

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 Sunday Morning Praise & Worship 11:00 October Gazette 1:00 How Sweet the Sound Hymns 2:30 Tricks of the Trade Cooking Demo 3:30 Scrambled Squares 6:30 Chicken Soup For the Soul	Makeover Monday 9:30 Stretchy Band Fitness 10:00 Tender Hearts 11:00 I Remember When... Reminiscing 1:30 I Feel Pretty Makeover 2:30 What's Your Lipstick Personality? 3:30 Designer Fashion Era 6:00 Daily Dose: How Was Your Day?	9:30 Art of the Master Tai Chi 10:30 In His Hands Bible Study 11:00 Name That Thing! 1:30 Guitar Jamming w/ Jim Perkins 2:30 Rummy Cube 3:00 Lang-o-Language 6:15 Turner Classic Movies: Welcome To Hard Times	Sukkot Begins 9:30 'Prop'ercise 10:30 Ice Tea & Ice Breakers 11:00 Sukkot Feast of Booths 1:30 Build A Sukkah Card Game 2:30 Colorful Sukkot 3:30 Sukkah Magazine Scavenger Hunt 6:15 Scrambled Squares	9:30 Fit For Life 10:30 Furry Friends: Lilly 11:00 Circle Talk 1:30 Scare-Crow Decorating Contest Kickoff 2:30 Power of Positive Thinking 3:30 Crainium Crunches: Numbered Squares 6:30 Family Support Group Kick Off	9:30 Flex & Reflect Yoga 10:00 Friday Flock at Trinity Lutheran 1:30 Art Linkletter: Kids Say... 2:30 Crafty Creations: Painting pumpkins 3:00 HarborChase Facebook In Review 6:30 Deal or No Deal! TV Show	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 Sunday Morning Praise & Worship 11:00 Daily Chronicle 1:00 How Sweet the Sound Hymns 2:30 Tricks of the Trade Cooking Demo 3:30 Scrambled Squares 6:30 Chicken Soup For the Soul	Columbus Day 9:30 Stretchy Band Fitness 10:00 Tender Hearts 1:30 1942 Poem by Jean Marzollo 2:30 Color the New World 3:30 Colombus's Quest for Gold 6:00 Daily Dose:How Was Your Day?	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 Rockin' Around the Clock Sing-a-Long 2:30 Name That Timepiece 3:30 Rummy Cube 5:30 Turner Classic Movies: Looking For Love	9:30 'Prop'ercise 10:30 Ice Tea & Ice Breakers 11:00 We Praise Him Daily Devotional 1:30 Colors of Autumn Music Celebration with Joe L. 2:30 Smokin' Aces Card Club 3:30 Fact or Fiction? 6:15 Scrambled Squares	Apple Festival Starts 9:30 Fit For Life 10:30 Furry Friends: Lilly 11:00 Celebrating Johnny Appleseed 1:30 How Do You Like Them Apples? Trivia 2:30 Festive Apple Art 3:30 Tossin' Apples in a Barrel 6:00 Nightly News	Friday the 13th 9:30 Flex & Reflect Yoga 10:00 Name That Phobia 12:00 Royal Castle Wawel Polish Restaurant 1:30 Wii Bowling Blast 2:30 Two-Timing Mind Benders 3:00 HarborChase Facebook In Review 6:00 Deal or no deal! TV Show	9:30 Swingin' Surge Challenge 10:30 Classic Challenge: 3 of a Kind 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 to Tone Up 10:30 Sunday Morning Mass 11:00 Legacy of Wisdom 1:30 Give it a Shot Speedball 2:30 Tricks of the Trade Cooking Demo 3:30 Scrambled Squares 6:30 Chicken Soup For The Soul Reading	9:30 Stretchy Hand Band Fitness 10:00 Tender Hearts 1:30 Biography on Angela Lansbury 2:30 Happy Neuron Brain Fitness 3:30 Murder, She Wrote