Loafing Around



You may have discovered that baking homemade bread isn't always simple. 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 very 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.



A'Teryn Page- 1st
Megan Kuchinka- 2nd
Joan Dee- 11th
Keylee Culver- 14th
Shirley Carlson 15th
Becky King- 21st
Maggie Beaupre- 27th
Rosie Purfeerst- 28th
Nancy Forester- 29th
Braelynn Kenow- 29th
Lois Malecha- 30th

All in Your Head

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. Because selfies are ubiquitous these days, scientists have good reason to explore 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. The finished project doesn't have to be perfect; the fun lies in seeing yourself in a whole new way.



November 2026

Faribault Senior Living

843 Faribault Rd Faribault, MN 55021 | 507-331-6510 | www.faribaultseniorliving.com



Celebrating November

Memoir Writing Month

Diabetes Month

Inspirational Role Models Month

Fill Our Staplers Day
November 2

Use Your Common Sense Day
November 4

Dear Santa Letter Week
November 8–14

Go to an Art Museum Day
November 9

Veterans Day (U.S.) / Remembrance Day (Canada)
November 11

Apple Cider Day
November 18

Gingerbread Cookie Day
November 21

Thanksgiving Day (U.S.)
November 26

Small Business Saturday
November 28

From Kitty Hawk to the Stars

November is the perfect time to celebrate aviation. National STEM/STEAM Day on November 8 highlights the science and engineering behind flight; Veterans Day on November 11 honors those who have served in the U.S. armed forces; and National Aviation History Month recognizes the remarkable advances that have transformed the way we live.

The story begins on December 17, 1903, near Kitty Hawk, North Carolina. On that windy day, Orville and Wilbur Wright achieved the first sustained, controlled, powered flight of a heavier-than-air aircraft. Orville's first flight lasted just 12 seconds and covered only 120 feet, but it proved that powered flight was possible. Before long, the brothers were making longer, more controlled flights, laying the foundation for modern aviation.

Their achievement was much more than a mechanical breakthrough. It combined science, engineering, mathematics, and careful experimentation—exactly the skills celebrated during National STEM/STEAM Day. The Wright brothers tested hundreds of wing designs in a homemade wind tunnel and solved problems that had frustrated inventors for decades. Their success showed how persistence and innovation can turn an ambitious idea into reality.

Aviation advanced rapidly during the 20th century. Airplanes became increasingly important during World Wars I and II, serving in reconnaissance, transportation, rescue missions, and combat. Veterans Day is an opportunity to recognize the pilots, crews, mechanics, and support personnel whose service helped shape aviation history.

After the wars, commercial aviation expanded dramatically. Air travel connected distant places, boosted trade, delivered emergency supplies, and made international travel routine. The spirit of flight also paved the way for space exploration. Today's astronauts and aerospace engineers continue building on more than a century of aviation advances. National Aviation History Month reminds us that one 12-second flight at Kitty Hawk changed transportation, military history, and exploration forever.

Destination Mars



Mars is the fourth planet from the sun and our planetary neighbor. Named after the Roman god of war, it is also called the “Red Planet” because of its rusty, iron-rich surface. Many scientists believe Mars could someday become humanity’s next destination beyond the moon, and space agencies and private companies continue developing technologies to make that goal possible. Take some time on November 28, Red Planet Day, to learn about humankind’s Martian aspirations.

NASA has now been exploring Mars with robotic rovers for more than two decades. *Curiosity* continues studying the planet’s geology and ancient climate, while the newer *Perseverance* rover is collecting rock samples that scientists hope to return to Earth in the future. Researchers have found abundant evidence that liquid water once flowed across Mars, although today’s surface is too cold and dry for stable liquid water. Vast deposits of water ice remain frozen beneath the surface and at the polar ice caps.

Where there is water, there may once have been microbial life. Scientists continue searching for signs that Mars may have supported life billions of years ago. Meanwhile, space agencies around the world are studying how humans might one day live and work on the Red Planet. NASA, the European Space Agency, and others are testing new technologies, while Japan’s JAXA is researching robotic systems that could assist future explorers with construction, maintenance, and scientific work before astronauts arrive.

