

Events:

Regular Events

Social Hour w/ Live Entertainment
Every Day at 4 PM

Tai Chi with Rafael

Every Sunday at 10:30 AM

Sculpture Class with Norberto

Saturday 1, and 22 at 10:30 AM

Art and You (Art Class)

Tuesdays & Saturdays at 1:30 PM

Hot Topics with Fayanne

Every Thursday at 2 PM

Shabbat Shalom w/ Eliezra & Eugene

Fridays at 6pm (New time) -Dining Room

Errands: Fridays at 1 PM **(Please sign up)**

Chair Yoga with Janet

Every Saturday at 10 PM

Meditation Class with Janet (new)

Mondays at 11 AM

This Month's Wednesday Outings

11/5 Broward Mall / Hobby Lobby

11/12: Lunch at Flanigans

11/19 Diners Cub: Tropical Acres (4:30pm)

11/26: Lunch and Play Hard Rock

(Please sign up at in front of Concierge's Desk)



| | | | |
|--------------------------|--|-----------------|---------------------|
| advathanksnce | summer chicken fall chicken winter chicken | FRIDAY | home about it |
| 1. _____ | 2. _____ | 3. _____ | 4. _____ |
| E E T T A A D D | home \$0.00 | chifoxcken coop | IBIRNEJALID |
| 5. _____ | 6. _____ | 7. _____ | 8. _____ |
| ALL PLACE | FAMALLILY | feet feet | Anew |
| 9. _____ | 10. _____ | 11. _____ | 12. _____ |

1. Thanks in advance 2. No spring chicken 3. Black Friday 4. Write home about it's. Up to date 6. Home free 7. A fox in the chicken coop 8. Sliced bread 9. All over the place 10. All in the family 11. Two left feet 12. A new slant

Upcoming Events

Special Movie:

Overture to Glory

Monday, 11/3 at 2 PM

FIU Lifelong Learning Institute:

Sir Arthur Conan Doyle: Beyond Sherlock Holmes

By: Lauren Radick -Monday, 11/5 at 2 PM

Veterans Day Salute

with VFW 8195

Tuesday, 11/11 at 2 PM

Short Story Circle With Marilyn & Glenda

Wednesday, 11/12 at 2 PM

Newcomers Lunch:

Tuesday, 11/18 at 12 PM

Resident Council Meeting:

Tuesday, 11/18 at 2 PM

The Plaza Bucks Auction

Wednesday, 11/19 at 2:30PM

Family Night W/ Moments Hospice

Thursday, 11/20 at 6 PM

FIU Lifelong Learning Institute

The Hills Are Alive: The Von Trapps and the Sound of Music with: Sylvia Gurinsky

Monday, 11/24 2 PM

Town Hall Meeting

With Executive Director & Department Heads

Tuesday, 11/25 at 2 PM

Sock Hop Birthday Bash

Tuesday, 11/25 at 3:30 PM

You Be the Judge with Ed D.

Wednesdays:

11/5 and 11/26 at 2 PM

Thanksgiving Day Brunch

Thursday, 11/27 at 11:30 AM



November got its name from the Latin word *novem*, which means "nine." The month was originally the ninth month in the Roman calendar. The earliest Roman calendar consisted of 10 months and 304 days. It was the Roman ruler Numa Pompilius who added January and February to the beginning of the year. Though the Roman senate attempted to rename the month on several occasions, no new name could be decided upon. Hence, the name November. stuck.

Honoring Our Veterans at The Plaza at Parksquare

Today, and every day, we extend our deepest gratitude to the brave men and women who have served our nation. Your courage, sacrifice, and dedication to protecting our freedoms inspire us all.

Here at **The Plaza at Parksquare**, we are proud to have such remarkable veterans among our residents, individuals whose strength, integrity, and compassion continue to enrich our community. Your stories remind us of what it truly means to serve with honor and to live with purpose.

From all of us at The Plaza, thank you for your service and for the example you set for generations to come. We salute you today and always.

