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!

Catherine B. 10/2

Martha V. 10/5

Sandra N. 10/9

Robert T. 10/24

Arlie S. 10/25

HarborChase
Assisted Living • Memory Care

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Assisted Living • Memory Care

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October 2017

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Please Join Us For...

Please join us the third Wednesday of every month for our Dementia Support Group. This month it is on the 18th at 2:00pm. Light Appetizers and refreshments will be provided. We look forward to seeing you! For more information or to RSVP please call us at 904-821-5247

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.

HarborChase of Jacksonville • The Cove

October 2017

HarborChase

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **WELCOME OCTOBER** 9:15 Scripture & Song 10:30 Who Said It 11:00 Noodle-cise 1:00 Test Your Luck 2:30 Karaoke Club 3:00 Crafter's Corner 4:00 Relax & Be Calm 6:00 Classic T.V	**2** 9:15 New Day Dawning 10:30 Fabulous Fitness 11:00 Word Chain 1:00 Winner's Circle 2:30 What's My Job 3:15 Pictionary Champions 4:00 Breathe In Breathe Out 6:00 Classic TV Viewing	**3** 9:15 Morning Starter 10:30 Sit & Be Fit 11:00 Name that Show 1:00 A Game of Chance 2:30 Wildlife Scavenger Hunt 3:15 The Price is Right 4:00 Sights & Sounds of Nature 6:00 Ozzie and Harriet	**4** **TACO DAY** **9:15 Fellowship with Pastor Keith** 10:30 Palms Outreached 11:00 Hooked On Questions 1:00 That's My Number 2:15 Fun w/Colors 3:00 Celebrity Pics 4:00 Mindful Meditation 6:00 The Western Have Gone. TV Series	**5** **WORLD TEACHERS' DAY** 9:15 The Open Mind 10:00 Teachers Tea Time 10:30 Flexing is Fun 11:00 Brain Stretchers 1:00 Luck of the Draw 2:30 Hangman 4:00 Air of Relaxation 6:00 Music of Sinatra	**6** 9:15 Morning Stride and Stroll 10:30 Trivia & Tunes 1:00 Odds are In Your Favor **2:30 Music w/ Dave Medvidofsky** 2:30 Up In the Air 4:00 Easy Breezy Meditation 6:00 Romantic Poetry Reading	**7** **-1:-1 MEMORY DAY** 9:15 Music Matters The 50's Reflection 10:00 Chronicle Me In 11:00 Healthy Fitness Moves 1:00 Shout It Out 2:30 What's in the bag... 3:15 Pretty Nails & Conversation 4:00 Guided Relaxation 6:00 News @ 6:00 7:00 Evening Meditation
8 9:15 Scripture & Song 10:30 Who Said It 11:00 Noodle-cise 1:00 Test Your Luck 2:30 Karaoke Club 3:00 The Centered Me 4:00 Relax & Be Calm 6:00 Classic T.V	**9** **COLUMBUS DAY** 9:15 New Day Dawning 10:30 Fabulous Fitness 11:00 Word Chain 1:00 Winner's Circle 2:30 What's My Job 3:15 50 Fun Facts About Hawaii 4:00 Breathe In Breathe Out 6:00 Classic TV Viewing	**10** 9:15 Morning Starter 10:30 Sit & Be Fit 11:00 Name that Show 1:00 A Game of Chance 2:30 Apple- Craft 3:30 The Price is Right 4:00 Sights & Sounds of Nature 6:00 Movie- Mr. Mom	**11** **9:15 Fellowship with Pastor Keith** **10:30 Piano Tunes with Jan Barbour** 1:00 That's My Number **2:15 Chief Roberts Apple Crisp Demo** 3:00 Apple Trivia 4:00 Mindful Meditation 6:00 The Western Have Gone. TV Series	**12** **PLEDGE ALLEGIANCE DAY** 9:15 The Open Mind 10:30 Flexing is Fun 11:00 States and Capitals 1:00 Luck of the Draw 2:30 Calling All Crafters 4:00 Air of Relaxation 6:00 Music of Sinatra	**13** 9:15 Information Invasion 10:30 Positively Fit 11:00 History Of The Navy 1:00 Sweet Endings **2:30 FALL FESTIVAL** **4:00 ComForCare-Music Therapy** 6:00 Movie Western	**14** **UNIVERSAL MUSIC DAY** 9:30 Daily Devotion 10:30 Sing & Swing 11:00 What's My Line? 1:00 Challenge the Odds 2:30 Name That Tune 3:00 Sing-a-long Classics 3:15 Nails & Tales 6:00 Movie- Musicals
