

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.



October Birthdays

Frank M 10/27

Welcome New Residents!

Claude M.



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Celebrating Senior Living

October 2017

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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 *Dia de las Culturas* (Day of the Cultures); Uruguay calls it *Dia de las Americas* (Day of the Americas); in the Bahamas, it's Discovery Day; and in Spain it's celebrated as *Dia 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.

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October 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 Sit Down to Tone Up 10:30 Sunny Sunday Inspirations 11:00 Daily Chronicle 1:15 How Sweet the Sound Hymns 2:30 Speed Ball Tournament 3:30 Scrambled Squares 6:30 Chicken Soup for the Soul	1 9:30 Stretchy Band Fitness 10:30 I Remember When...Reminiscing 11:00 Tender Hearts 1:30 Country Music Favorites 2:30 Punch Ball 3:30 Guidepost: Inspirational True Stories 6:30 Aqua Paints	2 9:30 Art of the Master Tai Chi 10:30 In His Hands Bible Study 11:00 Name That Thing! 1:30 Scare-crow Decorating Contest Kick Off 2:30 Jammin with Jim P. 3:00 Rummy Cube 6:15 Turner Classic Movies: Welcome To Hard Times	3 Sukkot Begins 9:30 Strength Training w/Resistance Bands 11:00 Sukkot Feast of Booths 1:30 Build a Sukkah Card Game 2:30 Sukkah Magazine Scavenger Hunt 3:30 The Imaginary Guests of Sukkot 5:00 Guy's Gang Pizza & Cards	4 Ship In a Bottle Day 9:30 Fit For Life 10:30 Furry Friends: Lilly 11:00 How Ship In a Bottle Is Made 1:00 Guess The Ship Part 2:30 Build You Own Bottled Ship 3:30 Mental Muscles Crainium Crunches 6:00 Nightly News	5 9:30 Flex & Reflect Yoga 10:00 Depart for Mass Service 1:30 Art Linkletter: Kids Say... 2:30 Are You Right-Brained or Left Brained? 3:30 HarborChase Facebook Review 6:00 Late Night Paint Hype	6 9:30 Stretch & Tone 10:30 The Hot Spot Coffee Cafe 11:00 What's Next? 1:30 Ripley's Believe It or Not! 2:30 Sing Your Heart Out 3:30 Sudoku Mind Bend 6:30 I'm Puzzled? Puzzles
9:30 Sit Down to Tone Up 10:30 Sunny Sunday Inspirations 11:00 Daily Chronicle 1:15 How Sweet the Sound Hymns 2:30 Speed Ball Tournament 3:30 Scrambled Squares 6:30 Chicken Soup for the Soul	7 Columbus Day 9:30 Stretchy Band Fitness 10:30 Discovery of a New World 11:00 Tender Hearts 1:30 1942 Poem by Jean Marzollo 2:30 Colombus's Coat of Arms 3:30 Colombus's Quest for Gold 6:30 Local News Stories	8 Tick Tock Tuesday 9:30 Art of the Master Tai Chi 10:30 In His Hands Bible Study 11:00 A Look At Early Clocks 1:30 Name That Timepiece 2:00 Beat The Clock 3:00 Rummy Cube 6:30 Turner Classic Movies: Looking For Love	9 9:30 Strength Training w/Resistance Bands 10:30 Ice Tea & Ice Breakers 11:00 We Praise Him Daily Devotional 1:30 Model Car Building 2:30 Smokin' Aces Card Club 3:00 Celebrating Colors of Autumn with Joe L. 6:15 Scrambled Squares	10 Apple Festival Starts 9:30 Fit For Life 10:30 Furry Friends: Lilly 11:00 Celebrating Johnny Appleseed 1:00 Apple Balance Race 2:30 Tossin' Apples in a Barrel 3:30 How You Like Them Apples? Trivia 6:00 Nightly News	11 Friday The 13th 9:30 Flex & Reflect Yoga 10:00 Ominous History of Friday The 13th 11:00 Royal Castle Wawel Polish Restaurant 1:30 The Phobia Dictionary 2:30 Why is #13 So Unlucky? 3:00 HarborChase Facebook Review 5:00 Deal or No Deal! TV Show	12 9:30 Surgin' Swing Challenge 10:30 Classic Challenge: Always or Never 11:00 Link Winks 1:30 Wacky Wordies 2:00 Fur Angels 3:30 Sing Your Heart Out 6:30 I'm Puzzled? Puzzles
