

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.



HarborChase
Assisted Living • Memory Care



Celebrating Senior Living

The HarborChase Wire: A Monthly Publication of HarborChase Shorewood MC

October 2017



Administrative List

Tony Schell
Director of Hospitality

Donna Imme
Director of Memory Care

Valerie Beyer
Director of Marketing

Veronica Rudychev
Business Office Manager

Lauren Forster
Director of Life Enrichment

Russ Slack
Director of Maintenance

October Birthdays!

Marianne D. 10/2.....Cove
Ruth C. 10/2.....Cove
Bernie K. 10/21.....AL
Dave K. 10/23.....AL
Jim M. 10/26.....Cove

Fun Events

10/27 Caramel Apple Bar 3:30PM
10/31 Scare Crow Party 3:00PM

HarborChase Happenings!

- All residents must sign in and out when leaving the building.
- Family members please sign out your loved one when leaving the building.
- Reminder please sign up for all outings at the front desk.
- October 1st, St. Robert's Church Service, bus departs at 8:15AM. Meet in lobby.
- October 3rd, Walgreens Shoppers, 9:45AM, bus departs at 9:45AM, meet in lobby.
- October 3rd, Golden Ages of Hollywood Presentation by David Fantle in Bistro at 6:30PM
- October 6th, Boston Store Shoppers, bus departs at 9:45AM, meet in lobby.
- October 6th, Live entertainment by Tom Stanfield in the Bistro at 3:30PM.
- October 10th Target Shoppers, bus departs at 9:45AM, meet in lobby.
- October 10th, Therapy Dog International Visit in the Cove at 2PM.
- October 11th, Church Service with Deacon Gary on the 2nd Fl. at 10:15AM. Communion is given.
- October 11th Lunch Bunch at Beans & Bailly, meet in lobby at 11:30AM.
- October 12th, Dollar Tree Shoppers bus departs at 9:45AM, meet in lobby.
- October 13th, Live entertainment by Brett Gaetner in the Bistro at 3:30PM.
- October 15th, St. Robert's Church Service, bus departs at 8:15PM. Meet in lobby.
- October 17th, Kohl's Shoppers meet in lobby at 9:30AM.
- October 20th, CVS Pharmacy meet in lobby at 9:45AM.
- October 25th, Lunch Bunch at Boulangeri meet in lobby at 11:30AM.
- October 26th, Live Entertainment by Ceol Cairde in the Bistro at 3:30PM.
- October 27th, Goodwill at 9:45AM, Caramel Apple Bar Festival in the Bistro at 3:30PM.



