Red hair is caused by a mutation of the MC1R gene, which carries instructions for making a protein called the melanocortin 1 receptor. Due to the mutation, this protein creates a type of melanin, or pigment, called pheomelanin, that causes red hair, freckles, and light skin that can burn easily. Because the MC1R gene is recessive (like blue eyes), two parents both have to carry the gene for the possibility of it being expressed in their offspring. With only about 1–2% of the world's population possessing the recessive genes for red hair, some folks worry that the number of redheads will shrink until there are none left. Luckily, even those who do not have red hair may still carry the gene. All it takes is a lucky roll of the genetic dice for red hair to be expressed in an individual. This is why red hair sometimes skips generations and appears years down a family line.



Marjorie working hard at creating a quilt during activities.



All our residents helped to create decorations for our Octoberfest event.



Donna dressing up for Halloween with a fun hat.



Kathryn enjoying a Halloween hat.



Peggy and Penny enjoying each others company during our Octoberfest event.



Caesar allowing Carolyn to style his hair.



Susie being serenaded by Antonio during our Octoberfest event.



Liz created a letter for our Autumn sign.

Tongue Twisters

Serious speakers celebrate the second Sunday of November with especially circumlocutory spiels. November 14 is Tongue Twister Day! J.W. Shoemaker included several in his 1878 textbook *Practical Elocution* as a means to improve pupils' speech and diction. He included such doozies as, "Some shun sun-shine; do you shun sun-shine?" and "A shot silk sash shop." Elocution was a regular part of the school-day routine, with emphasis not only on pronunciation and diction but on modulation of pitch, proper conveyance of emotion, and integration of physical movement.

The most famous tongue twister of all, regarding Peter Piper and his peck of pickled peppers, first appeared in print in 1813. The textbook was titled *Peter Piper's Practical Principles of Plain and Perfect Pronunciation*. If you think the aforementioned tongue twisters were difficult, then you might not want to try these next ones. In 2013, the Acoustical Society of America gathered, and in an experiment to investigate speech patterns, researchers asked participants to recite different tongue twisters. The most difficult one of all was "Pad kid poured curd pulled cod," usurping "The sixth sick sheik's sixth sheep was sick" as the world's toughest tongue twister. Try saying each five times fast to determine for yourself which one is more challenging.