



**Kutz**  
SENIOR LIVING CAMPUS

**Lodge Lane**  
ASSISTED LIVING & MEMORY CARE

Lodge Lane Assisted Living · 1221 Lodge Lane Wilmington, DE 19809 · 302-757-8100



## Celebrating November

**Novel Writing Month**

**Gratitude Month**

**Inspirational Role Models  
Month**

**All Saints' Day**  
*November 1*

**Love Your Red Hair Day**  
*November 5*

**Birthday Dinner**  
*November 8*

**World Kindness Day**  
*November 13*

**Mickey Mouse Day**  
*November 18*

**Thanksgiving Day**  
*November 22*

## When You Wish Upon A Bone

One of the oldest Thanksgiving traditions still popular today is the ritual of breaking the turkey wishbone. Mythologists say that the wishbone is actually the third part of a unique Euro-American lucky charm triad. The other two lucky charms are the horseshoe and the four-leaf clover—but those are discussions for another day. Ever wonder where the wishbone tradition came from? It all started with the ancient Romans, who pulled apart chicken clavicles—formally known as the bird's furcula—in hopes of achieving good fortune. It was believed that the birds were oracles that could predict the future and preserving this bone would allow people access to the chicken's mystical powers even after eating it. According to legend, the custom evolved into breaking the bone into two because of good old fashioned supply and demand; there simply weren't enough wishbones to go around. Are you wishing for a delicious Thanksgiving meal this November? You won't need to make a wish on a bone for that to come true. Join Loge Lane November 25th at 12:00pm for a great Thanksgiving Day lunch. **Please call the front desk at 302-757-8100 to make reservations by November 15<sup>th</sup> 2018.**

## They Did Their Share

On Veteran's Day we honor; Soldiers who protect our nation. For their service as our warriors; They deserve our admiration.

Some of them were drafted;  
Some were volunteers;  
For some it was just yesterday;  
For some it's been many years;



In the jungle or the desert, On land or on the sea,  
They did whatever was assigned: To produce a victory.  
No matter what the duty, For low pay and little glory,  
These soldiers gave up normal lives, For duties mundane and gory.

Let every veteran be honored; Don't let politics get in the way. Without them, freedom would have died;  
What they did, we can't repay.  
We owe so much to them, Who kept us safe from terror,  
So when we see a uniform, Let's say "thank you" to every wearer.



## November Events

Delaware Dementia Conference  
November 14, 2018  
8:00am- 4:30pm

**See Melissa in Marketing for more details.**

Location:  
Dover Downs Conference Center  
Dover Downs  
1131 N DuPont Hwy  
Dover, DE 19901

## Election Day

Delaware uses technology to improve the delivery of election services to the State's voters. The state's iVote voter portal is a "one-stop location" where Delaware voters can register to vote, update their voter registration, find their polling place, view their sample ballot, request an absentee ballot, and much more at their convenience. The iVote system operates 24/7/365. Get out and vote! Delaware's General election is November 6<sup>th</sup> 2018.



## Featured Photo



Our ladies at Lodge Lane are getting creative as they decorate a pumpkin for our pumpkin decorating contest.

## Daylights Saving Time Fun Facts

While twins born at 11:55 p.m. and 12:05 a.m. may have different birthdays, Daylight Saving Time can change birth order -- on paper, anyway. During the time change in the fall, one baby could be born at 1:55 a.m. and the sibling born ten minutes later, at 1:05 a.m. In the spring, there is a gap when no babies are born at all: from 2:00 a.m. to 3:00 a.m. In November 2007, Laura Cirioli of North Carolina gave birth to Peter at 1:32 a.m. and, 34 minutes later, to Allison. However, because Daylight Saving Time reverted to Standard Time at 2:00 a.m., Allison was born at 1:06 a.m. Daylight savings time ends on November 4<sup>th</sup> 2018. Don't forget to set your clocks back an hour.



## Hat Trick

Don't let your head go bare on November 25—it's International Hat Day! Certainly, a baseball cap can fit the bill on this holiday, but why not explore some more exotic and symbolic fashions? The fancy, floppy wool *beret* is instantly recognizable as French. It began as a hat worn by the poorest classes, such as farmers and artists. The wide-brimmed *sombrero* may be synonymous with Mexico, but hats like this were worn by horsemen in Mongolia as far back as the 13th century. If you feel a chill in the air, then opt for the Russian *ushanka*, the cylindrical fur hat with earflaps that can be tied up over its crown. The modern *ushanka* can be traced to the Russian Civil War when the ruler of Siberia ordered a winter hat be issued as part of the standard uniform.. Choose your hat wisely, for hats from any country are rich in both history and symbolism. What does your hat say about you? Don't be shy wear your best hat November 25th for Hat Day.



## November's Super Food: Cranberries

We know cranberry sauce as a staple at the holidays, but cranberries are a superfood that you should enjoy all year round.

