

# HAPPY BIRTHDAY!

10/1.....June Scofield  
 10/2.....Jennie Stein  
 10/14.....Ann Dennehy  
 10/16.....Art Geders  
 10/17.....Sadie Kissner  
 10/20.....Ann Russell  
 10/20.....Bob Cafazzo  
 10/20.....Joe Ingram  
 10/20.....Zita Kelly  
 10/23.....Gladys Gallmeier  
 10/24.....John Divito  
 10/26.....Marti Cafazzo

## 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.



*Celebrating Senior Living*

The HarborChase Wire: A Monthly Publication of HarborChase Palm Harbor MC

October 2017



## Management Team

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Maintenance

**Jacalyn Rubin**  
Business Office

**Madeleine Chicoine**  
Life Enrichment

**Bill Pfender**  
Hospitality

**Linda Pinke**  
Director of Memory Care

## Welcome to HarborChase!

Harold & Florine Zallis  
 Gene Gibe  
 Doris Lauhon  
 Waseeta Sidebottom  
 Nettie Holt

## 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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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 Church Service-AL 9:30 Uplifting Hymns 10:30 Chair Yoga 11:00 On This Day... 1:00 Lollipop Bingo 1:30 Globe Trekker-Germany 2:30 Bavarian Pretzels 2:30 Learn to Dance Polka 3:30 Piano w/Jim- AL 5:30 The Lucy Show 6:30 Cheaper by the Dozen	<b>Happy B'Day, Jennie!</b> 9:30 Charlie Brown Comic Strips 10:00 Noodle Ball <b>10:45 Marina Picnic</b> 1:00 Exercise 4 Energy! 1:30 Chuck-em Cornhole 2:00 Quotes & Bio of Charles M. Schultz 3:00 Family Feud 5:30 My 2 Cents 7:00 Wheel of Fortune	9:30 Our Daily Bread <b>10:15 Fitness with Elaine</b> 11:30 My State Coloring 1:00 Kings in the Corner 1:30 Hangman-Creepy Things 2:00 Volleyball Match-up <b>3:00 Crafting-Sweater Pumpkins</b> 4:00 ChitChat-Travel Adventures <b>5:30 Comedy-Life w/Elizabeth</b> 6:30 Evening Dominoes	<b>9:30 Catholic Communion</b> 9:30 Sittercise-Motion to Music <b>10:30 Balloons Around the World</b> 1:00 News Currents 1:30 Taco Day Mini-Taco's <b>2:00 Musical Fun w/Rick &amp; Debbie</b> 3:00 Tic-Tac-Toe Duel 5:30 Wednesday's Western 7:00 Family Feud	9:15 His Calling Devotions 9:30 Sittercise -Get Fit <b>10:00 Lake Valencia Stroll</b> 11:00 Pretty Hands & Massage 1:00 Hershey KISS Bingo 2:00 Horse Racing 3:00 Full Moon Tales 3:30 Pet Visits-Ruby & Max 4:00 Remember When 6:30 Great Detective Classics 8:25 Bucs vs. Patriots	<b>9:30 Fit-4-Life w/Elaine</b> <b>10:00 Fruit Juicing</b> 10:30 The Word w/Bonnie 11:00 Tic Tac Toe Toss 1:00 Solve the Phrase 1:30 Garden Animal Watching <b>2:30 Mad Hatter's Social</b> 3:00 ChitChat-Baby Names <b>3:30 Happy Hour -AL</b> <b>5:30 Sunset Blvd &amp; Popcorn</b> 6:30 The 'Colorful' Ladies	9:30 Sittercise-Loosen Up 10:00 Green Thumb Gardeners 10:15 Autumn Crosswords <b>10:30 Morning Karaoke</b> <b>1:00 Build a Scare Crow</b> <b>2:00 Bible Study-Jerusalem Destroyed</b> 2:30 Scrabble Challenge 3:00 Wii-Bowling 3:30 Music w/Steve-AL 7:00 The Lawrence Welk Show
9:30 Church Service-AL 9:30 Spiritual Hymns 10:30 Noodle Ball 11:00 Group Scatagories 1:00 Chocolate Bingo <b>1:30 Calvary Worship</b> 2:30 Sundaes on Sunday 3:00 Parachute Circle <b>3:30 SingAlong w/Jim-AL</b> <b>5:30 Ozzie &amp; Harriet</b> 6:00 Evening Word Search	Columbus Day 9:30 Light & Lively Exercise <b>10:00 Hangman