

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.


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The HarborChase Wire: A Monthly Publication of HarborChase of Plano MC

October 2017



Celebrating Senior Living

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**TRICK
 or
 TREAT**

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.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 The Sunday Funnies 9:00 The Amen Corner 10:00 Courtyard Stroll 11:00 This Week In Politics 1:00 Music & Memories 2:00 Checkers Match 3:05 Football Watch Party 3:30 Worship Service 6:30 Keep It Clean 8:00 Laugh With Dick Van Dyke	8:00 Daily Chronicle 9:00 Chair Yoga 10:00 Mystery Week- Twilight Zone 1:30 Crafty Corner 2:00 Meandering Monday Outing 3:00 Timber! Giant Jenga 4:00 The Puzzlers Club 6:30 Evening Movie- Rear Window	8:00 Coffee & The Daily Chronicle 9:00 Fit Express 10:00 Scarecrow Decorating 11:00 Category Puzzle Challenge 1:30 Gardening Guru 2:00 Spooky Welcome Sign 3:00 Travelogue: Dallas 4:00 Mystery Week-Detective Trivia 6:30 Wheel Of Fortune!	8:00 Wednesday WORD 9:00 Book Worms Book Club 10:00 Country Server Cooking 11:00 News Currents Chat 1:00 The Good News Network 2:00 Mystery Week Puzzlers 3:00 Game On! Farkle 4:00 Fabulous Fashions 6:30 Keep It Clean 8:00 Happy Neuron	8:00 Classical Music Hour 9:00 This Week In Politics 10:00 Virtual Tour of The MET 11:00 Mystery Week-Who Done It 1:00 Alive Inside Program 2:00 Lucky Strikes! Bowling 3:00 Afternoon Matinee-Hocus Pocus 4:00 Crossword Challenge 6:30 Match The Notes	8:00 Daily Chronicle 9:00 USA Today 10:00 Fit Express 11:00 Heads Up 1:00 Pumpkin Painting 2:00 Street Art 3:00 IN2L Karaoke 4:00 Harbor Lounge Happy Hour 6:30 Evening Movie-The Searchers	8:00 Coffee & Current Events 9:00 Green Thumb Gardeners & Courtyard Stroll 10:00 Fit Express 11:00 My Story Creation 1:00 Piano w/ Richard 2:00 Tech Time-YouTube 3:00 Mystery Week-Clue 4:00 Best Of SNL 6:30 The Rest of the Story
8:00 The Sunday Funnies 9:00 National Park Series 10:00 Patio Palaties 11:00 This Week In Politics 1:00 Name That Tune 2:00 Dominoes Duel 3:05 Football Watch Party 3:30 Worship Service 6:30 Finish The Phrase 8:00 Online Games	8:00 Chair Chi 9:00 Puzzlers Club 10:00 Meditations In Color 1:00 This Day In History 2:00 Meandering Monday Outing 3:00 Apple Week Biography 4:00 Apple Week Taste Testing 6:30 Game On! Chinese Checkers 11:00 Texas Winds Performance	8:00 NewsCurrents 9:00 Go For Life 10:30 Memories In The Making 11:00 Junk Drawer Detective 1:00 Apple Week Trivia 2:00 Scripture Of The Day 3:00 TED Talks 4:00 Animal Kingdom 6:30 Price Is Right	8:00 Brain Games 9:00 Tai Chi 10:00 Country Server Cooking 11:00 News Currents Chat 1:00 Serves Up Chair Volleyball 2:00 Apple Week Apple Art 3:00 Collage Creations 4:00 Wine Down Wednesday 6:30 Shemini Atzeret 8:00 Late Night Sermons	8:00 Chair Yoga 9:00 Outdoor Life 10:00 Dallas Through The Years 11:00 Floral Arranging 1:00 Apple Week Cooking Corner 2:00 Lucky Strikes! Bowling 3:00 Afternoon Matinee-Steve Jobs Documentary 4:00 Sudoku Showdown 6:30 Simchat Torah	8:00 Friday Funnies 9:00 Daily Chronicle 10:00 Chair Chi Stretch 11:00 Aromatherapy & Hand Massage 2:00 Music & Relaxation 3:00 Homemade Hand Scrub Creations 4:00 Healthy Happy Hour 6:30 Tech Time-Relaxation Videos	8:00 The Daily Chronicle 9:00 USA Today Review 10:00 Table Tennis Tournament 11:00 Finishing Lines Trivia Challenge 1:00 Keep It Clean 2:00 Game On!-Yahtzee! 3:00 Music & Memories 4:00 Apple Week Cider Happy Hour 6:30 Sunset Jazz