With heartfelt appreciation,
The Plaza at Parksquare Team!



Your Community Staff

Felix Johnson
Executive Director

Jodi-Ann Coombs
Director of Administration

Barry Ger
Director of Sales & Marketing

Dorinda Caamano
Director of Resident Care

Philip Siino
Director of Food Service

Brenda Siino
Director of Activities & Transportation

Rita Collazo
Director of Resident Relations

Milourine Orange
Dining Room Manager

Michael Pena
Director of Maintenance & Housekeeping

From the Executive Director



Dear residents and families,

Happy November. Autumn is here, and the weather will continue to get nicer and nicer! As we enter the last month of our hurricane season, we continue to stay vigilant with all our preparedness.

I have a few important items to share with you below as we approach the numerous holidays ahead. I sincerely hope my tone is appropriate, I'm trying to convey this information to you as delicately as possible. Ultimately, I serve you – and I have about 100 staff to help me always serve you to the highest standard.

Brenda has done a great job celebrating the holidays and come up with dozens of activities to keep our community cheerfully entertained. We have many more holiday celebrations over the next couple of months. Please make sure to follow the guidelines for reserving accommodations for your family and friends at these events as well as with dining. We strive to accommodate everyone, so please plan ahead. If you are requesting a large party, the sooner the better will be very appreciated. We did clarify an important aspect of our daily Social Hour in the Bistro. There are truly no bad seats in the Bistro, but we have a few guidelines to try and please our residents and still accommodate their family and visiting friends. If you are anticipating more than one guest, please contact us ahead of time so we can find you an area off to the side a bit but still close. We really can't reserve any seating during Social Hour. It's a first come, first served basis but when you call in advance, we will be more likely to have a seat for you with your loved one. To recap our guidelines for private duty aides, they are expected to remain in close proximity to the residents – visual sight – at all times. They are generally not going to be seated in the resident areas with the residents unless this has been discussed and authorized by me or a designated department head in advance due to medical necessity. Private duty personnel and Plaza personnel will not be utilizing any resident areas alone. Please talk with me or a department head if you have any questions.

We have extended the dining room hours for dinner, starting on Monday – November 3rd. The new dining room hours include opening at 4:30PM. We are opening 30 minutes early in an effort to ease the seating availability as well as to accommodate the residents who enjoy an early dinner. The dining room will remain open until 7PM...no change on the closing time. Dinner hours will be 4:30PM - 7:00PM.

Our 10th Floor – Concierge Floor, is for residents on the 10th floor and their families/guests only. If you wish to be on the waitlist for an apartment on the 10th floor, please see Barry or Wendy for the details.

We have common areas on the 1st, 2nd & 4th floor available for all residents and their visiting families/guests.

Please remember that all visitors are welcome, but they are to be with the resident during their stay. This is a regulated requirement for the safety of all residents.

I look forward to seeing you all soon at our daily activities!

Respectfully,

Felix Johnson

November Happenings

Happy Birthday

Jack F. 11/10
Shirley K. 11/12
Tamara Y. 11/12
Arlene L. 11/13
Leon F. 11/23
Norma R. 11/24
Linda Z. 11/28
Lorraine G. 11/29



Welcome to the Plaza's Family

Armand V.
Rosa H.
Norma R.



Zodiacs

Scorpio (The Scorpion)
November 1–21
Sagittarius (The Archer)
November 22–30



What is Lucky this Month?

Lucky Colors: Brown and Gray
Lucky Animal: Moose
Lucky Letters: G and V
Lucky Day: Thursday
Lucky Plant: Squash

Flower – Chrysanthemum
Birthstone – Yellow Topaz
Tree – ZZ Plant

Special Days

All Saints' Day
November 1
Election Day (U.S.)
November 4
Remembrance Day (Canada)
November 11
Veterans Day (U.S.)
November 11
Thanksgiving (U.S.)
November 27

Did You Know?