Competition</b> <b>10:30 Country Ride-Odessa</b> 1:30 10 Pin Bowling 2:00 Trivia-Christopher Columbus 2:30 Women in Aviation-Laura Ingalls <b>5:30 Tell me a Joke</b> 7:00 Family Feud	9:30 Our Daily Bread <b>10:15 Fitness with Elaine</b> 11:30 Letter Coloring w/Pastels 1:00 UNO Card Game <b>2:00 Fall Jewelry Creations</b> <b>3:00 Juice Spritzer Bar-Apple Cider Special-AL</b> 3:30 Volleyball Match-up <b>5:30 Comedy-Trouble w/Father</b> 6:30 Word Scramblers	Shemini Azeret Begins <b>9:30 Catholic Communion</b> 9:30 Sittercise-Stretch it Out 10:30 Top Spinning Contest 1:00 News Currents <b>2:00 Dori w/her Musical Instruments</b> 3:00 Fall Leaf Painting 5:30 Wednesday's Western 7:00 Wheel of Fortune	Simchat Torah Begins 9:15 His Calling Devotions 9:30 Sittercise -Get Fit 10:00 Cool Cucumber Juicing 11:00 Pretty Hands & Massage 1:00 Dove Bingo 2:00 Pet Visit w/Ruby & Max 2:00 Remember When <b>3:30 Entertainment w/Eddy-AL</b> <b>6:30 Juke Box-Classical</b>	<b>9:30 Sit-N-B-Fit w/Elaine</b> <b>10:00 Painting w/John</b> 10:30 The Word w/Bonnie 11:00 WAR Card Competition 1:00 Trivia-Navy's B'Day 1:30 Bean Bag Toss 2:30 Tasty Tea Party <b>3:30 Happy Hour &amp; Karaoke-AL</b> 5:30 Barefoot Contessa & Popcorn 6:30 Gentleman's Poker	9:30 Bop & Stretch 10:30 Trivia-Baseball 11:00 Chicken Soup Stories <b>1:00 Karaoke Dance Party</b> <b>2:00 Bible Study-Would Not Bow Down</b> <b>2:30 Apron Club-Pumpkin Muffins</b> 3:30 Spider Man History 4:00 Wii-Surfing 7:00 The Lawrence Welk Show
National Poetry Day <b>9:30 Church Service-AL</b> 9:30 Uplifting Hymns 10:30 Sittercize w/Rose 11:00 Rudyard Kipling Readings 1:00 Hershey's Bingo 1:30 Cornhole Game 2:30 Cooked Apple Affair <b>3:30 Piano Favorites w/Jim-AL</b> <b>5:30 Scrabble Challenge</b> 6:00 Evening CrossWord	9:30 Inspirational Stories 10:00 Light & Lively Exercise <b>10:45 Olive Garden Luncheon</b> 1:00 Chair Yoga 1:30 Bird Feed Garland Stringing 2:00 Garland Hanging & Bird Watching 3:00 Price is Right 3:30 Sensory Stroll-Garden Walk 5:30 Scrabble Challenge 7:00 Wheel of Fortune	9:30 Our Daily Bread <b>10:00 Movement w/Elaine</b> 10:30 Scenery Coloring 11:00 Penny Ante Game <b>1:30 Life Long Learning</b> 2:30 Straw Painting <b>3:00 Smoothies -AL</b> 3:30 Outdoor Walk-AL 4:00 ChitChat-Changing Colors <b>5:30 Comedy-Dick Van Dyke</b> 6:30 Evening Dominoes	<b>Neck Tie Day!</b> <b>9:30 Catholic Communion</b> 9:30 Sittercise-Motion to Music <b>10:00 Pumpkin Patch Trip</b> 10:30 Puzzle Mania 1:30 News Currents 2:00 Resident Choir-AL <b>2:30 Apple Sundaes</b> 3:00 Bats & Ghosts Craft 5:30 Wednesday's Western 7:00 Family Feud	9:15 His Calling Devotions 9:30 Sittercise - Loosen Up! <b>10:00 Sewing Bees-Treat Bags</b> 10:30 Pretty Hands & Scents 1:30 Remember When <b>2:00 Musical Tunes w/Steve</b> 3:00 HorseShoe Pitching 4:00 Word Scrambles 6:00 Great Detective Classic	9:30 Fit-4-Life w/Elaine <b>10:00 Treat Bag Filling</b> 10:30 The Word w/Bonnie <b>1:00 Road Trip Travel</b> 1:30 Word in a Word 2:00 Ball in the Basket <b>2:30 Big Birthday Bash! Zita, Bob, &amp; Joe</b> <b>3:30 Happy Hour-AL</b> 5:30 Queen of Outer Space & Popcorn	9:30 Sittercise - Loosen Up 10:00 Green Thumb Gardeners 10:30 Skype w/Gramma 11:00 Word Game Encounter <b>1:00 Trophy Building</b> <b>2:00 Bible Study-Handwriting on the Wall</b> 3:00 Wii-Bowling <b>3:30 Karaoke Sing-a-Long</b> 7:00 The Lawrence Welk Show
