

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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*Celebrating
Senior Living*

October 2017



BIRTHSTONE: Opal

FLOWER: Marigold

ZODIAC: Libra & Scorpio

SPECIAL DATES

Full Moon.....10/05
Physician Assistant Day.....10/06
World Smile Day.....10/06
Columbus Day.....10/09
Healthcare Quality.....10/15-21
Medical Assistants.....10/16-20
Halloween.....10/31



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.

www.HarborChase.com/Sarasota.htm



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15 Joy Fellowship Morning Worship-C 10:15 Incarnation Church-sign up 11:00 Sensational Scrabble-FL 1:30 Wine Bottle Creations-AR 3:00 I am PUZZLED (Types of Apples) 4:00 Meet Me at the Net-L 6:30 Mellow Meditation-TR	9:30 Strength & Balance-TR 9:30 Old Myakka Hootenanny-sign up 11:00 Scarecrow Scategories-L 2:30 Jazz Hands w/Steve-C 3:00 Its Fall Ya'll-L 4:00 Ladder Toss & Laughs-L 6:30 Poetry Readings-L	9:30 Spring into Fitness-TR 11:00 Graham Cracker Crisps-DK 1:30 Pink Ribbon Tributes/ Warriors you May Know-L 3:00 Dueling Darts-L 4:00 Facebook Friends-L 6:30 Crosswords 'All Things Autumn' -FL	9:30 Publix/Banks-sign up 9:30 Reflex Challenge-TR 11:00 Scarecrow Photo Booth-AR 1:30 Get on the Train/Dominos-FL 2:00 Wal-Mart-sign up 3:00 Bean Bag Toss-L 4:00 Cool Classics by the Wanna Bees-L 6:30 News Currents-FL	9:30 Bands & Balls-TR 11:00 'Don't Forget his Brain'- Scarecrow Creations-AR 2:00 Zen Massages by Rachel-WC 3:00 Fun Facts Farmers Almanac-L 4:00 Table Tablets Team Trivia-L 6:30 Mahjong Masters-FL	9:30 Breath with Ease-AR 9:30 Historical Spanish Point-sign up 11:00 U.S Navy Trivia-L 2:00 Live Jeopardy w/ April-TR 3:30 Shelly Tormans Fabulous Flute-L 7:00 New Release 'A United Kingdom'	10:00 Fancy Fitness -TR 11:00 Remember & Repeat'-L 11:15 Madfish Grill-sign up 1:30 Name that Song-L 3:00 Stretch to Streisand-L 4:00 Play on Words-L 6:30 'Method to the Madness' Tribute to Jerry Lewis-L
9:30 'Hand it to Me'-Hand Exercises-TR 10:15 Incarnation Church-sign up 11:00 Know it or Blow it-Trivia-L 1:30 Pallet Creations-AR 3:00 The Life & Times of Nina Simone-L 4:00 'Ace It' VolleyBall-L 6:30 Recipe Corner-FL	9:30 Sing & Get Fit-TR 11:00 Turn of the Century Discussion w/Historian Carol Holland-TR 1:45 Columbus Sailed the Ocean Blue-L 3:00 Apple Toss-L 4:00 Is it a Macintosh or Pink Lady?-L 6:30 Tall Tales & Legends 'Johnny Appleseed' Movie-L	9:30 Work it Out-TR 11:00 HarborChase APRONS- Mom's Apple Crisp-DK 1:30 The Galapagos Tortoise-L 3:00 Cell Phone Tutorials-TR 4:00 Hay Rides with Friends-FL 6:30 Eager Readers-FL	9:30 Publix/Banks-sign up 9:30 Reflex Challenge-TR 11:00 Apple Pom Pom Key Chains-AR 1:30 Dueling Dominos-FL 2:00 Wal-Mart-sign up 3:00 Corn Hole Contenders -L 4:00 Folk Classics by Francesco-L 6:30 News Currents-Discussion-FL	9:30 Check your Reflexes-TR 11:00 Medieval Meanings-L 1:30 Sensational Scrapbooks-AR 3:00 Calling all World Travelers-L 4:00 Tea Leaf International-Tea Tasting-L 6:30 Bridge Bandits-FL	9:30 Move to the Beat-TR 11:00 Giant Jenga-Thrilling Towers-L 2:00 Pro Nail Spa-sign up 3:00 Friday the 13th Origins & Superstitions-L 4:00 Chalyce Sullivan Plays the Keys-L 5:15 Leave for Temple 7:00 Climatic Cinema-'Patriot's Day'-TR	10:00 Chair Pilates -MC 10:00 Fruitville Pumpkin Festival-sign up 1:30 Family Feud 'Battle of the Sexes'-AR 3:00 Rosary Group Meets-L 4:00 Brain Teasers-L 6:30 Evening Stroll- Pace your Pedometers-FL
