

## Grow a Mo, Bro

This November, you may notice that a lot more men than usual are sporting beards and moustaches. These facial hair aficionados may be following the premise "Grow a Mo, Save a Bro," in honor of Movember, a worldwide movement of growing facial hair to raise awareness of men's health issues.



The Movember movement began in a bar in 2003, when two Australian men, Travis Garone and Luke Slattery, shared a beer and a laugh over the demise of the moustache. It seemed as if that particular piece of facial hair's heyday

was long over. Moustaches had not just fallen out of fashion, but they were deemed corny. Inspired by a friend who was fundraising for his mother's breast cancer, these two friends decided that they would grow big and funny moustaches as a fundraiser for men's health issues such as prostate cancer. They would ask people to donate 10 dollars per moustache. Before long, they had found 30 friends willing to grow a "mo" in support of their cause. Today, their worldwide moustache movement numbers five million "mo bros," and over the past 15 years, they have raised \$837 million to combat men's health problems such as prostate and testicular cancer, mental health problems, and suicide prevention. Thanks to Movember, many men are living longer and healthier lives.

Men can join Movember by growing a moustache, and women can support the men who choose to grow a mo. You can also support the movement by just explaining why you've chosen to grow a moustache. Many men will kick off the month of Movember with a "shave down" event, where they gather over dinner or drinks and shave their faces as a group, beginning their month of growing their moustaches as a team. Whether you grow a handlebar, a walrus, a goatee, or a pencil moustache, your facial hair will help prevent men from dying too young.

## Super Market Outings

*(Mondays Only)*

*Walmart (4th)*

*Target (11th)*

*Winn Dixie (18th)*

*Publix (25th)*

## Lunch Outings

*(Wednesdays Only)*

*Yoder's Restaurant (6th)*

*Lunch-In China Chef (13th)*

*Balls Outing (20th) followed by*

*lunch at Old Castle Restaurant*

*Breakfast at Fred's (27th)*

*Sign-up at the front desk for any outings.*

## Christmas Gift Donation for A Kid's Place

This year here at The Crossings, we want to do something we have never done. All year around we have been collecting clothing and book supplies for the children at A Kid's Place, a foster home for kids from birth to 18 years old. This Christmas we want to do something special for them. We want to collect gifts for the children of A Kid's Place. We will place a white Christmas tree on the second week of November with Children's name and a list of gifts. If any of the residents or family member which to donate to a child in need let us know which name you picked. We will then give you a list of the gift they want. Deadline for the drop offs are December 13th, end of day. Residents will drop gifts off on December 23rd.



# The Talk of the Town

The Crossings at Riverview ~ 8451 U.S. HWY 301 S., Riverview, FL 33578 ~ 813-671-0222



## Celebrating November

**Alzheimer's Disease Month**  
**American Indian Heritage Month**

**Author's Day**

*November 1*

**Men Make Dinner Day**

*November 7*

**Veterans Day: U.S.**

*November 11*

**World Kindness Day**

*November 13*

**Rock Your Mocs Day**

*November 15*

**Thanksgiving: U.S.**

*November 28*

**Residents' Birthdays**

*Maria Figueroa (2nd)*

*Julie Sibol (5th)*

*George Coupe (14th)*

*Bernie Rogers (20th)*

**Employees' Birthdays**

*Cordeia Underwood (22nd)*

*Denise Kinard (24th)*

*Pristine Cruz (25th)*

Meet our two newest residents...



Eleanor Maxwell



Eileen Taydus

Residents Spotlight

# Employee Spotlight

Congratulations to our employee of the month, our receptionist, Sam!



My name is Sameshley Melendez, I was born in Puerto Rico and moved to Florida when I was 3 years old. I have a 4-year-old daughter, Adaliah. We usually go to the park or out to eat to spend quality time together because she loves food as much as I do. We try to go to new restaurants in the area at least once a week. We recently tried Pho for the first time, and we loved it. I started working at The Crossings a few months ago. What I love most about my job is interacting with the residents, and they're the highlight of my day. They have taught me to be patient and to live life to the fullest because you don't know what the following day brings you. When I am not working at The Crossings, besides spending time with my daughter I enjoy pen paling. I recently started pen paling; I found a group of ladies online who pen pal for fun from all around the world. I currently have 23 pen pals from different parts of the state and 2 from out of the country. As we approach Thanksgiving, I am grateful for everyone who has had an impact on my life. Whether it was a positive impact or negative.

## Directors Corner... What are we thankful for?

I am thankful for the health of my family and the love I constantly receive from our residents. ~Fatima

I am thankful I get to wake up each morning and have a career that allows me to be creative and care for residents in the capacity that I do. I am grateful that I get the best of those I care for on a daily basis. My family is my entire works, I live everyday feeling loved. My heart is full. I am humbly grateful. ~Valerie

I am thankful for football. Go Cowboys! ~Gina

I am thankful for life and the air that I breath. ~Anita

I am thankful for my fur babies. ~Manny

I am Thankful for the huge family I have been blessed. It feels so great to have them around me during get-togethers that my heart feels as if it is going to explode with joy. My fifth grandchild is due to be born on Thanksgiving Day and the family just keeps on growing. I am very thankful for their health and happiness. I am also thankful for my work family, which includes my co-workers and residents. ~Merari

I am thankful for my family. ~Parechia

I am thankful for my fur babies, my health, my family and friends and life in general. ~ Pam

I am thankful for my co-workers and all my fellow employees. I am also thankful for the wonderful residents. Most of all I am thankful for my family. ~David



## Making Memories in October

The Florida Aquarium Outing



Department Head Pumpkin Carving Contest. Our Winner is Pumpkin #7. Congratulations Valerie Castellano, our Memory Care Coordinator, on a job well done.

Trick-or-Treaters



Not-so-scary fun!



Lots of babies and mummies...

Fun Day, All Day!

