

November 2025

# Tender Hearts

300 & 320 Cardinal Lane



## Celebrating November

**Aviation History Month**

**Sleep Comfort Month**

**Novel Writing Month**

**Music by Good For The Soul**

*November 4*

**Veteran's Social Day**

*November 10*

**World Kindness Day**

*November 13*

**Magic Show By Jim Lenz**

*November 11*

**Tom's Tunes**

*November 18*

**International Men's Day**

*November 19*

**Celebrate Your Unique Talent**

**Day**

*November 24*

**Thanksgiving Day (U.S.)**

*November 27*

## Resident Of the Month



Meet Jim, our Resident of the Month!

Jim was born and raised in De Pere and later moved to Green Bay when he got married. He's a proud father of two sons Tom and Tim and one daughter Tammy plus plenty of wonderful grandchildren who keep him smiling.

Jim loves pizza, and when it comes to music, you'll find him tapping his foot to any country song, the older the better! His favorite season is fall because it's hunting season, and his superpower would be to be young again.

When asked for advice, Jim says: "*Life's short have fun!*" What Jim loves most about life is spending time with his family, going up north, and enjoying the friendly people around him.

we're so glad to have you as part of our community!

## 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:

**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.

## Shining Star:



We are excited to recognize Shawnee as our Employee of the Month!

Shawnee has been a part of the Tender Hearts family for about three months, and in that short time, she has made a wonderful impression on residents and coworkers alike. Her positive energy, kindness, and willingness to try new things truly stand out.

Outside of work, Shawnee loves spending time outdoors and exploring new and different experiences. Looking ahead, she hopes that in the next ten years she'll have finished school and purchased her own home, goals that show her dedication and drive!

Shawnee's favorite part of her job is helping residents and making sure they enjoy their day, which perfectly reflects her caring spirit and commitment to others.

Something you did not know about Shawnee is she is the oldest of ten siblings! That explains her natural leadership, patience, and compassion.

Thank you, Shawnee, for everything you do to make Tender Hearts a warm, welcoming, and joyful place for everyone. We're so lucky to have you on our team!

## 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.

## Hybrid Hijinks

What do you get when you cross a moose with a walrus? If you live in Alaska, you get the mythical hybrid animal known as an alascattalo, which is celebrated in earnest on November 21.

As strange as the alascattalo may seem, it is not the only hybrid animal that draws popular curiosity. The unfortunately named beefalo is a real cross between a cow and a buffalo. The world’s largest cat is a liger, a cross between a male lion and a tigress, which can grow to twice the normal size of its parents. (The smaller tigon is the offspring of a lioness and tiger.) Hawaii has its wholphin, a rare mix of dolphin and false killer whale. More akin to the alascattalo is Wyoming’s fabulous and impossible jackalope, a mythical jackrabbit with an antelope’s antlers.

Most likely, the alascattalo is Alaska’s idea of a joke. How do Alaskans celebrate? With the world’s shortest parade. The three-minute affair occurs in an alleyway, and a prize is awarded to the smallest and least appealing float.

## 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.

## 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

If you were born between November 1–21, your astrological sign is Scorpio. Scorpios 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.

**Nancy C 11/11/1940**

**Eugene 11/12/1934**

**Leslie 11/16/1949**

**Hollis 11/16/1946**

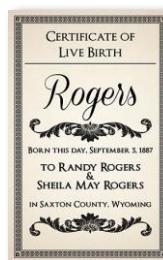
Sally Field (actress) – Nov. 6, 1946

Grace Kelly (actress, princess) – Nov. 12, 1929

Tina Turner (singer) – Nov. 26, 1939

Samuel Clemens (Mark Twain) – Nov. 30, 1835

## Name of the Month



What is it about the name Rogers in November? The name is shared by many celebrities born this month. There's Will Rogers, one of the most famous satirists of the 1920s and 1930s; he was born November 4, 1879. Roy Rogers, the famous singing cowboy and actor, was born November 5, 1911. Kenny Rogers, the baseball pitcher who once pitched a perfect game (not the country music star), was born November 10, 1964. George Rogers Clark, the American Revolutionary War general known as the "Washington of the West," was born November 19, 1752. Baseball pitcher Buck Rogers was born November 5, 1912, and the first radio broadcast of *Buck Rogers in the 25th Century* aired on November 7, 1932. If you know anyone who's expecting a baby in November, suggest the name Rogers. It just may be the perfect name for a November baby.