

Three Activities to Ward Off Alzheimer's

Alzheimer's disease may not have a cure, but experts believe some practices can help delay memory loss. Here's what you can do:

- **Cognitive training.** Crossword puzzles and other games can help, but try some different techniques. Do simple arithmetic in your head instead of relying on a calculator. Develop a new method for remembering what's on your shopping list. Train your brain to remember things in new ways and you'll keep it sharper.
- **Control your blood pressure.** Reducing high blood pressure with medication and weight loss not only cuts your risk of heart disease, but it can also ease stress on the delicate blood vessels in your brain— stress that can exacerbate memory loss and dementia.
- **Exercise.** Moderate aerobic exercise has many health benefits, including heading off symptoms associated with Alzheimer's. Try exercising for 30 minutes five days a week, or 50 minutes three times a week. You'll feel better and extend your cognitive health.

Facts about the Bills in your Wallet

You don't have to be a millionaire to know the value of a dollar. Here are some facts about paper money from the U.S. Bureau of Engraving and Printing website:

- The first \$1 bill was issued by the government in 1862 with a picture of Treasury Secretary Salmon P. Chase. George Washington's portrait first appeared on the \$1 note in 1869.
- Dollar bills account for approximately 45 percent of all U.S. currency production.
- The lifespan of a \$1 Reserve note is about 21 months. Other bills have different life expectancies.
- The first \$2 bill was issued in 1862 and featured a picture of Alexander Hamilton, the first Secretary of the Treasury.
- The first \$100 bills were issued in 1862, with a picture of the American bald eagle. Benjamin Franklin's portrait first appeared on the Series 1914 Federal Reserve Note.
- The lifespan of the average \$100 note is 89 months.



265 Plateau Drive
McKinney, TX 75069
469-712-7660



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Celebrating Columbus Day

Columbus Day became a federal holiday in the United States in 1934, but Christopher Columbus' landing in the Americas was celebrated across the country long before that.

In 1792, the Society of St. Tammany in New York City commemorated the 300th anniversary of Columbus' voyage, and in 1892, President Benjamin Harrison called upon Americans to recognize the 400th anniversary. Teachers, politicians, and others used Columbus Day to urge patriotism, loyalty, and social progress. Italian-Americans began supporting Columbus Day celebrations in the 19th century as an expression of pride in their heritage. The Italian population of New York organized a celebration of the discovery of America on October 12, 1866, and in 1869, Italians in San Francisco held their own celebration.

The first official Columbus Day holiday was proclaimed by Colorado governor Jesse F. McDonald in 1905. President Franklin Roosevelt designated Oct. 12 a national holiday in 1934. Other countries recognize Columbus Day as well. In Costa Rica, it's known as *Día de las Culturas* (Day of the Cultures); Uruguay calls it *Día de las Américas* (Day of the Americas); in the Bahamas, it's Discovery Day; and in Spain it's celebrated as *Día de la Hispanidad* and *Fiesta Nacional*.

How 'Trick or Treat!' Took Over the World

Wherever you live, chances are that on Oct. 31 you'll be visited by pirates, ghosts, princesses, and monsters crying, "Trick or treat!" at your front door. Costumes and going door to door for treats can be traced back to pagan and Christian rituals from the Middle Ages.

Immigrants from Scotland and Ireland brought the tradition of "guising" to the New World, with children going through their neighborhoods requesting food and coins, usually in exchange for a dance or poem.

The term "trick or treat" in print was seen in Alberta, Canada, in 1927, and in The Oregon Journal newspaper in 1934: "Other young goblins and ghosts, employing modern shakedown methods, successfully worked the 'trick or treat' system in all parts of the city."

Trick-or-treating had become an established fixture of American popular culture by the 1950s, when Walt Disney produced a cartoon called "Trick or Treat" and an episode of the popular TV show *Ozzie and Harriet* showed children overwhelming the Nelson household in search of candy.