Elon Musk’s company, SpaceX, continues developing Starship, a massive spacecraft designed for missions to the moon and, eventually, Mars. Although the ambitious timelines once proposed have slipped, Musk still envisions establishing a self-sustaining settlement on the Red Planet. Mars remains one of the most exciting frontiers in space exploration.

Redheads Rule

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 percent 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), though 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.

Lights, Camera, *Casablanca*



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 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.

Pixar’s Big Break



In 1995, few people had heard of Pixar or the acronym *CGI* (computer-generated imagery). But after the release of *Toy Story* on November 22, 1995, audiences around the world witnessed a groundbreaking achievement in filmmaking. For nearly 60 years, animated feature films had relied on vast teams of artists drawing every frame by hand, but *Toy Story* became the first feature-length movie created entirely with CGI. Pixar accomplished this feat with a team of 27 computer animators.

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 fame purchased the small computer graphics company that would become Pixar from none other than George Lucas, the creator of *Star Wars*. The budding company employed a young director named John Lasseter, who created the animated short *Luxo Jr.* The film was only two minutes long, but it was a landmark in 3D computer animation. It earned an Oscar nomination, and the little desk lamp went on to become Pixar’s famous logo and mascot.

While Pixar’s history includes well-known figures like Jobs, Lucas, and Lasseter, countless engineers, artists, and programmers helped pioneer breakthrough after breakthrough in computer animation. *Monsters, Inc.* (2001) introduced remarkably realistic digital fur, while *Finding Nemo* (2003) pushed the boundaries of underwater animation with lifelike currents, bubbles, and lighting. Later films such as *Cars*, *Ratatouille*, *WALL·E*, *Inside Out*, *Coco*, and *Elemental* continued raising the bar for visual storytelling. Today, Pixar remains one of the world’s most influential animation studios, and the techniques it helped develop have transformed not only animated films but also live-action movies, television, streaming productions, and video games.

A Line Through Time

November 1 is a holiday celebrating an invisible line. At the Royal Observatory in Greenwich, England, that line, known as the prime meridian, was actually a strip of brass running down the sidewalk (now replaced by stainless steel due to wear and tear). Prime Meridian Day commemorates the International Meridian Conference, a meeting of 25 nations in 1884 to establish the line passing through Greenwich as the offfical 0° longitude marker and the baseline for the world’s time zones. 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.

Fridge Refresh



Poor refrigerators. They are one of the most important parts of the kitchen—they keep our food fresh, after all—but we pay little attention to them 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 its 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. 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 the fridge a few hours to chill, and restock it. Does it still smell? Add an opened box of baking soda to improve the odor.

Contact Us

Main Line: 507-331-6510
Fax: 507-331-7252

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Monday-Friday
8:00am-4pm

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sarahv@faribaultseniorliving.com

Assisted Living Director
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Director of Clinical Services
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Activities Coordinator
Donna Boyer
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FSL Monthly Blood Pressure Clinic

Friday, November 20th

9a – 11a

2nd Floor- Outside Community Room

Come see our nursing team to have your vitals and weight checked!!





The Loft Salon on 3rd

(Open by Appointment)

Kathryn #: 507-838-0492

Hello, from Kathryn! Set up your hair, manicure, or Pedicure Services!

Please let the salon know if you will not be coming

What is there to do at Faribault Senior Living?

As the weather gets cooler, we will be spending more time indoors.

Take a tour of the building and get to know what there is to offer!

A variety of activties are offered daily.You will receive a new calendar each week at your door. Hang it up somewhere you can see it each day. If you need another, they are at the Activities office on the first floor next to Nursing Office.

- **-1 (Basement level):** Exercise Room, Vending Machine, Maintenance Office, Garage parking access
- **1st Floor (Main):** Lounge, Dining Room, Front Desk, Activities Office, Admin Offices, Nursing Office, Back Patio (through the dining room), Front parking lot, "Reflections" Living Area
- **2nd Floor:** Community Room *(Room can be reserved for parties/gatherings)*
- **3rd Floor:** Hair Salon *(Call Kathryn for appt. 507-838-0492)*
- **4th Floor:** Movie Theater & Craft Room

If you need help navigating, you can ask staff, or your neighbors and we will help you find your way.

