

Piketon

NURSING CENTER

300 Overlook Drive • Piketon, OH 45661 • (740) 289-4074

November 2025

The Perfect Power Nap

Regular napping has been connected to improved creativity, memory, mood and alertness. Try these tricks to unlock the power of a short nap.

What time? Most sleep researchers agree that naps should happen between 1 and 3 p.m. to fight the afternoon slump without interfering with nighttime sleep.

How long? To avoid grogginess that comes with waking from deep sleep, keep the nap between 10 and 30 minutes.

What else? Try to find easy sleep aids, like lavender scents, calming music and a cool, dark room. Some researchers recommend drinking a cup of coffee or caffeinated tea immediately before napping. The caffeine takes about the same amount of time to kick in as the length of the nap, which will improve alertness upon waking.



Thankfulness

"What if today, we were just grateful for everything?"
—Charlie Brown

An Ounce of Prevention

Cooler weather signals the start of cold and flu season. We may thoroughly wash our hands only to contaminate them again by touching a germy doorknob, light switch, keyboard, phone or remote. Taking a few minutes regularly to clean these household surfaces with disinfectant wipes could help stave off a nasty bug.

Happy Thanksgiving!

As we celebrate Thanksgiving with family and friends in November, we'll be thinking how grateful we are to have such wonderful neighbors. Thanks for making our community such a pleasant place to live. We wish you a safe and enjoyable Thanksgiving holiday!

An Engineering Marvel

Twenty-five years ago, the Laerdal Tunnel opened between Laerdal and Aurland in Norway. At just over 15 miles long, it claims the distinction of being the longest road tunnel in the world. The average driver takes about 20 minutes to traverse its length. The tunnel has plenty of safety features: several man-made caves where drivers can pull off to rest, special lighting and a high-tech ventilation system are all features that help keep drivers alert and safe.

Recognition for Veterans

On Veterans Day, Nov. 11, America comes together to honor and thank veterans for their service in the nation's armed forces.

'America' Is One

How many words can you spell with the letters in "camaraderie"?



World's Oldest Map

Imago Mundi, the oldest known map of the world, is about the size of a cell phone. Experts believe the clay artifact is more than 2,000 years old, and it currently resides in the British Museum. The center of the map features the Euphrates River and the ancient city of Babylon.



Table Talk

Use the following questions to reminisce and share your family's customs at the dinner table.

- Did your family have any mealtime traditions when you were a child, such as Sunday dinners or special foods served on holidays and birthdays? Share your favorite stories.
- What was your favorite meal—breakfast, lunch or dinner? What foods were your favorites?
- Who prepared the meals? Did you help cook, set the table or clean up afterward?
- What did you talk about during meals, and who usually led the conversation?
- Did you continue your family's mealtime traditions as an adult?



Thanksgiving's Most Unwanted

Mashed potatoes, mac and cheese and rolls—just kidding. Here are Thanksgiving's five most disliked traditional dishes, according to a 2023 survey by "The Vacationer."

Cranberry sauce. More than 31% of respondents can't stand the stuff, but according to another survey by Ocean Spray, most Americans believe the controversial cranberries are still essential to any self-respecting traditional Thanksgiving meal. Even the sauce-haters probably have an opinion on another age-old dispute:

homemade or canned?

Sweet potatoes or yams. Almost 30% of surveyed eaters skip the sweet potatoes, whether roasted or blanketed with marshmallows.

Green bean casserole. Green means "no" for 28% of respondents when it comes to this traditional casserole dish. Here's another detail to debate: Are canned, frozen or fresh green beans best?

Turkey. More than 27% of Americans would rather pass on the notoriously fickle main dish, whether roasted, deep-fried or smoked.

Stuffing or dressing. Even the name of this food can be grounds for an argument! No matter what you call the breadly fare, more than 26% of respondents pass on this side dish.

American Cookbook Creators

Three women—Irma Rombauer, Mollie Katzen and Edna Lewis—changed American cooking, and their legacies are staples for both pantries and bookshelves.

Beginners on a budget. Novice and experienced cooks alike have found fresh ideas in "The Joy of Cooking" since it was first published in 1931. When the Great Depression began, recently widowed Irma Rombauer believed American home cooks needed a practical resource. Rombauer self-published the first edition of this iconic recipe collection with her own savings.