The next time Thanksgiving falls on November 27 will be in 2031.

November Celebrations Around the World

While Americans eat turkey, stuffing, and pumpkin pie each November, people around the world have their own traditions this month.

England: Bonfire Day Also called Guy Fawkes Day, Bonfire Day marks the failed assassination of England's King James I, more than 400 years ago. Each November 5, the people of the UK celebrate with revelry and bonfires.

Argentina: Día de la Tradición *Día de la Tradición* ("Day of Tradition"), on November 10, is an annual celebration of *gaucho* (cowboy) culture and the birthday of Argentine poet José Hernández, whose work explored gaucho life.

Germany: Narrentag *Narrentag*, or Fool's Day, is a day of revelry that marks the beginning of Carnival season. Narrentag celebrations begin each November 11 at 11:11 a.m.

Japan: Shichi-Go-San This yearly festival is held on November 15 to celebrate the growth and well-being of young boys and girls. *Shichi-Go-San* means "seven-five-three" in Japanese, honoring the healthy development of children at those critical milestone ages.

Name of the Month

What is it about the name Rogers in November? The name is shared by many celebrities born this month. There's Will Rogers, one of the most famous satirists of the 1920s and 1930s; he was born November 4, 1879. Roy Rogers, the famous singing cowboy and actor, was born November 5, 1911. Kenny Rogers, the baseball pitcher who once pitched a perfect game (not the country music star), was born November 10, 1964. George Rogers Clark, the American Revolutionary War general known as the "Washington of the West," was born November 19, 1752. Baseball pitcher Buck Rogers was born November 5, 1912, and the first radio broadcast of *Buck Rogers in the 25th Century* aired on November 7, 1932. If you know anyone who's expecting a baby in November, suggest the name Rogers. It just may be the perfect name for a November baby.



**Don't forget to set your clocks back one hour
Sunday, November 2, 2025—12am**

Five Fascinating Facts About Hearing and Hearing Loss

Stop for a moment and notice what you hear. Really pay attention. Beyond the likely suspects of people talking or the volume of the television, what's going on in the background? Can you hear traffic? Is the neighbor's dog barking? Are any of your appliances humming along?

Truth be told, much of your hearing is on autopilot. Our brain is processing the sounds our auditory system collects as automatically as we inhale and exhale. In fact, how we hear is a fascinating and, sometimes mysterious, process. So, in honor of hearing enthusiasts everywhere, here are five things you may not know about hearing and hearing loss.

1. Many people with hearing loss struggle to hear birds

When people get hearing aids, they often realize they hadn't been hearing birds for a long time. That's because birdsong is almost always high-pitched and squeaky. It's these high-pitched sounds that are hard to hear for most people with age-related and noise-related hearing loss. Medically, it's known as "high-frequency hearing loss."

2. Noise damages tiny 'hair' cells in your inner ear

You cut and style the hair that grows on your head; sometimes the hair on your arms and the back of your neck stands up on end when you're feeling uneasy—but did you know you have a completely different set of sensory hair cells in your inner ear that are responsible for how you hear?

Also known as stereocilia, the hair cells in the inner ear receive sound vibrations from the outer ear and change them into electrical impulses that they send to the brain along the auditory nerve. These hair cells—approximately 16,000 of them—are rolled up like a carpet inside your cochlea.

Many things can damage these delicate hair cells, but noise-induced hearing loss (NIHL) is one of the most common—and preventable. Hearing healthcare professionals agree: If you can limit your exposure to noise louder than 85 decibels, you can minimize the permanent damage to the hair cells of the inner ear. (In other words, turn down the volume and use hearing protection if you have noisy hobbies, such as hunting or woodworking.)

3. Your left and right ears handle sound differently

Scientists have discovered that the left and right ears process sound differently. The right ear responds more to speech and logic while the left ear is more tuned in to music, emotion and intuition. Scientists believe it's because speech is processed primarily in the left hemisphere of the brain, while music (and other creative functions) are processed in the right hemisphere.