www.HarborChase.com/McKinney.htm



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 Spiritual Stretching 10:00 Morning Worship 11:00 Biblical Art 1:30 My Favorite Things 2:30 'The Sound Of Music' 3:00 Family Visits 3:30 Po-ke-no Players 6:30 Nightcaps	9:45 Hymns From The Heart 10:30 Daily Chronicles 11:00 Pretty Peacocks 1:30 A Slice Of The Pumpkin 3:00 Farming Tips 3:30 Fallacies of Fall 4:00 Happy Hour with Glenn Live 4:15 Pokeno Players 6:30 Wacky Wordies	9:45 Zumba Gold 10:00 Coffee Chat Crew 10:30 Word Workouts 1:30 Scarecrow Craft Workshop 3:00 Noodle Noise 3:30 Family Connections 4:00 Chair Volleyball 4:30 You Know Uno 6:15 Tuesday Night Trivia	All About Lanny 8:00 Breakfast Outing:IHOP 10:00 The Stillwater Report 10:30 The Life of a Doctor 11:00 OSU Pursuit 2:00 Courtyard Crew 3:00 Crazy Corn Hole 3:30 Pucker Up:Lemonade Social 4:00 Getting To Know You	10:00 Rat Pack Memories 10:30 The Voice of Frank Sinatra 11:30 The Glories of Fall 12:00 Lunch and Lounge:An American and Paris 2:00 Autumn Sachets 3:30 The Golden Arches Talk 3:45 Grab a Coke and Chat 4:00 West Side Story 6:30 Sorry, But Not Sorry	9:30 Sensible Stretches 10:00 Pass It on 11:00 Mid Morning Maze 1:30 Cornhole Crew 2:00 Change The First Letter 2:30 Fun Facts About October 3:30 What Am I? 4:00 Who Wants To Be A Millionaire* 6:30 Friday Night Flicks:State Fair	9:30 Stretch and Tone 10:30 Games Galore* 11:00 Use Your Senses 1:30 Target Toss 2:00 Let's Play Pokeno 3:05 Competition Corner 4:00 Great States Trivia 6:30 Evening Exercise
2:00 Creative Circle 9:30 Spiritual Stretching 10:00 Morning Worship 10:30 Dear Abby 1:30 My Favorite Things 1:30 Top Hat Musical 3:00 Family Visits 3:30 Po-ke-no Players 6:30 Nightcaps	Columbus Day 9:45 Discovery of the New World 10:00 Cross The Ocean Game 2:00 Columbus Day Song 2:15 In 1942 Poem 3:00 Voyage To America 3:30 Columbus Art 4:00 Thought Of The Day* 4:15 Pokeno Players 6:30 Wacky Wordies	9:30 Strong Mind, Strong Body 10:00 The Scoop 10:30 Apples To Apples 1:30 Scarecrow Craft Workshop 3:00 The Nose Knows 3:45 Mind Joggers 4:30 Dear Abby	All About Ollie 9:30 Sit and Stretch 10:00 The Daily News 11:00 Last Art Gallery 12:00 Munch at Cotton Patch 2:00 Breast Cancer Celebration Live 3:15 Grilled Cheese Creations 3:30 Paint Your Wagon Musical 4:00 Talk About China 6:30 Fall Craft	9:30 Dear Abby 10:30 Music Trivia 11:00 Scripture of The Day 2:00 All Aboard The Mexican Train 2:00 The Apron Club:Pumpkin Pudding Cake 3:00 Autumn Artists 4:00 Patio and Patsy 5:30 Family Fun Night 7:00 NFL Special	9:30 Twist And Shout 10:00 Life Long Learning* 10:30 What's The Matter?: Science Problems 11:00 Favorite Fallacies 1:30 Domino Dudes 2:30 Funny Seniors* 3:00 Puzzles And Ponderings 4:00 Summer Strollers Society 6:30 President Recall	9:30 Daily Stretches 10:00 Spread The Good News* 11:00 Time To Harvest Word Search 1:00 Walk the Walk 3:00 Last Letter Mysteries 3:30 Ladder Ball Fun 4:30 Table Tennis 6:15 Saturday Night Karaoke