Vegetarian version. Mollie Katzen wrote, illustrated and self-published the first edition of "The Moosewood Cookbook" in 1974, which has since

become a foundational resource in vegetarian cooking.

Southern and seasonal. Renowned chef Edna Lewis broke her leg, and during her recovery, she traded her chef's knife for a pen to write "The Taste of Country Cooking" (1976). This seminal work on Southern cooking connects the recipes to the land and her own experiences being raised in Freetown, Va., a farming community founded by survivors of slavery.



Managers

Administrator	Jackie W.
Director of Nursing	Mckayla B.
Asst. DON	Michaela J.
Admissions	Ashley B. {A.J.}
MDS Nurse	Melissa A.
Social Services	Natasha S.
Activity Director	Kim H.
Business/HR	Sam
Medical Records/Supply ..	Amanda T.
Dietary	Di'Marie T.
Housekeeping	Ann B.
Maintenance	Lewie P.

Popular Pages: 'Treasure Island'

Nearly every familiar trait of pirates in film and literature came from this novel, written by Robert Louis Stevenson and published in 1883. This November marks Stevenson's 175th birth anniversary. Celebrate the writing legend's birthday with Long John Silver, the mutinous sailor at the center of this adventure. Silver has a talking parrot on his shoulder, walks with a wooden leg, utters iconic phrases such as "Shiver my timbers!" and uses a map marked with an X to find buried treasure. The book's hero, young Jim Hawkins, uses bravery and wits to outsmart Silver and his band of pirates after their ship lands on the mysterious Treasure Island.

The Art of Seasons

"Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all."
—Stanley Horowitz



Residents Birthday

11-7	Herb S.
11-15	Karen S.
11-17	Hazel E.
11-21	Gary S.
11-23	William B.

Staff Birthdays

11-15	Tammy B.
-------------	----------

Wild World: Great Horned Owl

The great horned owl is the most common owl in North and South America, and also one of the most recognizable, thanks to the feather tufts on its head that resemble horns or pointed ears. Their familiar "who-who" call is most often heard just after sunset or just before dawn. They nest in tree holes and stumps, caves, abandoned nests, and man-made structures such as bridges or barns. With a wingspan of 3 to nearly 5 feet, great horned owls are powerful hunters, eating a large variety of animals, including rabbits, squirrels, ducks and other birds. They have no natural predators and can live up to 15 years in the wild.

Wit & Wisdom

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."
—William Arthur Ward

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."
—John F. Kennedy

"Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you."
—Eileen Caddy

"Gratitude is one of the least articulate of the emotions, especially when it is deep."
—Felix Frankfurter

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."
—Melody Beattie

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November						1 National Alzheimer's Disease Month
2 National Deviled Egg Day	3	4	5	6 National Nacho Day	7	8
9  Caregivers Month	10 National Vanilla Cupcake Day	11 Veterans Day	12	13	14 National Pickle Day	15 
16 National Button Day	17	18	19 Breakfast Club	20	21	22
23/30	24	25	26 Thanksgiving Lunch With Family N Friends	27 Thanksgiving	28	29

"This Month In History"

NOVEMBER

1800: President John Adams and his family move in to the newly completed White House, then called the President's House.

1906: SOS is adopted as the standard distress signal at sea.

1910: Hailed as a monumental work of architecture, the Pennsylvania Station railroad terminal opens in New York City.

1922: The entrance to King Tut's tomb was discovered by archaeologist Howard Carter.

1924: The Boston Bruins make their debut as the first U.S. team in the NHL.

1939: In Hyde Park, N.Y., the cornerstone is laid for a library to preserve President Franklin D. Roosevelt's official papers. It was America's first presidential library.

1945: The first issue of Ebony magazine is published.

1959: On Broadway, the Rodgers and Hammerstein musical "The Sound of Music" opens.

1968: The Motion Picture Association of America introduces a rating system for movies.

1973: Britain's Princess Anne marries Capt. Mark Phillips at Westminster Abbey.

1989: L. Douglas Wilder of Virginia becomes the first African American governor elected in the U.S.

1993: Made up of 12 countries, the European Union is formally established.

2000: A crew of three arrives at the International Space Station and is the first to live and work at the research facility.

2008: Taylor Swift releases her second album, "Fearless." It would go on to be the most awarded album in country music history.

2013: Disney's animated movie musical "Frozen" premieres.