15 9:15 Music & Encouragement 10:30 Name '10' 11:00 Conductorcise 1:00 Stroke of Luck 2:30 I've Been There! 4:00 Guided Imagery 6:00 TV: Your Movie pick	**16** **BOSSES DAY** 9:15 AM Positive 10:30 Just For Kicks 11:00 Positive Reflection 1:00 Chance It! 2:30 States & Capitals 4:00 Afternoon Meditation 6:00 Comedy Classic	**17** 9:15 Life in the Know 10:30 Relaxing Moves 11:00 Word Chain 1:00 Silly Card Challenge 2:30 Pets of Fame 3:30 Nail Care & Conversation 4:00 Calming Moves 6:00 Movie and Discussion: Mr. Smith Goes to Washington	**18** **CHOCOLATE DAY!** **9:15 Scripture & Song w/Pastor Keith** 1:00 Let's Chance It! **2:30 Live Entertainment w/Lora Greenwood** 3:30 What Does it Cost? 4:00 Let's Get Relaxed 6:00 Willy Wonka- Movie	**19** 9:15 Morning Inspiration **10:00 Yoga Laugher w/Sunny Mathews** 11:00 Motion Detector 1:00 That's My Number 2:15 Wheel of Fortune 3:30 Color Me Beautiful 4:00 Mindful Meditation 6:00 Movie Musical	**20** **WEAR IT PINK DAY** 9:15 Now You Know 10:30 Fun Moves 11:00 Mass w/Father Kelly 11:30 Let's Do Opposites 1:00 Try Your Luck **2:30 Live Entertainment w/Alcira Samson** 4:00 Meditation From the Heart 6:00 Comedy Classic	**21** 9:15 AM Devotion 10:30 Forever Fit Moves 11:00 Mind Aerobics 1:00 Odds Are in Your Favor 2:30 Silver Sneakers Walking Club 3:00 Let's Talk Trivia 3:15 Time to Shine! 4:00 Afternoon Meditation 6:00 I Love Lucy Marathon
22 9:15 Morning Good News 10:30 Mind Joggers 11:00 Chair Dancing 1:00 Sweet Repeats 2:00 All Sorts of Sorting 2:45 Easy Does It Trivia 4:00 Mind Over Meditation 6:00 Comedy Classic	**23** **A BOO-tiful-DAY** 9:15 Jumpstart to the Morning **9:45 Outing to Pumpkin Patch** 10:30 Halloween Trivia 11:00 Working With Your Hands 1:00 It's In the Cards **2:30 Soft Ball Booce** 4:00 Meditate With Me 6:00 Night with Jack Benny	**24** 9:15 Morning Trilogy 10:30 Ageless Fitness 11:00 Top Ten! 1:00 Chance It! 2:30 Jokes on Jokes 3:00 Hooked on Color 4:00 Breathe In, Breathe Out 6:00 Night at the Movies...Calamity Jane	**25** **9:15 Message in Song w/Pastor Keith** 10:30 Piano Tunes with Jan Barbour 11:00 Easy Does It Trivia **11:00 Men's Outing to Hooters** 1:00 Taste of Sweetness **2:30 Live Entertainment w/Brenda David** 4:00 Guided Meditation 6:00 Laughter w/Red Skelton	**26** 9:15 Coffee & Conversation 10:30 Fitness Fun 11:00 Words With Boo 1:00 Land Me a Winner 2:30 October Birthday Celebration 3:30 Days Reflection 4:00 Air of Relaxation 6:00 Sights & Sounds of Nature	**27** 9:15 Inspiration Plus 10:30 October Gazette **11:00 Simon Says** 1:00 It's a Gamble of Fun **2:30 Make a Difference Day-Making Dog Biscuit** 4:00 Mellow Meditation 6:00 Hollywood Comedy	**28** 9:15 Good News in the Morning 10:30 Fit & Fabulous 11:00 Funny Sayings 1:00 Chance It Challenge 2:30 Follow Me to a Great Adventure 3:15 Nail Spa Time 4:00 The Centered Me 6:00 Classic Radio Dragnet
29 9:15 Words of Praise 10:30 Finish the Lines 11:00 Energy Exercise 1:00 Test Your Luck 2:30 Trivia Ball 3:15 All Sorts of Sorting 4:00 Blissful Breaths 6:00 Easy Listening	**30** **JACK-O-LANTERN DAY** 9:15 New Day Awakening 10:30 Fitness & Fun Alert 11:00 Finish the Title 1:00 Game of Numbers 2:30 Pumpkin Creations 3:30 Brain Quest 4:00 Soothing Moves 6:00 Funny Man Milton Berle	**31** **HAPPY HALLOWEEN!** 9:15 Fresh Look 10:30 Move to Stay Fit 11:00 Recall Challenge 1:00 Win or Lose 2:00 Tick-or-Treat 3:15 Color Me Beautiful 4:00 Relax & Be Calm 6:00 Bewitched Halloween Movie Showing				

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All programs are subject to change due to circumstances beyond our control. Thank you for your understanding.

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. Shrill 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

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	5	6			7		4	
				9	6	1		

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	7		8			4	5	

Medium

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		9	2					
			9			1		
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	2				3			
8			1		7	6	2	

Difficult

★HAPPY★

COLUMBUS DAY

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.