Cranberries have vitamin C and fiber, and are only 45 calories per cup. In disease-fighting antioxidants, cranberries outrank nearly every fruit and vegetable--including strawberries, spinach, broccoli, red grapes, apples, raspberries, and cherries.

One cup of whole cranberries has 8,983 total antioxidant capacity. Only blueberries can top that: Wild varieties have 13,427; cultivated blueberries have 9,019. While they are available frozen year-round, in fall and winter you can buy cranberries fresh. Fresh cranberries stored in a tightly-sealed plastic bag in the refrigerator will last up to two months. But be careful: If one starts to get soft and decay, the others will, too--so remove soft ones before you store them. Cooked cranberries can last up to a month in a covered container in the fridge. Try out this delicious cranberry recipe.

## Cranberry Cobbler

### What You'll Need

- 3 cups fresh cranberries
- 1 1/2 cups sugar, divided
- 1/2 cup chopped walnuts
- 2 eggs
- 3/4 cup all-purpose flour
- 1/2 cup (1 stick) butter, softened and cut into pieces

### What to Do

1. Preheat oven to 325 degrees F. Coat a 9" deep-dish pie plate with cooking spray, then spread cranberries over the bottom.
2. Sprinkle cranberries with 3/4 cup sugar and walnuts; stir with a spoon until evenly combined then flatten mixture with the spoon.
3. In a large bowl, beat eggs until fluffy. Gradually add remaining 3/4 cup sugar then gradually add in flour, mixing well. Slowly beat in butter until thoroughly combined and smooth then spread batter over cranberries.
4. Bake 55 minutes, or until entire crust is brown. Serve hot or cold.

## November Birthday Babies

Miriam G. Nov 02  
 Sharlene F. Nov 07  
 Cynthia S. Nov 07  
 Danielle S. Nov 10  
 Steven K. Nov 11  
 Amanda S. Nov 14  
 Lillian K. Nov 15  
 Tonyia G. Nov 17  
 Amanda M. Nov 19  
 Mary C. Nov 28  
 Carlene H. Nov 29

## Celebrity Birthdays

Daniel Boone (frontiersman) – November 2, 1734  
 Roy Rogers (cowboy) – November 5, 1911  
 Grace Kelly (actress) – November 12, 1929  
 Rock Hudson (actor) – November 17, 1925  
 Chester Gould (cartoonist) – November 20, 1900  
 Jamie Lee Curtis (actress) – November 22, 1958  
 Joe DiMaggio (athlete) – November 25, 1914  
 Tina Turner (singer) – November 26, 1939  
 Randy Newman (singer) – November 28, 1943  
 Samuel Clemens (writer) – November 30, 1835

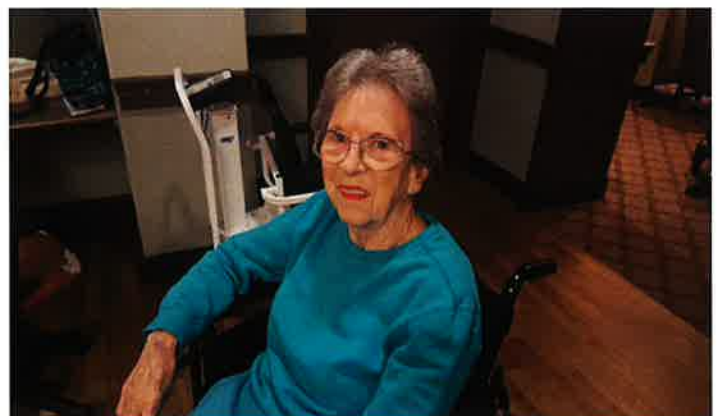
## Deli Days

**Lodge Lane Deli Hours**  
**Tuesdays and Thursdays**  
**Noon- 1:30 p.m.**

**Serving Deli Sandwiches & Sides**  
**Cash Purchases Only**

**Please see the Front Desk for current pricing**

## Featured Photo



Mrs. Barbara is smiling for the camera and looking glamorous after our "Day of Beauty."

Your Return Address  
Street Number and Name  
City, State ZIP Code

Postage  
Information

Your Mailing Address  
Street Number and Name  
City, State ZIP Code

## Lodge Lane Staff Email Addresses

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- George Black, Director of Community Works
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## Words of Wisdom

“If your heart has peace, nothing can disturb you.”

-*Dalai Lama*

“Wherever you go, no matter what the weather, always bring your own sunshine.”

-*Anthony J. D'Angelo*

“If you are always trying to be normal, you will never know how amazing you can be.”

-*Maya Angelou*

“We see the world, not as it is, but as we are - or, as we are conditioned to see it.”

-*Stephen Covey*

“Any morning the good Lord lets you open your eyes that's a day He has something for you to do.”

- *Author Unknown*