A Friendly Reminder

Assisted Living residents, when leaving for an appointment, paperwork for you to take is located in black hanging basket above resident sign out *(Near Front Desk).* Papers will be in an envelope with your name on it.

- Please see Chris at front desk before entering offices, as we may be busy or on the phone.
- Post your weekly Activities calendar where you can see it. Try something new this month!
- In the interest of building safety and security, residents should not open doors for people they are unfamiliar with. Visitors may contact a staff member for entry
- Offices close at 4:30p Monday-Friday and all day on weekends if you are needing assistance please push your pendant, as any voicemails left for office staff will not be received/answered until the next business day.

FSL WIFI

Username: FSL Family
Password: Smiles@843!

New Neighbors

105- Barbara Reuvers

224- Mary Ann Thomas

307- Don Lacek

421- Eileen Voracek

Home Sweet Home

In our home, Love, Laughter, and Friendship are always welcome.

Employee Anniversaries

Ateryn Page- *November 9th*
3 years

Peggy VanThomme- *November 18th*
5 years

Kim Perry- *November 28th*
8 years

Thank you for all the time, care, and effort you give to make FSL a WONDERFUL place to live and work.

Helpful Phone Numbers for Seniors

Buckham Memorial Library 334-2089	**Meals on Wheels** 800-277-8418 ext. 328
Fashions on Central 334-9242	**Rice County Public Health** 332-6111
Faribault City Hall 334-2222	**Rice County Social Services** 332-6115
Faribault Community Center 334-2064	**Senior Companion Program** 330-1867
Faribault Senior Center 332-7357	**Senior Dining** 332-7680
Hiawathaland Transit– bus system 866-623-7505	**Senior LinkAge Line** 800-333-2433
Veterans LinkAge Line 888-546-5838	**Social Security** 800-772-1213

FEELING LONELY?



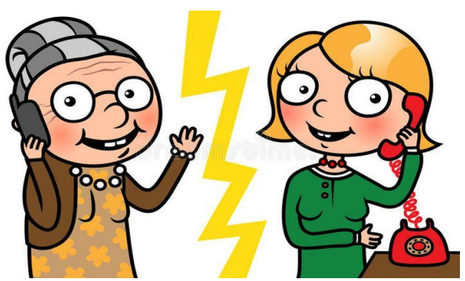
Senior Friendship Line

800-971-0016

The Institute on Aging offers a **Senior Friendship Line** that anyone can call toll free.

The friendship line is available 24 hours a day and you can both call in whenever you like and receive calls from them.

The people on the other end of the line will provide emotional support, check in on your well-being and provide any needed counseling. The main goal of the line is suicide prevention, but it can be a resource worth trying out when you feel lonely, even if you're not at risk of suicide.



DAYLIGHT SAVING TIME ENDS

Sunday, November 1, 2026

FALL BACK!



Remember to turn your clocks back one hour before going to bed Saturday night, October 31.

Enjoy the extra hour!

IMPORTANT NOTICE

FSL will no longer be able to provide change for large bills ($20, $50 or $100).

Please bring smaller bills ($1, $5 or $10) for the General Store and other items.

If your family brings you money, please ask them to bring smaller bills ($1, $5 or $10).

Thank you for your understanding!

NEW INSURANCE CARDS?

If you receive a new insurance card, please bring it to Chris at the front desk so we can make a copy.

This helps us keep the correct information in your FSL file.



Thank you!

THANKSGIVING
MENU

APPETIZER
Whole Berry Cranberry Sauce

HOLIDAY MEAL
Roasted Turkey
Mashed Potatoes with Gravy
Stuffing
Green Bean Casserole
Dinner Roll

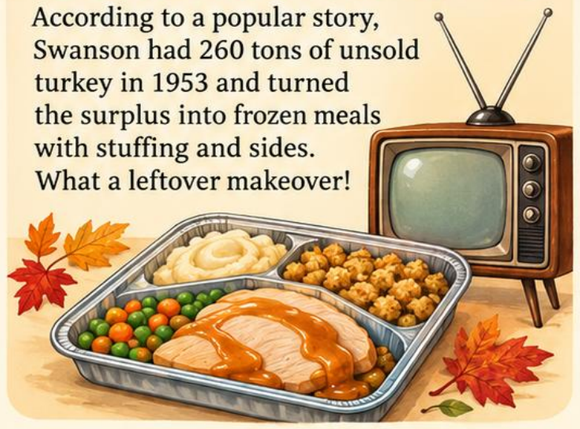
DESSERT
Pumpkin Pie or Pecan Pie

MEAL CHARGES
Resident meal: $17.00
No extra charge for residents on a noon meal plan.
Guest meal: $17.00 per guest

Limit of 2 guests per resident.