This may explain why those with greater hearing loss in the left ear may have trouble understanding friends' and family's emotional issues while those who have greater hearing loss in the right ear seem to lose some of their ability to sort things out.

However, having differing levels of hearing loss in your ears can be a sign of a medical problem. This is known as asymmetrical hearing loss.

4. Hearing loss can make you tired and fatigued

If you find you're tiring more easily than you used to, it may not be your age—it might be hearing loss. Remember the automatic listening mentioned at the beginning of this article? When you have hearing loss, you have to concentrate more to understand what you're hearing. You may even be guessing what people are saying by reading lips, facial expressions and body language. In fact, a study by the Better Hearing Institute estimates that untreated hearing loss costs the United States \$56 billion each year in lost productivity at work, much of which can be blamed on hearing loss fatigue. A survey by the Danish Institute for Social Research found that as many as one in five people with hearing loss stop working altogether. Of those who do work, 15 percent are too tired at the end of the day to pursue leisure activities.

Fortunately, hearing aids can reduce hearing loss fatigue. When the sounds in your environment are amplified, it takes less effort for you to hear speech and other sounds. Today's technology makes it even easier. Many hearing devices have features which isolate and amplify the sound you want to hear while significantly reducing or removing background noise.

5. Hearing loss can shrink your brain

Hearing loss is a form of sensory deprivation. When the brain is deprived of auditory stimulus, it undergoes changes and can lead to brain atrophy. As audiologists are fond of saying, "use it or lose it." Once auditory deprivation has set in, it becomes more challenging (but not impossible) to relearn the sounds you stopped hearing. Sometimes all it takes is a new pair of hearing aids, but sometimes additional auditory therapy may be needed.

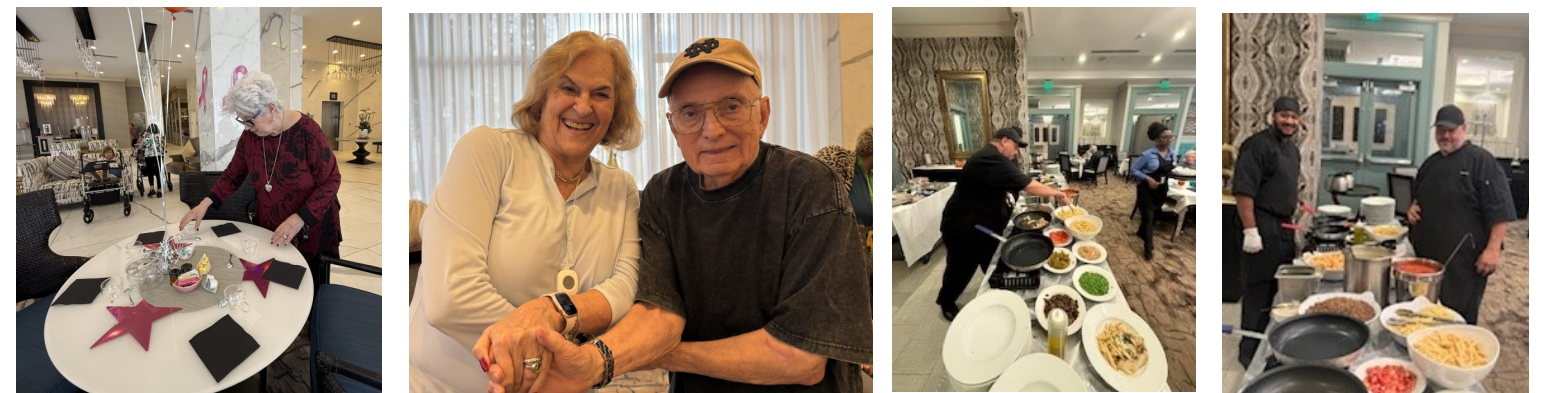
How to get help with hearing loss

Now that you're more aware of how your hearing works, don't forget to schedule a visit to a hearing healthcare professional for a thorough hearing evaluation if you suspect you have hearing loss.