9:15 Joy Fellowship Morning Worship-C 10:15 Incarnation Church-sign up 11:00 Great States Menagerie-L 3:00 Sentence Sequence-L 4:00 Mind Joggers-FL 6:30 Porch Social-FP	9:30 Chair Yoga-TR 11:00 Skip Bo-Tournament-FL 1:30 Firehouse Chili Cook-off-sign up \$10 donation 3:00 Pin Chasers 4:00 Comedy Hour-L 6:30 Pondering on the Porch-FP	9:30 Meditation Circle-TR 11:00 Monogramed Wreaths-AR 1:30 Puzzles on the Porch-CY 3:00 The Florida Cowboy-Bob Hite Documentary-L 4:00 New Resident Social w/ B.C Hathaway-L 6:30 Card Sharks-L	9:30 Publix/Banks-Sign up 9:30 Sit and Be fit-TR 11:00 Pumpkin Spice up My Life-DK 1:30 Wine Cork Pumpkins-AR 3:00 Cruz Around the Internet-L 4:00 Sultry Serenades w/ Rob Satori-L 6:30 Gin Rummy Jestures-FL	9:30 Move and Grove-TR 11:00 Scrabble Champs-FL 1:30 Woodshop Creations-AR 3:00 Art is Healing/ Water Color Picasso's-AR 4:00 Paws for a Cause- \$10 donation-TR 6:30 News Currents Discussion Group-FL	9:30 Morning Yoga-TR 11:00 Monthly Activity Meeting-L 1:30 Adjusting to Life's Changes w/ Joe-CR 3:00 Coral Reefs from Around the World-L 4:00 Sing the Blues w/ Joe Thayer-L 7:00 Musical 'Young at Heart' -TR	9:30 Sing & Be Fit-TR 10:00 Sarasota Garden Club-sign up 11:00 Minds in Bloom-L 1:30 'Who Wants to be a Millionaire-L 3:00 I'll Bocce for a Dollar-CY 4:00 The Best of Johnny Carson-L 6:30 Documentary 'America's Godly Heritage'-L-
10:15 Incarnation Church-sign up 11:00 Hand & Foot Play Offs-FL 1:30 Nuts about You!-L 3:00 Deep Breathing b& Mediation -TR 4:00 Search and Discover-L 6:30 Pins & Needles -FL	9:30 Fitness Trail-TR 11:00 Turn of the Century Historian Carol Holland-TR 1:30 Tending to the Garden-CY 2:30 Jazz Hands with Steve-Cove 3:00 Lady Liberty Fact or Fiction-L 4:00 QUIZup Group Challenge-L 6:30 Evening Stretches-AR	9:30 Chair Zumba-TR 11:00 'Get Wired' Learning Circuit Boards-AR 1:30 Nature Art -AR 3:00 History of 'All Hallows Eve!' 4:00 Headbantz-L 6:30 News Currents Discussion Group-FL	9:30 Jazzercise-TR 9:30 Publix/Banks-sign up 11:00 Over the Hill-Opoly-FL 1:30 Use Your Senses-L 3:00 In it to Win it-AR 4:00 Oktoberfest w/ Jim Schertz-L 6:30 Night Caps & Conversation-L	9:30 Cardio Corner -TR 11:00 Welcome Ambassadors Meet-L 1:30 Putting Green Group Playoffs-CY 3:00 Mary Shelly's 'Frankenstein' 4:00 Word Games for the Mind-L 6:30 Porch Stories-FP	9:30 Chair Cardio-TR 10:00 Target & Dollar Tree-Shopping-sign up 1:30 Resident Council-TR 3:00 Hospitality Meeting-TR 4:00 Jazz Pianist Amanda Janzten-L 5:15 Leave for Temple-sign up 7:00 Classic Cinema 'Mary Poppins' -L	9:30 Swing & Sing-MC 10:00 Age -Friendly Festival-sign up 11:00 Table Tennis-AR 1:30 Pondering Puzzles-FL 3:00 Creative Craft Circle-AR 4:00 Makin Music in the Afternoon-L 6:30 Call my Bluff Poker-L
9:30 Fox News Recap-L 10:15 Incarnation Church -sign up 11:00 Furniture Restoration-AR 3:00 Great Destinations-L 4:00 Beer & Nuts-L 7:00 Chat Corner-FL	9:30 Tai Chi-TR 11:00 Making a Difference for Teachers-AR 1:30 Awesome Anatomy-L 3:00 Brain Games-L 4:00 October Birthday Celebration w/ Edi Minelli-L 6:30 News Currents Discussion Group-L	Happy Halloween 9:30 Come Pedal-WC 11:00 Ghostly Treats-DK 1:30 Spooky Snapshots--L 3:30 Into the Woods Halloween Show w/ Connie Kurtz 6:30 Music is Good for the Soul -FL				AR2nd floor Activity Room L..... 1st floor Lounge WC..... 2nd floor Wellness Center TC The Cove TR.....2nd floor Theatre Room CY Court Yard FL Front Lobby DK..... Demo Kitchen

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

★HAPPY★ COLUMBUS DAY



			9	7		6	3	8
1		8		4	5	9	7	
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	4	2	7		8	5	6	
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Easy

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7		8				4	5	

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		9	2					
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8			1		7	6	2	

Difficult



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.



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Our Family Photo Album!



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Capturing Moments