THANKSGIVING FUN FACTS
A little holiday food for thought!

TURKEY & TV DINNERS
According to a popular story, Swanson had 260 tons of unsold turkey in 1953 and turned the surplus into frozen meals with stuffing and sides. What a leftover makeover!



A WILD PARADE
The first Macy's Thanksgiving Day Parade in 1924 featured animals from the Central Park Zoo. Giant character balloons joined the parade in later years!



COLORFUL TURKEYS
A turkey's bare head can change color, appearing red, white or blue depending on its mood.



PUMPKIN PIE WITHOUT THE PIE
An early New England recipe filled a hollow pumpkin with sweetened, spiced milk and cooked it in a fire.



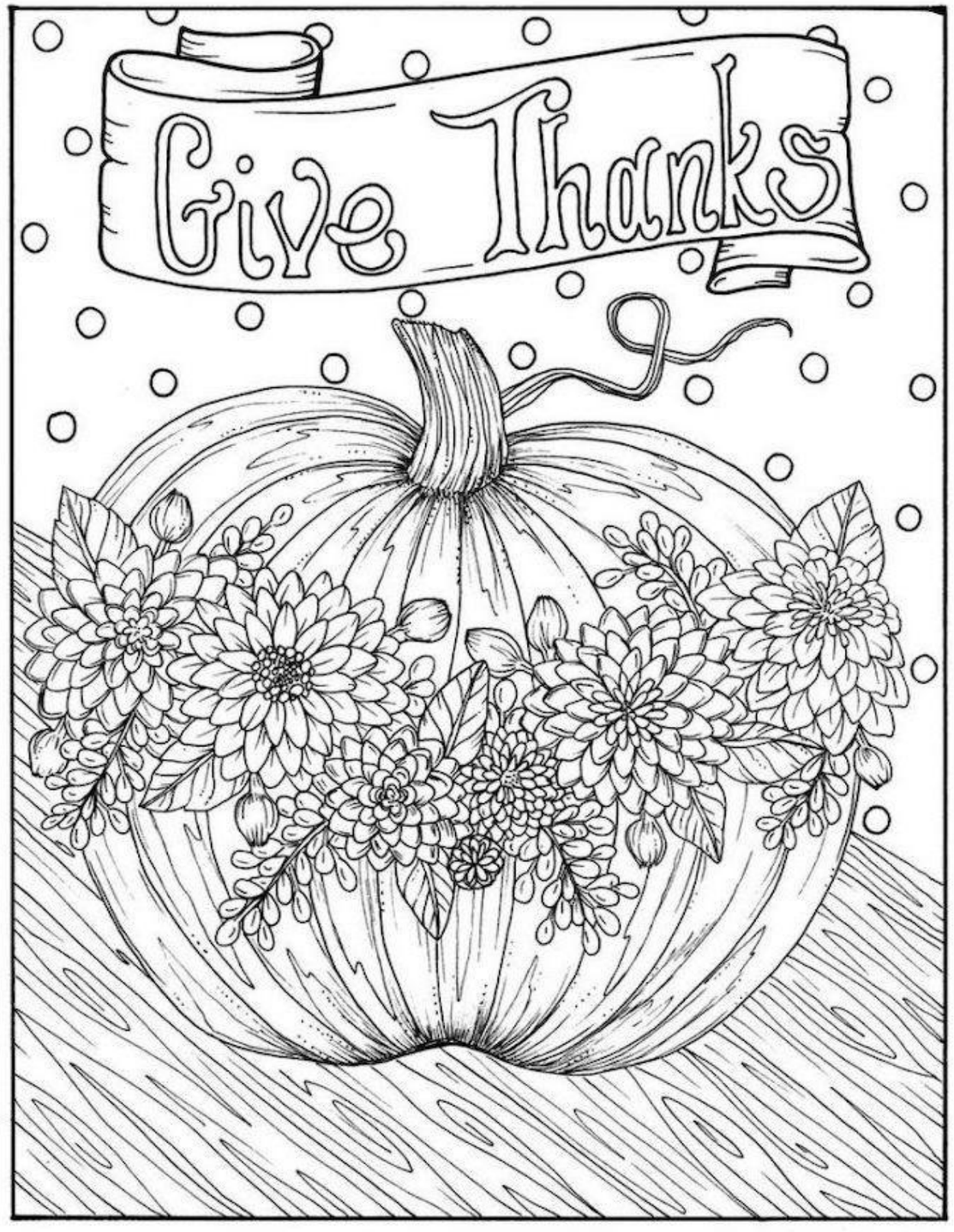
Happy Thanksgiving!