National Nut Day 9:30 Church Service-AL 10:30 Sit N Fit 11:00 Majority Rules 1:00 Candy Bingo <b>1:30 Calvary Worship</b> <b>2:30 Stirring up-Nut Trail Mix</b> <b>3:30 Piano Tunes with Jim - AL</b> 5:30 My 2 Cents 6:30 Story Hour	9:30 Inspirational Stories <b>9:30 Tour the Town-Sponge Docks</b> 10:00 Kings in the Corner 1:00 Move to Music 1:30 Table Top Shuffleboard 3:00 Spa Hour & Aromatherapy <b>3:30 Favorites w/Clint-AL</b> <b>4:00 Chair Yoga</b> 5:30 Pay it Forward & Popcorn 7:00 Wheel of Fortune	<b>Happy B'Day, John!</b> 9:30 Our Daily Bread 10:15 Fitness with Elaine 11:30 Kiddo's Trick or Treats <b>1:00 Deal or No Deal</b> <b>2:00 Men's Forum-AL</b> 3:00 Birthday Wing-ding! 4:00 Politics-United Nation's Day <b>5:30 Comedy-You Bet Your Life</b> 6:00 Family Support Group 8:00 1st World Series Game	<b>9:30 Catholic Communion</b> <b>10:00 Harbor Bistro-Pastries</b> 10:30 Puzzle Mania 11:00 News Currents 1:00 Volleyball Match <b>2:00 Afternoon w/Craig</b> <b>3:00 Apron's Club-Witches Fingers</b> 5:30 Wednesday's Western 7:00 Wheel of Fortune	<b>Happy B'Day, Marti!</b> 9:15 His Calling Devotions 9:30 Sittercise-Get Fit <b>10:00 Clowning Around S'More</b> 1:30 Pretty Hands & Massage 2:00 Pet Visits w/Ruby & Max 2:00 Women's Forum-AL 3:00 Lollipop Bingo 3:30 Remember When 5:30 Word Finds <b>6:30 Juke Box-Jazz</b>	<b>9:30 Sit-N-B-Fit w/Elaine</b> 10:00 Mixed Berry Smoothie 10:30 The Word w/Bonnie 11:00 UNO Card Game 1:00 Exploring Other Cultures 2:00 Tic Tac Toe Toss 3:30 Crafting-Guard Centerpieces <b>3:30 Happy Hour! -AL</b> 5:30 Beat the Devil & Popcorn 6:30 Gentleman's Poker	9:30 Bop & Stretch 10:00 Champagne Day-Mimosa's 10:30 Show & Tell w/Jeremy 11:00 Chicken Soup Stories <b>1:00 Great Pumpkin Bake</b> <b>1:30 Karaoke Dance Party</b> <b>2:00 Bible Study-Daniel in the Lions Pit</b> <b>3:00 Matching Game</b> 4:00 Wii-Surfing 7:00 The Lawrence Welk Show
<b>9:30 Church Service-AL</b> 9:30 Spiritual Hymns 10:30 Move to Music 11:00 Skits-a-Frenzia 1:00 Cover Card BINGO 1:30 10 Pin Bowling <b>2:30 Sundaes on Sunday</b> <b>3:30 Memorable Piano Melodies w/Jim-AL</b> 5:30 Rube Cube Challenge 6:00 What's In the Sky Tonight?	<b>Candy Corn Day</b> 9:30 Inspirational Views 10:00 Superstitious Crossword 10:30 Pumpkin Decorating 11:00 Poker Challenge 1:00 Exercise 4 Arthritis <b>1:30 Coolside Gelato Bar</b> 3:00 Candy Corn Guessing Game <b>3:30 Halloween Eve w/Jerry-AL</b> 7:00 Wheel of Fortune	9:30 Our Daily Bread <b>10:15 Movement with Elaine</b> 10:45 Harvest Coloring 11:00 YouTube-Outrages Costumes 1:00 Catholic Mass-AL <b>1:30 Apron Club-Wrapped Mummies</b> 2:00 Halloween Trivia 3:30 Pumpkin Contest Finale-AL <b>5:30 Comedy-Shows of Shows</b>				



# Happy Halloween!



## ACROSS

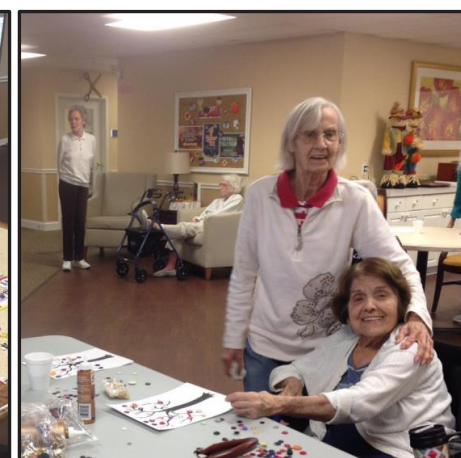
- 3. Ring doorbell & say...
- 4. Where a vampire sleeps
- 7. Jack-o-lantern
- 10. A field where pumpkins grow
- 11. What a spider spins
- 13. No cob for this candy
- 14. An apparition

## 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!



## The Cove Captured Moments







# 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.