Viewing 6:00 Daily Dose: How was your day?	9:30 Art of the Master Tai Chi 10:30 In His Hand Bible Study 11:00 Crack the Alphabet Code! 1:30 Curiosity of Animal Camouflage 2:30 29 Things You Didn't Know About Cadillacs 3:30 Brain Games in a Jar 6:15 Turner Classic Movies: A Love Letter For Evie	9:30 'Prop'ercise 10:30 Ice Tea & Ice Breakers 11:00 Catch the News Currents 1:30 Balancing Earth 2:30 Punch Ball 3:30 Funny Bones Humor Session 6:15 Scrambled Squares	9:30 Fit for Life 10:30 Furry Friends: Lilly 11:00 Catch the News Currents 1:00 St. Thomas Lunch & Games 2:30 Pastimes: Name That TV Show 3:30 I Hear Memories! 6:00 Nightly News	Monster Mash Day 9:30 Flex & Reflect Yoga 10:00 Groovie Goolies Monster Mash 11:30 Famous Movie Monsters 1:00 Sasquatch The Monster 2:30 Picture This! 3:30 HarborChase Facebook in Review 6:00 Deal or No Deal! TV Show	9:30 Stretch & Tone 10:30 New Day Devotional 11:00 Link Winks 1:30 Ripley's Believe It or Not! 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 Sunny Morning Inspriations 1:30 Whip 3 Toss Across 2:30 Tricks of the Trade Cooking Demo 3:30 Scrambled Squares 6:30 Chicken Soup for the Soul Reading	Mysterious Monday 9:30 Stretchy Band Fitness 10:00 Tender Hearts 11:00 Mystery Digest: Cast of the Desert Caper 1:30 The World's Biggest Unsolved Mysteries 2:30 Game of Clue 3:30 Wooden Brain Builders 6:30 Daily Dose: How Was Your Day?	World Series Begins 9:30 7th Inning Stretches & Tone 10:30 In His Hands Bible Study 11:00 Take Me Out to the Ball Game Sing-a-Long 1:30 World Series Knowledge Test 2:30 MLB Team Match Up 3:30 Name That Thing! 6:30 Turner Classic Movies: Gun Glory	9:30 'Prop'ercise 10:30 Ice Tea & Ice Breakers 11:00 Kites & Candy 1:30 Hokus Blokus 2:30 Lang-o-Language 3:30 Fact or Fiction? 6:15 Scrambled Squares	9:30 Fit For Life 10:30 Furry Friends: Lilly 11:00 Picture This! 1:30 Laugh-In Look Back 2:30 Guideposts: True Stories of Hope 3:30 Jitterbug Dance 6:30 Jest Us Musical Ensemble	9:30 Flex & Reflect Yoga 10:00 Virtual Tour to Las Vegas 1:00 Morley Chocolate Factory Tour 2:30 Frank Sinatra Sing-a-long 3:30 HarborChase Facebook in Review 6:00 Deal or No Deal! TV Show	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 Spirit Filled Devotionals 11:00 Speed Ball Blast 1:30 How Sweet the Sound Hymns 2:30 Tricks of the Trade Cooking Demo 3:30 Travel the States: Kansas 6:00 Chicken Soup for the Soul Reading	9:30 Stretchy Hand Band Fitness 10:00 Tender Hearts 11:00 What's Your Favorite Halloween Memory? 1:30 Heart of the Hills Halloween Show 2:30 Circle Talk 3:30 That's An Old Wives Tale! 6:30 Daily Dose: How Was Your Day?	Halloween 9:30 Art of the Master Tai Chi 10:30 In His Hands Bible Study 11:00 Haunted Honeymoon 1:30 The Boo! Game 2:00 Halloween Party 3:00 Scarecrow Contest Awards 6:00 Turner Classic Movies: Poltergeist				

Key Location

MC Magnolia Cottage
DC Dahlia Cottage
MC/DCBoth Magnolia & Dahlia Cottage

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.