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.

November Birthdays

Those born between November 1–21 are Scorpios. Scorpios are passionate and assertive leaders who value honesty and fairness above all. Betray a Scorpio and suffer the scorpion sting, but befriend a Scorpio, and you will have a friend for life. Those born between November 22–30 are Archers of Sagittarius. Confident and lucky, Archers often find success. Their infectious enthusiasm attracts friends to help them achieve their ambitious and lofty goals.

Marie Antoinette (queen) – Nov. 2, 1755
Art Carney (actor) – Nov. 4, 1918
John Philip Sousa (conductor) – Nov. 6, 1854
Carl Sagan (astronomer) – Nov. 9, 1934
Jonathan Winters (actor) – Nov. 11, 1925
Petula Clark (singer) – Nov. 15, 1932
Mickey Mouse (cartoon) – Nov. 18, 1928
Boris Karloff (actor) – Nov. 23, 1887
Tina Turner (singer) – Nov. 26, 1939
Jimi Hendrix (musician) – Nov. 27, 1942
Mandy Patinkin (actor) – Nov. 30, 1952

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.

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Beach Creek Post-Acute

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Celebrating November

Diabetes Month
Inspirational Role Models Month

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

Apple Cider Day
November 18

Thanksgiving Day (U.S.)
November 26

Facility Events

Friday Jams & Donuts
November 6th & 20th

Puppy Party!
November 10th

Veterans Day Remembrance
November 11th

Resident Council Meeting
November 25th

Thanksgiving Celebration
November 26th

Birthday Bash
November 27th

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.