8:00 Coffee & Current Events 9:00 Favorite Hymns 10:00 SATM Radio Show 11:00 The Amen Corner 1:00 Scentsations & Relaxation 2:00 Tally Oop Challenge 3:05 Football Watch Party 3:30 Worship Service 6:30 Car Talk	8:00 Easy Listening 9:00 Green Thumb Gardeners 10:00 Fit Express 11:00 Fact or Fiction? 1:00 Keep It Clean 2:00 Meandering Monday Outing 3:00 Meditations In Color 4:00 The Price Is Right! 7:00 The Antiques Road Show	8:00 The Daily Chronicle 9:00 Fit 4 Life 10:00 Relaxation Spa Time 11:00 Yoga Stretch 1:00 Music & Memories 2:00 Fresh Fruit Smoothies 3:00 Herb Garden Creations 4:00 October B-Day Bash w/ DJ Rick 6:30 Pastimes	8:00 BBC World News 9:00 Music & Movement 10:00 Country Server Cooking 11:00 Alphabetics 1:00 Keep It Clean 2:00 Hot Rocks 3:00 Afternoon Movie Matinee- Barefoot In The Park 4:00 Wine Down Wednesday 6:30 Rick Steves Travel	8:00 Daily Chronicle 9:00 Walking Warriors 10:00 Guided Meditation 11:00 Animal Kingdom 1:00 Walk This Way 2:00 Music & Memories 3:00 Artist Series-Degas 4:00 Category Puzzle Challenge 6:00 Cool Collections	8:00 Friday Funnies 9:00 Daily Chronicle 10:00 Stretch & Throw-Range of Motion 11:00 Card Sharks-Move On! 1:00 Friday Foodies 2:00 Ask Abby 3:00 Crafty Corner 4:00 Jackie O Retrospective 6:30 Andy Griffith Classics	8:00 News Currents & Coffee Chat 9:00 Green Thumb Gardners 10:00 Sit & Be Fit 11:00 Finish The Phrase Challenge 1:00 Game On! Checkers 2:00 Charades 3:30 Soul Music w/ Mike Perkins 6:30 Around The Globe
8:00 SATM Radio Show 9:00 Sunday Funnies 10:00 Dancersize 11:00 Science Experiment Sunday 1:30 Jewelry Making 2:00 Tech Time 3:05 Football Watch Party 3:30 Worship Service 4:00 The Puzzlers Club 6:30 The Rest of the Story	8:00 Good Morning America! 9:00 Herb Gardner's Club 10:00 Move & Stretch 11:00 The Puzzlers Club 1:00 Card Sharks - Uno! 2:00 Meandering Monday Outing 3:00 Masterpiece Memory Challenge 4:00 You Be The Judge 6:30 Keep It Clean	8:00 Rise and Sing! 9:00 The Good News Network 10:00 Memories In the Making 11:00 Would You Rather...? 1:00 Music & Memories 2:00 Trivia Tuesday 3:00 Scarecrow Decorating 4:00 Harbor Lounge Happy Hour 6:30 Happy Days Remembered	8:00 Wednesday WORD 9:00 Fit Express 10:00 Country Server Cooking 11:00 Who Am I? Clues of an Actor/Actress 1:00 Music & Relaxation 2:00 News Currents Chat 3:00 Virtual Tour-Hollywood 4:00 Wine Down Wednesday 6:30 I Dream of Genie	8:00 Coffee & Frank Sinatra 9:00 USA Today 10:00 Lucky Strikes! Bowling 11:00 Game On! Yahtzee! 1:00 Keep It Clean 2:00 Big Band Sound 3:00 What did It Cost 4:00 Harbor Lounge Happy Hour 6:30 The Lawrence Welk Show	8:00 Friday Funnies 9:00 Green Thumb Gardeners 10:00 Move & Groove Fitness 11:00 National Parks Trivia 1:00 Snack Food Creation 2:00 Halloween History 3:00 Music & Memories 4:00 Halloween Happy Hour 6:00 Family Monster Mash Bash w/ Bill G 7:00 Contest Winners	8:00 SATM Radio Show 9:00 Courtyard Stroll 10:00 Move & Stretch 11:00 Lewis & Clark Historical Presentation 1:00 Kindness Rocks 2:00 Classic Commercials 3:00 Alive Inside Program 4:00 Search And Find 6:30 Game On! Dominoes
8:00 Coffee & Jesus Calling 9:30 Morning Mad-libs 10:30 Fit Express 11:00 The Amen Corner 1:00 This Old House 2:00 Meditations In Color 3:05 Football Watch Party 3:30 Worship Service 4:00 Timber! Giant Jenga 6:30 Rockin Radio-Superman	8:00 Daily Chronicle 9:00 Cuppa Joe & News Currents Chat 10:00 Move & Stretch 11:00 Totally Tennis Trivia! 1:00 Fact or Fiction? Discussion 2:00 Meandering Monday Outing 3:00 Table Tennis Champs! 4:00 The Puzzlers Club 7:00 The Antiques Road Show	8:00 Broadway Hits 9:00 USA Today 10:00 Chair Chi For Strength 11:00 Who Am I? Challenge 1:00 Spooky Performance w/ Laurie 2:00 The Puzzlers Club 3:00 News Currents Chat 4:00 Spooky Trivia 6:30 Evening Movie-Young Frankenstein				

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

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!





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.