1111 E. Capitol Drive
Shorewood, WI 53211
414-409-7512





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:45 Morning Devotions 10:00 Aerobic Chair Dancing 10:30 Daily Chronicle & Refreshments 11:00 Songs of Faith 1:30 Sunday Sitcoms 2:30 Sundaes on Sunday 3:30 Afternoon Stroll to Bistro 6:15 Puzzle Me This 7:00 Spa Treatment: Hand Massages</p> <p>1</p>	<p>10:00 Toss in the Air Fitness 11:00 Creating a Scare A Crow 1:30 October Easy Does It Trivia 2:30 Listening to Short Stories 3:30 Sing A Long to Country Music 6:15 Color-Full Phrase 7:00 Mellow Monday Music</p> <p>2</p>	<p>9:30 Dear Abby 10:00 TimeSlip Work Shop w/UWM 11:00 Bowling with the Champs 1:30 Simple Scrabble 2:30 Memory Streets, Trivia 3:30 Golden Sneakers Club 6:15 Night Owl Bingo 7:00 Evening with Lawrence Welk</p> <p>3</p>	<p>9:30 Jim's Joke of the Day 10:00 Morning Yoga Fitness 11:00 Potpourri Pumpkin Craft w/Jim 1:30 Price Is Right! Game 2:30 Jim's Art Collection Show & Tell 3:15 Ellen Show & Popcorn 6:15 Home Shopping Network 7:00 TED Talks: Computers</p> <p>4</p>	<p>10:00 Golden Sneakers Club 10:00 Memories in the Making 11:00 Separate, Sort, Zip 1:30 Thursday Trivia 2:00 Bakers Dozen: Coconut Oat Pumpkin Ball 3:30 Take a Walk on the Wild Side 6:15 News and Reviews 7:00 Easy Listening Tunes</p> <p>5</p>	<p>9:30 Friday Funnies 10:00 Slam Dunk It! 10:30 Entertainment by: Gladys Martin 1:30 Scenic Tour ~ Downtown 2:30 Mandala Art & Tea Time 3:00 Take a Stroll and Visit with Neighbors 3:30 BINGO BASH! 6:30 Travelogue to Paris 7:00 Unwind with Andy Williams</p> <p>6</p>	<p>9:30 Morning Reflection 10:00 Volley Ball Fitness 11:00 Remember When... TV Dinners 1:30 Gentle Hand Massages 2:30 Blueberry Smoothies 3:15 Stroll to Bistro 6:15 Old Maid Champs 7:00 The Admiral Was A Lady 1950 Classic</p> <p>7</p>
<p>9:45 Morning News 10:00 Stretch Those Legs 1:30 Mandala Art for the Soul 2:30 Sundaes on Sunday 3:30 Packers VS Dallas/FOX 6:15 Relaxing Hymns 7:00 Rick Stevens Travelogue 11:00 Brain Benders Challenge</p> <p>8</p>	<p>9:45 Voyage to America 10:00 Pass the Apple Fitness 10:30 Apple Taste Test 11:15 Family Luncheon Scare Crow Style 1:30 Walk A Mile In My Shoes 2:30 Soft Touch Manicures 3:30 Apple Prints Art 6:15 Who Loves Lucy! 7:00 Celtic Wonders Music</p> <p>9</p>	<p>1:30 Categorizing Game 10:00 TimeSlip Workshop w/UWM Students 11:00 Stretch & Tone Fitness 2:00 Paws For Love Visit 2:30 Apple Cider Smoothies 3:30 Strolling to the Bistro 6:15 Dear Abby 7:00 The Wonder of Great Parks</p> <p>10</p>	<p>9:30 Mandala Art for the Soul 10:00 Church Service on 2nd Fl. 11:00 Apple Pie Demo 11:30 Lunch bunch ~ Beans & Baily 1:30 Giant Jenga Timber! 2:30 Apple Pie Bites 3:30 Sports ~ Boxing 6:15 National Park Wonders 7:00 Easy Listening Jazz</p> <p>11</p>	<p>10:00 Golden Sneakers Club 10:00 Memories in the Making w/Margie 11:00 Margie's Old High School Memories 1:30 Sing A Long for Margie 2:00 Caramel Apple Snack Bar 3:30 Margie's Recipes 6:30 Gentle Touch Hand Massages 7:00 Big Band Era</p> <p>12</p>	<p>9:30 Apple Trivia & Facts 9:45 Scenic Tour ~ Apple Holler Farm 10:00 Yoga Stretches 2:00 Extreme Couponing, Apple Crisp Snack 3:00 Power Walkers to Bistro 3:30 Friday Funnies 6:15 Classic TV Dragnet 7:00 This Old House</p> <p>13</p>	<p>9:30 Puzzles & Music 10:30 Knock Em' Down Bowling 11:00 Remember When..Gun Smoke 1:30 Meditation & Reflection 2:30 Root Beer Floats 3:15 War! It's On, Card Game 6:15 My Story 7:00 Classic: Adventure Island 1947</p> <p>14</p>