Month in Review



High Tea social



Pasta station Night



Casino Outing

live laugh love
EVERY MOMENT. EVERYDAY. BEYOND WORDS.

The History of Veterans Day

Veterans Day (originally known as Armistice Day) is a federal holiday in the United States observed annually on November 11th and honors military veterans. Why was this date chosen, and what is the history behind this special day? Continue reading to find out.

ARMISTICE DAY



World War I officially ended on June 28, 1919, when the Treaty of Versailles was signed. However, it is important to note that the fighting stopped seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. Therefore, November 11th, 1918, is generally regarded as the end of “the war to end all wars.”

In November 1919, President Wilson declared November 11th as the first commemoration of Armistice Day with the following words:

“To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country’s service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations...”

The original concept was for a day celebrated with parades and public gatherings and a brief suspension of business beginning at 11:00 a.m. An Act approved May 13, 1938, made the 11th of November of each year a legal holiday and was known as “Armistice Day.”

THE EVOLUTION OF VETERANS DAY



Armistice Day was primarily a day set aside to honor veterans of World War I, but in 1954, after World War II and the Korean War, the 83rd Congress, at the urging of the veterans service organizations, amended the Act of 1938 by striking out the word “Armistice” and inserting in its place the word “Veterans.” With the approval of this legislation (Public Law 380) on June 1, 1954, November 11th became a day to honor American veterans of all wars.

Later that same year, on October 8th, President Dwight D. Eisenhower issued the first “Veterans Day Proclamation” which stated:

“In order to insure proper and widespread observance of this anniversary, all veterans, all veterans’ organizations, and the entire citizenry will wish to join hands in the common purpose. Toward this end, I am designating the Administrator of Veterans’ Affairs as Chairman of a Veterans Day National Committee, which shall include such other persons as the Chairman may select, and which will coordinate at the national level necessary planning for the observance. I am also requesting the heads of all departments and agencies of the Executive branch of the Government to assist the National Committee in every way possible.”

THE UNIFORM HOLIDAY BILL

Did you know that Veterans Day was celebrated in October for a brief moment in time? The Uniform Holiday Bill was signed on June 28, 1968, and was intended to ensure three-day weekends for Federal employees by celebrating four national holidays on Mondays: Washington’s Birthday, Memorial Day, Veterans Day, and Columbus Day. It was thought that these extended weekends would encourage travel and recreational spending.

The first Veterans Day under the new law was observed on October 25, 1971 with much confusion. It was obvious that the commemoration of this day was a matter of historic and patriotic significance to a great number of citizens, and so on September 20th, 1975, President Gerald R. Ford signed Public Law 94-97, which returned the annual observance of Veterans Day to its original date of November 11th, beginning in 1978.

Veterans Day continues to be observed on November 11th, regardless of what day of the week on which it falls. The restoration of the observance of Veterans Day to November 11th not only preserves the historical significance of the date, but helps focus attention on the important purpose of celebrating America’s veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

The First Thanksgiving

Native Americans and early settlers gave thanks together with this historic feast.

On the fourth Thursday of November, people in the United States celebrate Thanksgiving, a national holiday honoring the early settlers and Native Americans who came together to have a historic harvest feast.

NATIVE AMERICANS

Long before settlers came to the East Coast of the United States, the area was inhabited by many Native American tribes. The area surrounding the site of the first Thanksgiving, now known as southeastern Massachusetts and eastern Rhode Island, had been the home of the Wampanoag people for over 12,000 years, and had been visited by other European settlers before the arrival of the *Mayflower* in 1620. The native people knew the land well and had fished, hunted, and harvested for thousands of generations.