9:30 Sit Down & Tone Up 10:30 Spirit Filled Sunday Devotions 11:00 Legacy of Wisdom 1:30 Give it a Shot Speedball 2:30 Up in the Air Tic Tac Toss 3:30 Scrambled Squares 6:30 Chicken Soup For The Soul	13 9:30 Stretchy Band Fitness 11:00 Tender Hearts 1:30 Swingin' Good Time Golf 2:30 Brain Boosters on Common Sayings 3:30 Guinness World Records: Tricks by Didga the cat 6:00 Daily Dose: How was your day?	14 9:30 Art of the Master Tai Chi 10:30 In His Hands Bible Study 11:00 The First Cadillac 1:30 29 Things You Didn't Know About The Cadillac 2:30 Smokin' Engine Car Race 3:30 Rummy Cube 6:15 Turner Classic Movies:A Love Letter For Evie	15 9:30 'Prop'ercise 10:30 Daily Chronicle 11:00 What Was There? 1:30 Best Memories in a Jar 2:30 Balancing Earth 3:30 Guideposts: True Inspirational Stories 6:30 Guy's Gang Pizza & Cards	16 9:30 Roll the Dice Fitness 10:30 Furry Friends: Lilly 11:00 30th Anniversary of Black Monday 1:00 St. Thomas Craft & Lunch 2:30 Punch Ball 3:30 Mental Muscles Crainium Crunches 6:00 Nightly News	17 Monster Mash Day 9:30 Flex & Reflect Yoga 10:00 Groovie Goolies Monster Mash 11:30 Famous Movie Monsters 1:30 Sasquatch The Monster 2:30 Stock Market Stats 3:30 HarborChase Facebook In Review 6:30 Nightly News	18 9:30 Stretch & Tone 10:30 New Day Devotional 11:30 Peanuts Comics 1:30 You Be The Judge 2:30 Sing Your Heart Out 3:30 Disc Bocce 6:30 I'm Puzzled? Puzzles
9:30 Sit Down to Tone Up! 10:30 Sunday Morning Praise & Worship 11:00 News Currents 1:30 Whip 3 Toss Across 2:30 Bring On Your Wii Game! 3:30 Scrambled Squares 6:30 Chicken Soup for the Soul	19 Mysterious Monday 9:30 Stretchy Band Fitness 11:00 Tender Hearts 1:30 Mystery Digest: Case of the Missing Caper 2:30 Biggest Unsolved Mysteries 3:30 Clue: Murder Mystery 6:00 Daily Dose: How Was Your Day?	20 World Series Begins 9:30 7th Inning Stretching 10:30 In His Hands Bible Study 1:30 Wii Baseball Blast 2:30 World Series History 3:30 MLB Team Match Up 6:30 Turner Classic Movies: Gun Glory	21 9:30 'Prop'ercise 10:30 Ice Tea & Ice Breakers 11:00 Stamp Collecting Club 1:30 Rack 'Em Up 2:30 Hokus Blokus 3:30 Find The Pair 6:30 Nightly News	22 9:30 Fit For Life 10:30 Furry Friends: Lilly 11:00 Picture This! 1:30 Laugh-In Look Back 2:30 NFL Favorite Teams 3:30 Punch Ball 7:30 Jest Us Musical Ensemble	23 Frankenstein Friday 9:30 Flex & Reflect Yoga 10:30 Who Is Frankenstein? 1:00 Frankenstein Cookie Decorating 2:30 HarborChase Facebook In Review 3:30 Mary Shelley's Frankenstein Viewing 6:00 Deal or No Deal! TV Show	24 Make A Difference Day 9:30 Stretch & Tone 10:30 65 Ways to Make a Difference 11:00 Wii Bowling 1:30 Funny Bones Trivia 2:30 Sing Your Heart Out 3:30 Smokin' Aces Card Club 6:30 I'm Puzzled? Puzzles
9:30 Sit Down & Tone Up 10:30 Sunday Morning Mass 11:00 News Currents 1:30 How Sweet the Sound: Hymns 2:30 Electronic Speed Ball Tournament 3:30 Up In The Air Tic Tac Toss 6:00 Chicken Soup for the Soul Reading 6:30 Nightly News	25 9:30 Stretchy Hand Band Fitness 10:30 Circle Talk 11:00 Tender Hearts 1:30 Who Am I? 2:45 Heart of the Hills Halloween Show 3:30 That's An Old Wives Tale! 6:30 Daily Dose:How Was Your Day?	26 Halloween 9:30 Art of the Master Tai Chi 10:30 In His Hands Bible Study 11:00 Real Life Ghost Stories 1:30 BOO! Game 2:00 Halloween Party 3:00 Scarecrow Contest Awards 6:00 Turner Classic Movies: Poltergeist				

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

15. Incey wincy

18. Comes out on a full moon
19. Shriill cry
20. Round light in the sky at night

DOWN

1. Wears a pointy hat
2. Drinks blood

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!

Our Family Photo Album!



Nancy smiling big!



Loretta proudly showing her colorful tree blossom



Shirley and Anna reading together



The gang checking out the amazing Underwater Sea Life Aquarium



These ladies know how to bake!



Mary Jane has a sweet tooth!



Happy Earth Day!



A fancy hat for a fancy lady



Gathering for a fun parachute game



GO NUTS OVER NUTS

October 22 is
National Nut Day

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.