



# Friendship

## SALEM TERRACE

1851 Harrogate Drive • Salem, VA 24153 • (540) 444-0343

### LEADERSHIP TEAM

Brent Poff.....	Administrator
Ben Plunkett.....	Director of Marketing
Jennifer Matthews.....	Director of Nursing
Mary Jennings.....	Assistant Director of Nursing
Katie Moore.....	Program Director
Anton Stankov.....	Director of Dietary Service
Catherine Jordan.....	Lead Housekeeper
Dean McDaniels.....	Maintenance
Becky Blott.....	Administrative Assistant
Michelle Andrews.....	Administrative Assistant

### Upcoming Events!

Please join us for the following upcoming Holiday Events!

Thanksgiving Lunch 11/24

Salem Christmas Parade 6:30pm 12/2

Holiday Open House 4pm to 6pm 12/8

Christmas Lunch 12/25

New Year's Eve Dinner 12/31

Please Contact the Front Desk and RSVP for these special holiday events at (540) 444-0343



### November 2022



### A Harvest Gem

Bundles of dried corn cobs with colorful kernels are a familiar sight in fall displays. Called flint corn, this kind of corn is not eaten off the cob like sweet corn, but can be ground into cornmeal, made into hominy or sometimes popped. An heirloom variety of flint corn, called Glass Gem corn, has become a seasonal star due to its glistening rows of rainbow-colored kernels.

### Brainteaser

Question: What word is six letters long, but when you remove one letter, you're left with 12?

Answer: Dozens.

### Protect Your Sweaters

When hanging sweaters in a closet, choose wide, wooden hangers for heavier knits and slim, velvet hangers for lightweight cardigans. These will help prevent fabrics from stretching or slipping.



### Resident Birthdays

Edith Ferguson 11/3

Jerry Garrett 11/11

Linda Hayes 11/14

Harry Francis 11/15

Carolyn Stump 11/16

Elsie Dill 11/16

Lynn Carter 11/17

Mary Swope 11/17

Nina Byrd 11/21

### Employee Birthdays

Kimberly Steele 11/1

Briana Merritt 11/4

Churrell Childress 11/4

Ashley Nappier-Spinner 11/7

Jennifer Hughes 11/13



### Untying the History of Aprons

Many people's kitchen memories include tying on a much-loved apron before getting out the ingredients for a delicious home-cooked dish. This simple garment has served humankind for thousands of years.

The name "apron" evolved sometime in the 14th century from the French word *naperon*, meaning a small tablecloth. But humans had been wearing aprons long before that, whether for ceremonial purposes, to indicate status, or most commonly, to protect the body and other clothing from messy work.

Long associated with cooking and cleaning, as the uniforms of maids, butlers and chefs, the apron became a symbol of domestic bliss in the 1950s. Half-aprons were the fashionable choice, with a typical woman owning several to match different outfits. Switching from a working apron to a hostess apron was common, as was sewing seasonal aprons to wear for holiday dinners.

### Supporting Veterans Year-Round

Our country's military veterans have given so much to keep our freedoms alive. Show your gratitude and support with these ideas:

*Pay it forward.* Many people decorate their car or wear clothing to proudly declare their veteran status. If you see one of these folks at a restaurant or coffee shop, pay for their order or briefly thank them for their service.

*Share veterans' stories.* Talk to veterans in your circle about their experiences and record them so others can learn of their sacrifices. Encourage them to share their stories online at the Veterans History Project, and provide technical help if needed.

*Join a local organization.* Several veterans' groups have auxiliary memberships for people without military experience. Local chapters are the best resources for learning about what the community needs most and taking action.

*Support veteran-friendly businesses.* Shop at businesses owned by veterans or that make a point to hire veterans or support veterans' issues.





### From Our Ribbon Cutting Ceremony

### Recycling Matters

Every Nov. 15, America Recycles Day highlights the impact that recycling has on the environment and the economy.

Consider these statistics:

- About 30% of the waste produced in the U.S. gets recycled every year.
- Paper, including paperboard, is the most recycled material in the country.
- The recycling industry is responsible for 681,000 jobs and over \$37 billion in wages, according to the Environmental Protection Agency.

### Astronomical Achievement

Did you know that for more than 20 years, there has always been a human in space? On Nov. 2, 2000, the Expedition 1 crew—American astronaut William Shepherd and Russian cosmonauts Yuri Gidzenko and Sergei Krikalev—arrived at their new home for the next four months, the International Space Station. Since then, the station has hosted over 240 crew members from 19 countries, each typically spending six months aboard the station working on research projects.

## Team Member of the Month

**WINNER**  
Brian Stump- Dietary

## WOW Team Member In the Spotlight

**WINNER**  
Pam Blake- Nursing



### A Popular Plaid Pattern

The iconic uniform of lumberjacks and other outdoorsy types, the pattern known as buffalo plaid starts popping up everywhere as soon as cooler weather sets in. The black-and-red checkered motif has origins with Scotland's MacGregor clan, who wore a similar pattern called Rob Roy tartan that was brought to the U.S. during the 1800s, becoming a favorite of folks on the frontier. Still a fashion staple, buffalo plaid now covers a variety of home goods, from bedding to wall decor and wrapping paper.



# “This Month In History”

## NOVEMBER

**1876:** Yale defeats Princeton in the first college football game played on Thanksgiving.

**1935:** Departing from San Francisco, the China Clipper seaplane carries over 110,000 pieces of mail across the Pacific Ocean, arriving in the Philippines seven days later. The completion of the voyage marked the beginning of trans-Pacific airmail service and travel.

**1945:** The super-strong, spunky girl with the mismatched socks is introduced to readers when

Astrid Lindgren’s book “Pippi Longstocking” is published in Sweden.

**1963:** Priced at \$15.95, the Easy-Bake Oven debuts in toy stores. Half a million of the mini appliances were sold during the first year.

**1982:** The first Honda Accord rolls off the assembly line in Marysville, Ohio, making Honda the first Asian automaker to manufacture cars in the U.S.

**1993:** A football record is set when the Miami Dolphins defeat the Philadelphia Eagles, crowning head coach Don Shula the winningest coach in NFL history.

**2005:** Angela Merkel is sworn in as the first female chancellor of Germany.

**2019:** The iconic black leather outfit worn by Olivia Newton-John in the 1978 film “Grease” is auctioned off for \$405,700, with 100% of the proceeds donated to the actress’ cancer research organization.