THE SETTLERS

The people who comprised the Plymouth Colony were a group of English Protestants called Puritans who wanted to break away from the Church of England. These “separatists” initially moved to Holland. But after 12 years of financial problems, they received funding from English merchants to sail across the Atlantic Ocean in 1620 to settle in a “New World.” Carrying 101 men, women, and children, the *Mayflower* traveled the ocean for 66 days and was supposed to land where New York City is now located. But windy conditions forced the group to cut their trip short and settle at what is now Cape Cod, Massachusetts.

SETTLING AND EXPLORING

As the Puritans prepared for winter, they gathered anything they could find, including Wampanoag supplies.

One day, Samoset, a leader of the Abenaki people, and Tisquantum (better known as Squanto) visited the settlers. Squanto was a Wampanoag who had experience with other settlers and knew English. Squanto helped the settlers grow corn and use fish to fertilize their fields. After several meetings, a formal agreement was made between the settlers and the native people, and in March 1621, they joined together to protect each other from other tribes.

THE CELEBRATION

One day that fall, four settlers were sent to hunt for food for a harvest celebration. The Wampanoag heard gunshots and alerted their leader, Massasoit, who thought the English might be preparing for war. Massasoit visited the English settlement with 90 of his men to see if the war rumor was true.

Soon after their visit, the Native Americans realized that the English were only hunting for the harvest celebration. Massasoit sent some of his own men to hunt deer for the feast and for three days, the English and native men, women, and children ate together. The meal consisted of deer, corn, shellfish, and roasted meat, different from today’s traditional Thanksgiving feast. They played ball games, sang, and danced.

Although prayers and thanks were probably offered at the 1621 harvest gathering, the first recorded religious Thanksgiving Day in Plymouth happened two years later in 1623. On this occasion, the colonists gave thanks to God for rain after a two-month drought.

THE MYTHS

Puritans are often thought of having silver buckles on their shoes and wearing somber, black clothing. Their attire was actually bright and cheerful (with no shoe buckles!). The Native Americans actually didn’t wear woven blankets on their shoulders and large, feathered headdresses, even though some artworks portray this. And though today we might refer to the Puritans as “Pilgrims,” the Englishmen didn’t call themselves that.

NATIVE AMERICANS AND THANKSGIVING

The peace between the Native Americans and settlers lasted for only a generation. The Wampanoag people do not share in the popular reverence for the traditional New England Thanksgiving. For them, the holiday is a reminder of betrayal and bloodshed. Since 1970, many native people have gathered at the statue of Massasoit in Plymouth, Massachusetts, each Thanksgiving Day to remember their ancestors and the strength of the Wampanoag.

Resident Spotlight: Ruth K.



Born in Brooklyn, Ruth's life has been filled with creativity and talent from an early age. After moving to the Lower East Side of Manhattan, she attended school there and later got married. Growing up in a family deeply involved in the performing arts, Ruth was surrounded by music, acting, and creativity.

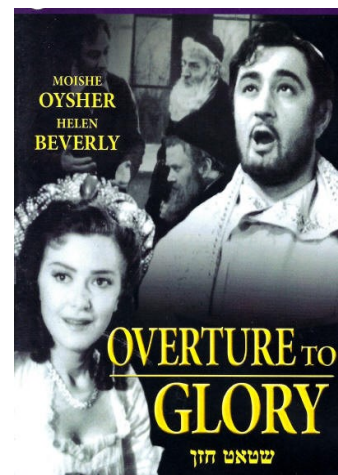
Her natural talent shone through when she appeared in the classic Yiddish film *Overture to Glory*, in which she played the role of a young boy — quite an achievement for a young girl! The film stars the great real-life cantor **Moishe Oysher** as the cantor of the Vilna Synagogue, who leaves behind his prayers to perform in the Warsaw Opera. The

story follows his struggle to balance the allure of fame with his deep sense of duty to his family and faith. Beginning during the morning service on **Rosh Hashanah** and ending with **Kol Nidre**, the film beautifully mirrors a redemptive journey through the Days of Awe and is often praised for its authentic portrayal of synagogue life.

