

Ridgewood Manor

November 2025

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The Perfect Power Nap

Regular napping has been connected to improved creativity, memory, mood and alertness. Try these tricks to unlock the power of a short nap.

What time? Most sleep researchers agree that naps should happen between 1 and 3 p.m. to fight the afternoon slump without interfering with nighttime sleep.

How long? To avoid grogginess that comes with waking from deep sleep, keep the nap between 10 and 30 minutes.

What else? Try to find easy sleep aids, like lavender scents, calming music and a cool, dark room. Some researchers recommend drinking a cup of coffee or caffeinated tea immediately before napping. The caffeine takes about the same amount of time to kick in as the length of the nap, which will improve alertness upon waking.



Thankfulness

"What if today, we were just grateful for everything?"

—Charlie Brown

An Ounce of Prevention

Cooler weather signals the start of cold and flu season. We may thoroughly wash our hands only to contaminate them again by touching a germy doorknob, light switch, keyboard, phone or remote. Taking a few minutes regularly to clean these household surfaces with disinfectant wipes could help stave off a nasty bug.

Happy Thanksgiving!

As we celebrate Thanksgiving with family and friends in November, we'll be thinking how grateful we are to have such wonderful neighbors. Thanks for making our community such a pleasant place to live. We wish you a safe and enjoyable Thanksgiving holiday!

An Engineering Marvel

Twenty-five years ago, the Laerdal Tunnel opened between Laerdal and Aurland in Norway. At just over 15 miles long, it claims the distinction of being the longest road tunnel in the world. The average driver takes about 20 minutes to traverse its length. The tunnel has plenty of safety features: several man-made caves where drivers can pull off to rest, special lighting and a high-tech ventilation system are all features that help keep drivers alert and safe.

Recognition for Veterans

On Veterans Day, Nov. 11, America comes together to honor and thank veterans for their service in the nation's armed forces.

'America' Is One

How many words can you spell with the letters in "camaraderie"?



World's Oldest Map

Imago Mundi, the oldest known map of the world, is about the size of a cell phone. Experts believe the clay artifact is more than 2,000 years old, and it currently resides in the British Museum. The center of the map features the Euphrates River and the ancient city of Babylon.



Table Talk

Use the following questions to reminisce and share your family's customs at the dinner table.

- Did your family have any mealtime traditions when you were a child, such as Sunday dinners or special foods served on holidays and birthdays? Share your favorite stories.
- What was your favorite meal—breakfast, lunch or dinner? What foods were your favorites?
- Who prepared the meals? Did you help cook, set the table or clean up afterward?
- What did you talk about during meals, and who usually led the conversation?
- Did you continue your family's mealtime traditions as an adult?



Thanksgiving's Most Unwanted

Mashed potatoes, mac and cheese and rolls—just kidding. Here are Thanksgiving's five most disliked traditional dishes, according to a 2023 survey by "The Vacationer."

Cranberry sauce. More than 31% of respondents can't stand the stuff, but according to another survey by Ocean Spray, most Americans believe the controversial cranberries are still essential to any self-respecting traditional Thanksgiving meal. Even the sauce-haters probably have an opinion on another age-old dispute:

homemade or canned?

Sweet potatoes or yams. Almost 30% of surveyed eaters skip the sweet potatoes, whether roasted or blanketed with marshmallows.

Green bean casserole. Green means "no" for 28% of respondents when it comes to this traditional casserole dish. Here's another detail to debate: Are canned, frozen or fresh green beans best?

Turkey. More than 27% of Americans would rather pass on the notoriously fickle main dish, whether roasted, deep-fried or smoked.

Stuffing or dressing. Even the name of this food can be grounds for an argument! No matter what you call the breadly fare, more than 26% of respondents pass on this side dish.

American Cookbook Creators

Three women—Irma Rombauer, Mollie Katzen and Edna Lewis—changed American cooking, and their legacies are staples for both pantries and bookshelves.

Beginners on a budget. Novice and experienced cooks alike have found fresh ideas in "The Joy of Cooking" since it was first published in 1931. When the Great Depression began, recently widowed Irma Rombauer believed American home cooks needed a practical resource. Rombauer self-published the first edition of this iconic recipe collection with her own savings.

