

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.



5311 Proctor Rd.
Sarasota FL, 34233
941-444-6629



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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.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15 Joy Fellowship Morning Worship 1 9:45 Sing and Exercise w/ Jody 10:15 Cookie Monster w/ Jody 1:30 Game On - Kickball 2:30 List-Mania 3:30 Dance Like Nobody is Watching You 6:30 Mellow Music 8:00 Sunday Night Football Colts at Seahawks	2 9:30 Fitness w/ Music 9:30 Old Myakka Hootenanny-Sign Up 1:30 Halloween Photo Booth 2:30 Jazz Hands w/ Steve 3:30 Roll the Dice Break the Ice 6:30 Game On! Dominoes 8:00 Tea and Conversation	3 9:45 Chair Dancing 10:30 Cake Boss Challenge 'Decorate Cupcakes' 1:30 Tea and Conversation 'My First Bicycle' 2:30 Appreciation Cards for our LPN's 4:00 Chair-cizing w/ Melissa 6:30 Sarasota Herald Read Along 8:00 Meditation in Color	4 9:45 Move and Be Fit 10:30 Fairytale Fruit Smoothies 1:30 Artist Hour 'Halloween' 3:00 Arm-in Travel 'Germany' 4:00 Cool Classics by the Wanna Bees-L 6:00 Table Games Tournament 8:00 ESPN Sports Wrap Up	5 Teacher's Day 9:45 Yoga Fitness 11:00 Party and Dance w/ Brenda 1:30 Sorting by Shape and Colors 3:00 Teacher's Appreciation 4:00 Unscramble Me 6:30 Refreshments and Porch Social 8:00 Read Along and Relax	6 9:30 Historical Spanish Point-sing up 9:45 Move w/ The Music 1:30 Bowling League 3:00 Word Wizards 4:00 Play That Vinyl 4:00 Shelly Tormans Fabulous Flute-L 6:30 Simon Says 8:00 All about Me	7 9:45 Sing & Be Fit w/Jody 10:30 Chocolate and Conversation 11:15 Madfish Grill-sign up 1:30 Balls and Parachutes 3:00 Join and Sing w/ 'The Sparrows' 4:00 Extreme Coupon Clipping 6:30 Saturday Night Movie 'The Gold Rush'
9:00 Joel Osteen Lake Wood Church 8 9:45 Sing and Exercise w/ Jody 10:30 Calling The Artist 1:30 Silver Parachute 2:30 Oktoberfest last Day Tradition 3:30 Play That Vinyl 6:30 Porch Social 8:00 Sunday Night Football Chiefs at Texans	9 9:45 Fitness On the Go 10:30 Chat Circle Fire Prevention 1:45 Apple Pom Pom Key Chains-AR 3:00 Christopher Columbus Fun Facts and Trivia 6:30 Everything About Me 8:00 Mellow Music	10 9:45 Chair Dancing 10:15 Slow Cooker Apple Cobbler 1:30 Giant Toppling Tower 2:30 The True Story of Johnny Appleseed 4:00 Brain and Body Fitness w/ Melissa 6:30 News Currents Chat 8:00 Music Medley	11 9:45 Move and Be Fit 10:30 Enjoy Callie's Music 1:30 Homemade Coffee Ice-cream 3:00 Circle Chat/ Shemini Atzeret 4:00 Folk Classics by Francesco-L 6:30 News and Views 8:00 Fish Tank Floorshow	12 9:45 Yoga Fitness 10:00 Garden Oasis 11:00 Refreshments and Conversation 1:30 The Cove Soccer Team 3:00 Milking Cows Tutorial 4:00 Play That Vinyl 6:30 The Puzzle Club 8:00 Remember When	13 9:45 Chair-Cizing 10:30 U.S Navy Fun Facts and Trivia 1:30 Juice Ping Pong 2:00 Lady's day Out/Mani's and Pedi's -sign up 3:00 13 Superstitions For Friday the 13th 6:30 News Current Discussion Group 8:00 Music and Relaxation	14 9:30 Fruitville Grove Pumpkin Fest-sign up 9:30 Sing & Be Fit w/ Jody 1:30 3 Hoops and a Ball 2:30 Polishing the Silver 3:30 Family Dessert Recipes Corner 4:15 Who Am I? 6:30 Saturday Night Movie 'Breakfast at Tiffany's'