9:30 Gratitude and Grace 10:00 Baptist Church Service* 11:00 Books Of The Bible 1:30 Bible Trivia 2:45 Words With Friends 3:30 Heavenly Hymns 4:00 Pamper Me 6:30 Domino Dazzlers	10:30 Hidden Meanings 11:00 Loads of Laundry 2:00 '9 to 5' Comedy 3:30 Category Trivia 4:00 Roll A Bone Dice Game 6:30 Restful Recordings	9:30 Coffee Chat Crew 10:00 Comparison Challenges 11:00 Relevant Recipes* 1:30 Sights of a Scarecrow 2:30 The Hype of Skype 3:30 Colorless Classics 6:30 Poetry and Positivity	All About Sandra 9:30 Words of Wisdom 10:00 Baptist Songs From The Heart 10:30 Shopping Trip 11:00 Chocolate Angel 2:30 Italian Cream Cake and Crosswords 3:30 Witchita Falls Discussion 6:30 Wind Down Your Worries	9:30 Moving to the Oldies 10:00 Breast Cancer: Vanishing Act 11:00 Survivor Stories & Memorial Balloon Release 2:00 Can It! 3:00 What Belongs Together? 3:30 Picture This 4:00 Ponder No More 6:00 Showtime:Kiss Me Kate	9:30 Easy Listening* 10:00 Sit and Stretch 1:45 Favorite Fall Recipes 2:30 Split Words 3:00 Brain Aerobics 3:30 Patch Word Puzzle 6:30 Word Grid	9:30 Swing and Sway 10:00 Left,Center,Right 11:00 For A Good Cause 1:30 Spread The Good News 2:15 Bingo Bash 4:30 What State Is It? 6:30 One Step Beyond*
9:30 Sunday Morning Joy* 10:00 Words Of Hope* 10:30 Spritual Scarve Dance 11:00 Your Purpose With T.D. Jakes* 2:00 Samson&Delilah* 3:00 Our Daily Bread* 4:00 The Price Is Right 6:30 Domino Dazzlers	9:30 Creepy Crawly Pops 10:00 Peter Peter Pumpkin Eater 11:00 Haunted Crosswords 2:00 Jeopardy Trivia 3:00 Sleeping Through It 3:30 Heeeeer's Johnny! 6:00 Junk Drawer Detectives	9:30 The Daily Chronicle 10:00 Feel The Beat 11:00 Easy Does It Random Trivia 3:00 Anne Hinson Live 4:00 Scarecrow Contest 6:30 Late Night Owls	All About Bob 9:45 Gospel Gathering 10:15 Daily Devotions 10:45 Men's Outing:Allen Bowl 11:00 Billiards and Bowling 1:00 Let's Talk About Traveling 2:30 Po-ke-no and Punch 3:30 Ladderball and Laughter 6:30 Peace On The Porch	9:30 Get Zesty With Zumba 10:15 Fact or Fiction 10:45 Chair Volleyball 11:00 Two Guys & A Skillet Live 1:30 What Did It Cost?*2:00 Apple Pie Preparations 3:00 The Fruits of Your Labor 4:00 Name That Tune 6:30 Life of Elizabeth	9:30 Daily Chronicles 10:00 Zesty Zumba 11:00 Nonsense and Noodles 2:00 Chefs of The Cove 3:30 Marvelous Music and Memories 4:00 Letter Lingo 6:30 Word Puzzles	10:00 What's Trending 10:30 Gimme Some Sole Shoe Drive 10:45 Inspiration Avenue 1:30 Walk Down Memory Lane 3:00 Jeopardy's Memorable Moments 3:30 You Be The Judge 6:30 Crossword Challenge
9:30 Fancy Coffee 10:00 CNN Newsday 10:45 Let's Go To Church 1:30 Charades Club 2:30 Classical Guitar 4:00 Rummikub 6:30 A Blast From The Past	9:45 Zoom Zoom Zumba 10:15 Haunted Night Detectives 10:30 Halloween Humor 1:45 What Your Hands Findeth 2:30 Which Came First? 3:00 Witches' Hats	Happy Halloween 9:30 History of Halloween 10:30 BooFest with KidsRKids 1:30 You Can Puzzle Too 2:00 Haunted Night Detective 3:00 Scary Categories 4:00 Tricks, Treats, and Tips 6:00 Special Cinema: Hocus Pocus				