Thanksgiving Word Search

Give Thanks

J	M	I	O	X	T	L	E	F	T	O	V	E	R	S	Y	N
P	D	A	J	K	S	F	D	T	R	A	G	S	E	L	G	G
W	J	I	S	W	Y	G	M	H	W	V	W	C	I	L	K	R
F	Z	D	N	H	H	M	N	E	T	E	U	M	K	A	U	A
R	M	G	T	N	E	R	J	I	E	A	A	R	R	B	M	T
A	W	G	I	L	E	D	O	T	S	F	H	F	Q	T	T	I
I	J	R	F	B	X	R	P	Y	T	S	G	J	F	O	H	T
P	N	A	E	V	S	O	R	O	W	E	E	O	M	O	A	U
O	U	V	A	P	T	R	E	O	T	I	V	L	B	F	N	D
C	T	Y	S	A	E	J	D	X	L	A	S	B	B	Z	K	E
U	T	B	T	B	Q	K	I	R	J	L	T	H	N	H	F	W
N	T	O	N	U	R	Q	C	J	Z	V	S	O	B	T	U	Q
R	U	A	L	L	Y	M	E	Q	H	A	N	Q	E	O	L	N
O	R	T	M	A	Y	F	L	O	W	E	R	M	T	S	N	L
C	K	Z	H	P	U	M	P	K	I	N	P	I	E	R	S	E
M	E	L	X	A	D	H	P	G	P	I	L	G	R	I	M	S
F	Y	P	T	M	P	F	A	N	S	T	U	F	F	I	N	G

Apple Cider
Blessings
Cornucopia
Cranberry Sauce
Dinner Rolls
Family
Feast
Football
Gratitude
Gravy Boat
Leftovers
Mashed Potatoes
Mayflower
Pilgrims
Pumpkin Pie
Stuffing
Sweet Potato
Thankful
Turkey
Wishbone



Faribault Senior Living's CHILI COOK-OFF RESULTS

1st Place — Rachel

2nd Place — FSL Kitchen

3rd & 4th Place (Tie) — Calista & Jenafer

5th Place — Sarah

6th Place — Asia

7th & 8th Place (Tie) — Heather & Donna

Thank you to everyone who participated!

Faribault Area HOSPICE FOUNDATION

41st Annual

Light Up a Life

TREE LIGHTING CEREMONY

A Fundraiser for the Faribault Area Hospice Foundation

NEW LOCATION!

West Lawn of the Rice County Courthouse

Monday, December 7th at 7:00 PM

Social starts at **6:40 PM**
featuring the Beau Chant Choir & refreshments

$10 PER LIGHT

Honor the memory of your loved ones by sponsoring a light!

PURCHASE A LIGHT:

- Scan the QR code
- Mail in form on the back of this flyer
- Or visit www.faribaultareahospicefoundation.org

LIGHT ORDER FORMS AVAILABLE AT STATE BANK OF FARIBAULT AND IN THE HOSPITAL LOBBY.

The Faribault Area Hospice Foundation is a 501c3 organization formed in 2014. The Foundation provides financial support for patients facing financial hardship that are receiving care from any hospice organization in the Faribault area, for comfort care, specialized therapies, room & board support, and extra patient needs not typically covered by insurance or hospice.

Lighting provided by **Rojas All Pros**