Vegetarian version. Mollie Katzen wrote, illustrated and self-published the first edition of "The Moosewood Cookbook" in 1974, which has since

become a foundational resource in vegetarian cooking.

Southern and seasonal. Renowned chef Edna Lewis broke her leg, and during her recovery, she traded her chef's knife for a pen to write "The Taste of Country Cooking" (1976). This seminal work on Southern cooking connects the recipes to the land and her own experiences being raised in Freetown, Va., a farming community founded by survivors of slavery.





The Evolution of a Global Fitness Trend

Pilates, the popular mind-body exercise, was developed in the early 20th century. Grab a mat and concentrate on these fun Pilates facts:

What's in a name? Pilates got its name from creator Joseph Pilates, who was born in Germany in 1883. As a child, he struggled with asthma and other illnesses. Determined to get stronger, he studied many types of exercise, including gymnastics, yoga and martial arts.

Helping soldiers heal. During World War I, Pilates was placed in a British internment camp as a German national. He eventually began helping injured soldiers recover by teaching them exercises to rebuild their strength and mobility. He even created equipment using bed springs to support their rehabilitation.

Mind-body method. Pilates called his system "Contrology." He believed that the mind and body should work together, focusing on strong core muscles, good posture, and careful breathing to improve overall health.

Healing Paws and Claws

Therapy animals—animals that undergo specific training to help people, often in a group setting—can bring comfort and joy to individuals facing physical or mental challenges. These special animals help reduce anxiety, depression and pain by simply being there for their humans. Let's "paws" and take a look at the most popular, and some unusual, pet therapy options.

Dogs lead the pack. Dogs are by far the most common therapy animals. Breeds like Golden Retrievers and Labrador Retrievers are fan favorites because of their gentle, loving demeanor. They are known to be great with children and adults, often helping people recover from trauma or cope with mental health challenges. Smaller breeds like Cavalier King Charles Spaniels and Pugs also make excellent therapy dogs. They are affectionate and easy to train.

Cats comfort, too. Cats are also effective therapy animals. They provide calm companionship and can help with emotional challenges. Cats tend to be less outgoing than dogs but still offer soothing support and snuggles.

Unusual choices. Pet therapy can go beyond dogs and cats and extend into more wild choices. Animals like pigs, rabbits, mini horses and llamas have all had careers as therapy animals.



Wit & Wisdom

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."
—William Arthur Ward

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."
—John F. Kennedy

"Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you."
—Eileen Caddy

"Gratitude is one of the least articulate of the emotions, especially when it is deep."
—Felix Frankfurter

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."
—Melody Beattie

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November						1
2	3	4	5	6	7	8
9  Caregivers Month	10	Veterans Day 11	12	13	14	15 
16	17	18	19	20	21	22
23/30	24	25	26	Thanksgiving 27	28	29

"This Month In History"

NOVEMBER

1800: President John Adams and his family move in to the newly completed White House, then called the President's House.

1906: SOS is adopted as the standard distress signal at sea.

1910: Hailed as a monumental work of architecture, the Pennsylvania Station railroad terminal opens in New York City.

1922: The entrance to King Tut's tomb was discovered by archaeologist Howard Carter.

1924: The Boston Bruins make their debut as the first U.S. team in the NHL.

1939: In Hyde Park, N.Y., the cornerstone is laid for a library to preserve President Franklin D. Roosevelt's official papers. It was America's first presidential library.

1945: The first issue of Ebony magazine is published.

1959: On Broadway, the Rodgers and Hammerstein musical "The Sound of Music" opens.

1968: The Motion Picture Association of America introduces a rating system for movies.

1973: Britain's Princess Anne marries Capt. Mark Phillips at Westminster Abbey.

1989: L. Douglas Wilder of Virginia becomes the first African American governor elected in the U.S.

1993: Made up of 12 countries, the European Union is formally established.

2000: A crew of three arrives at the International Space Station and is the first to live and work at the research facility.

2008: Taylor Swift releases her second album, "Fearless." It would go on to be the most awarded album in country music history.

2013: Disney's animated movie musical "Frozen" premieres.