Happy Halloween!



ACROSS

3. Ring doorbell & say...
4. Where a vampire sleeps
7. Jack-o-lantern
10. A field where pumpkins grow
11. What a spider spins
13. No cob for this candy
14. An apparition

DOWN

1. Wears a pointy hat
2. Drinks blood
15. Incey wincy
18. Comes out on a full moon
19. Shriill cry
20. Round light in the sky at night

5. A scary place to live in
6. Witch transportation
8. Tastes good covered in caramel
9. Bobbing for...
12. They fly, but are mammals
13. Disguise
16. Covers face
17. This costume rides a horse

Celebrating Senior Living!

HarborChase Happenings





Eating nuts as part of a healthy diet can be good for your heart. Nuts, which contain unsaturated fatty acids and other nutrients, are a great snack food, too. They're inexpensive, easy to store and easy to take with you to work or school.

The type of nut you eat isn't that important, although some nuts have more heart-healthy nutrients and fats than do others. Walnuts, almonds, hazelnuts — you name it — almost every type of nut has a lot of nutrition packed into a tiny package. If you have heart disease, eating nuts instead of a less healthy snack can help you more easily follow a heart-healthy diet.

However, nuts contain a lot of fat; as much as 80 percent of a nut is fat. Even though most of this fat is healthy fat, it's still a lot of calories. That's why you should eat nuts in moderation. Ideally, you should use nuts as a substitute for saturated fats, such as those found in meats, eggs and dairy products. Just eating nuts and not cutting back on saturated fats found in many dairy and meat products won't do your heart any good.



YOSEMITE IN NUMBERS

Located deep in the heart of California's Sierra Nevada Mountains lies one of Mother Nature's most glorious enterprises: Yosemite National Park. The park, established Oct. 1, 1890, by a Congressional act, paved the way for the National Park system's evolution in the country. Yosemite spans roughly 1,200 square miles, and its giant sequoias, glaciers, granite formations and bubbling waterfalls have attracted more than 3.5 million visitors annually since 2012, according to National Park Service statistics. Here are some other interesting facts about Yosemite you might enjoy reading, courtesy of the National Park Service:

- A species breakdown: Ninety species of mammals reside in Yosemite National Park. Twenty-two species of reptiles and 12 species of amphibians can be found there, as well. Birds come and go, but about 150 species can be found on average, possibly seeking to eat the six species of fish that live there, too.
- As far as trees go, you'll find about 35 species. Flowering plants, on the other hand, have numbers much higher, with about 1,500 living species.
- Yosemite Falls holds the title of tallest North American waterfall, boasting a grand total of 2,425 feet when including its three sections, Lower Fall, Middle Cascade and Upper Fall.
- Mt. Lyell is Yosemite's tallest point at 13,114 feet above sea level.

EXTRA! EXTRA! DYNAMIC POLITICAL PAIR TAKES SHAPE

On Oct. 11, 1975, the shape of American politics would, unbeknownst to many, begin to take a new form. The union of Bill Clinton and Hillary Rodham that October would have a far-reaching impact on American culture and politics. Bill and Hillary's married life began in Fayetteville, Arkansas, in 1975, having a small marriage ceremony on the couple's own property. They had met several years earlier, on the campus of Yale University in the early 1970s, and began dating shortly afterward. Bill asked Hillary, to marry him a number of times. Finally, she said yes and became part of one of history's most impactful couples.

The Clinton family has worked hard for many decades, with achievements that include the establishment of the Clinton Foundation in 1997, a nonprofit that approaches issues both at home and abroad, such as climate change, improving women's opportunities, health and economic development,

among others. Both Former US. President Bill Clinton and 2016 presidential hopeful Hillary Rodham Clinton ultimately became political icons. They had their sights set on this endeavor from the beginning, and both can say they've made great strides in this department. And, based on their history, it can easily be assumed the work of this power couple is far from finished in America.



THE POLO BRAND EMERGES

Ralph is an unknown name to many. Ralph Lauren, on the other hand, is a name known to most. Born Oct. 14, 1939, to Jewish immigrants in the Bronx, New York, Lifshitz changed his name to Lauren at the age of 16 following years of insult to his Ashkenazi heritage. Ralph Lauren began to make a name for himself following his two-year enrollment as a business student at Manhattan's Baruch College. He soon opted to join the U.S. Army, a gig that clearly wasn't Lauren's style. Lauren, who had always been fashion savvy, even in his teenage years, was influenced by the likes of Cary Grant and Fred Astaire, and other enigmatic men who owned their presence in any location, no matter the time of day.

So Lauren moved on to seek work more tailored to his needs. He became a salesman at Brooks Brothers and it wasn't long before he segued into his own line of neckties. In 1967, he began selling the line, dubbed Polo, to Bloomingdale's and other major department stores. Following this success, Lauren expanded his line to include all menswear, and the rest is history. Lauren's success was rooted in hard work, dedication and a love of clothes and culture. His designs have garnered him numerous awards, and he's the proud husband of Ricky Ann Low-Beer and father of three successful children, Dylan, Andrew and David.