9:15 Joy Fellowship Morning Worship 15 9:45 Chair Dancing 1:30 The Cove Bowling League 2:30 Fun Facts about White Cane Safety Day 3:30 Karaoke 'The Best of the 60's' 6:30 Tea and Conversation 8:00 Sunday Night Football Giants at Broncos	16 9:45 Cardio Corner 10:30 The Cove Boom Whackers 1:30 Firehouse Chili Cook-Off - sign up 2:30 Jazz Hands W/ Steve 3:30 Uses your Senses 6:30 Patient for Puzzles 8:00 Porch Social	17 9:45 Let's Get Fit 10:30 Calling The Artistes 'Animal Collage' 1:30 Play The Chimes w/ Steve - The Cove 3:00 11 Facts You Probably Didn't Know About Pasta 4:00 Brain and Body Fitness w/ Melissa 6:30 Patient for Puzzles 8:00 Mellow Music	18 9:45 Yoga Fitness 10:30 Cooking W/ The Staff 'Flan' 1:30 Horseshoes on the Hook 3:00 Paper Origami 4:00 Sultry Serenades w/ Rob Satori 6:30 News and Views 8:00 Mellows Tones to Unwind	19 3:30 Watercolor Picassos 'Autumn Trees' 9:45 Fitness On The Go 1:30 Basketball Red vs Blue 2:30 Finish The Phrase 6:30 Take a Healthy Stroll w/ Friends 8:00 Music and Relaxation 10:30 Match The Dots	20 9:45 Step on It 10:15 Brandied Fruit Starter 1:30 Horseshoes Tournament 2:30 Karaoke Competition 'The 60's' 3:30 Coffee and Cookies 4:00 Sing the Blues w/ Joe Thayer-L 6:30 Table Game Challenge 8:00 Fish Tank Floorshow	21 9:30 Sing a Be Fit w/ Jody 10:00 Garden Fest at Sarasota Garden Club- sign up 11:00 Fruit Salad w/ Whip Cream 1:30 Team Pond Toss 3:30 Name That Sound 6:30 Classic Cinema 'Life is Beautiful'
9:00 Joel Osteen Lake Wood Church 22 9:45 Sing & Be Fit 10:15 Nut Bread, Coffee and Conversation 1:30 Football League 2:30 Chat Circle 'Mother in Law' 3:30 What Was There? 6:30 Take a Healthy Stroll 8:00 Sunday Night Football Falcons at Patriots	23 9:45 Move w/ The Ball 10:45 Cotton Candy Corner 1:30 State Trivia 3:00 Tongue Twisters 4:00 The Cove Soccer Semifinal 6:30 Dazzling Dominoes 8:00 Meditate and Relax	24 9:45 Fitness On The Go 10:30 Garden Oasis 1:30 Team Pond Toss 3:00 Remember How much That Cost? 4:00 Karaoke 'Free Style' 6:00 Men's Corner 'Football' 8:00 Music is Good for the Sould	25 9:45 Morning Zumba 10:30 How Many Type of Pastas are there in The World 1:30 The Hawaiian Shirts Ukelele 3:00 Take a Penny Leave a Penny 4:00 Oktoberfest w/ Jim Schertz 6:30 ESPN Sports Wrap Up 8:00 Mellow Music	26 9:45 Chair Fitness 10:45 Slow Cook 'Chocolate Candy' 1:30 Balloon Ball Championship 2:30 Things you Did not Know About Mince Pie 3:30 Karaoke 'The Best of the 70'S' 4:00 Rummy Rum Play Off 6:30 Everything About Me 8:00 Classical Composers	27 9:45 Be Fit w/ Music 10:30 Homespun Bread and Refreshments 1:30 Dance Dance Revolution 3:00 Tell a Story 'Camping Day' 4:00 Jazz Pianist Amanda Janzten-L 6:30 Card Game Snip Snap Snorem 8:00 Relax and Reflect	28 9:45 Sing and Be Fit w/ Jody 10:30 Calling All Artist 1:30 Silver Strike Bowling 2:30 Wild Animal Life 3:30 PoKeNo Pop-up 4:15 H2H Sport Trivia 6:30 Movie and Popcorns 'Frankenstein'
9:15 Joel Osteen Lake Wood Church 29 9:45 Chair-Cizing 10:45 Homemade 'Candy Corn Jell-O' 1:30 Roll The Dice Break the Ice 2:30 Name That Tune 3:30 All About Halloween 6:30 Remember When 8:00 Sunday Night Football Steelers at Lions	30 9:45 Move & exercise w/ The Music 10:45 Countertop Garden Halloween Decoration 1:30 Travelogue 'Ireland' 2:30 Spelling Bee 4:00 October Birthday Celebration w/ Edi Minelli 6:30 News and Views 8:00 Easy Listening	31 Happy Halloween 9:45 Jazzercise 10:30 Scary Ghost Strawberry Family Recipe 1:30 Kickball Play Off 3:30 Into the Woods Halloween Show w/ Connie Kurtz 4:00 Chair Fitness w/ Melissa 6:30 News Currents Discussion 8:00 Meditation Music				

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

Easy

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

Medium

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



Celebrating Senior Living!

Our Family Photo Album!



Building Friendships



Such wonderful engagement



Capturing Moments