Last month, *Overture to Glory* was honored in a special celebration recognizing its enduring place in Jewish film history. Ruth is proud and humbled to be the **only living actor from the original cast**, a living connection to this cherished cultural treasure.

Throughout her life, Ruth continued to perform in many Yiddish plays and was admired by her teachers and fellow actors for her exceptional talent. Though she sometimes wishes she had pursued a full-time acting career, her passion for the arts and her remarkable spirit have always been a cherished part of who she is.

Here at **The Plaza at Parksquare**, we're honored to celebrate Ruth and her inspiring journey. Her lifelong love for the arts and her joyful presence continue to brighten our community every day.



Overture to Glory

Monday, November 3, 2025

2:00pm

Theater



The Plaza Auction

BY Glenda Whatley

The Plaza Auction is lots of fun
 And a great way to get some shopping done
 Cash will never leave your purse
 It's Plaza Points in this universe
 How do you get them? That's easy too
 Just attend some activities and they will come to you
 A week or so before the event
 Stay alert, the announcement will be sent
 Date and time will also appear
 Remember this ditty and never fear
 It's up to you to do your best
 to attend activities. Brenda will do the rest
 This might be the time to try something new
 Art class, beading, Short Story Circle too.
 Attend these activities and watch your points grow
 You will see that more points are the key to this show
 But if for some reason you couldn't participate
 Coupons with points will be distributed at the gate
 They'll be handed out to all residents at the door
 But remember, participating in activities will get you more
 Once you enter the auction room,
 Pay attention to the rules or your points will go Boom
 Everyone gets their own number to bid
 Use it wisely and you will be glad you did
 When the auctioneer holds up an item you like
 Wave your number in the air, be ready to strike
 It will start with a point price and then a pause to surmise
 If more product than bidders, then all get the prize
 But most items are in limited supply
 So if more bidders want the product, ergo the price has to rise
 If that is the case, they will raise the price to be fair
 And if you still want that item keep your number in the air
 But if you decide the price is too dear
 Put your number down to make it clear
 You are out of the bidding and will find more to like
 More in your price range, without the price hike
 Now if you keep your number up in the air
 That is telling everyone you are aware
 That the price has gone higher and you're willing to spend
 If you change your mind in this bidding, that for you is the end
 Just lower your hand, all will know you're out
 If your hand is still in the air without a doubt
 Make sure you keep it there that is
 what this auction is all about
 Someone will come over to you and present your item
 Then points will be subtracted. It's there in writing
 Now you know how much more you can spend
 Just make careful choices up to the end.
 One thing more, don't be surprised.
 If you are asked to not bid if your take has totaled 5
 It is just to be sure everybody can win something
 Most likely it will start again, and you will be off and running
 If you follow these rules and think before you bid

From the Director of Activities



There is always something to be thankful for, and November always reminds us. A huge, special "thank you" to Firstlantic for sponsoring our High Tea in October. It was beautiful and fun! We are also thankful to the veterans and on Veteran's Day we will have a special BBQ to celebrate our veterans. November also brings us Thanksgiving Day; on this day of gratitude we will have a lovely brunch.

The Plaza Bucks Auction is back! Residents will have the opportunity to buy from a large selection of items using Plaza Bucks. Plaza Bucks must be **earned**. To earn Plaza Bucks, our residents must participate in activities which exercise the body and mind. For example, morning fitness, trivia, word games, and lectures. Residents can look forward to a mix of programs — Chair Yoga and Tai Chi; FIU Lifelong Learning Lectures; trivia night; and more!

Finally, please join a special movie screening of *Overture to Glory*, to honor our very own Ruth K. Let's make November a month of gratitude and fun!

Respectfully
 Brenda Siino



Join us to a
Family and Friends Night
 Sponsored by Moments Hospice.
Featuring:
 Educational presentation of Hospice and Palliative Care.
 Refreshments and desserts will be served.

Thursday, November 20, 2025
6-8 pm