<p>10:00 Chimes of Life Tai Chi 10:30 Live Entertainment by: David Noll 11:00 Songs of Faith 12:00 Packers VS Minnesota/Fox 1:30 Mandala Art for the Soul 2:30 Sundaes on Sunday 3:30 Fitness Trail 6:15 It's On! War, Card Game 7:00 Gentle Hand Massages</p> <p>15</p>	<p>9:30 Book Series IN2L 10:00 Sit & Be Fit 11:00 Women's Knitting & Sewing Discussion 1:30 Building Our Scare Crow 2:30 Jelly Dancing YouTube for Marion 3:30 Trail to Fitness 6:15 Jeopardy Challenge for Marion 7:00 Opera Music, Marion</p> <p>16</p>	<p>9:30 What's New In Shorewood 10:00 TimeSlip Workshop w/UWM Students 11:00 Morning Stretch to Bistro 1:30 Shirley Temple Matinee 2:30 Kings in the Corner Card Game 3:30 Separate, Sort, Zip 6:15 Pumpkin Word Search 7:00 Night Owl Bingo!</p> <p>17</p>	<p>9:45 Today in History 10:00 Fitness Trail 10:30 Remember When... 11:00 Fall Magazine Scavenger Hunt 1:30 Show & Tell Reminisce 2:30 Afternoon Stroll 3:30 Sing A Long with Susie Q. 6:30 Funny Baby Videos</p> <p>18</p>	<p>10:00 Badminton Fitness 10:00 Memories in the Making 11:00 Separate, Sort, Zip 1:30 Today in History 2:00 Pumpkin Apple Sauce Bread 3:15 Afternoon Stroll 6:15 Table Games Mayhem 7:00 Nature Relaxation</p> <p>19</p>	<p>9:30 Friday Funnies 10:00 Do the Hokey Pokey 10:30 Live Entertainment by: Gladys Martin 1:30 Scenic Tour ~ Holy Hill 2:30 Go Togethers Brain Fitness 3:30 Let's Rock, Karaoke Style 6:15 Gentle Hand Massages 7:00 Evening Stroll</p> <p>20</p>	<p>9:30 Morning Reflection 10:00 Getting To Know You Fitness 11:00 Remember When...Golden Age of Radio 1:30 Gentle Hand Massages 2:30 Strawberry Smoothies 3:30 Stroll to the Bistro 6:15 Relaxation Station 7:00 Classic: Beyond Tomorrow 1940</p> <p>21</p>
<p>10:00 Walking Warriors 11:30 Stretch Those Legs 12:00 Packers VS New Orleans/Fox 1:30 Mandala Art for the Soul 2:30 Sundaes on Sunday 3:30 Relaxing Hymns 6:15 Gentle Touch Hand Massages</p> <p>22</p>	<p>9:30 Happy Squirrel Search 10:00 Nature Walk, for Squirrels 10:30 PB & Jelly Through the Senses 11:00 All About Squirrels 2:15 Nutty October Snack 3:30 Acorn Bingo Bash 6:15 Vanilla Sent Hand Massages 7:00 Late Night News Chat</p> <p>23</p>	<p>9:45 Animal Videos Cats 10:00 TimeSlip Workshop w/UWM Student 11:00 Let's Stretch A Little 2:00 Paws For Love Visit 2:30 Family Feud for Jen 3:30 Parachute Exercise Fitness 6:15 I Love Lucy! for Jen 7:00 Evening of Classical Music for Jen</p> <p>24</p>	<p>9:30 Dear Abby 10:00 Resident Council Meeting 11:00 Move to the Beat of the Drums 1:30 Name That Item 2:30 Connect 4 & Table Games 3:30 Karaoke Sing A Long 6:15 Evening Stroll 7:00 Lawrence Welk Tunes</p> <p>25</p>	<p>9:30 Coffee & News 10:00 Memories in the Making 11:00 Walking Warriors 1:30 Which Does Not Belong 2:00 Pumpkin Pudding Cake 3:30 The Paul Harvey Show 6:15 Puzzles & Music 7:00 Finish The Phrase</p> <p>26</p>	<p>9:30 What Does Not Belong 10:00 News Flash at HC 10:00 Slam Dunk Champs 11:00 Memory Street Trivia 1:30 Scenic Tour ~ Whitnall park 2:30 Popcorn Root Beer Floats 3:30 Fall Mandala Art 6:15 Charade Champs 7:00 Smooth Jazz & Conversation</p> <p>27</p>	<p>9:30 Puzzles & Music 10:00 Knock Em' Down Bowling 11:00 Remember When...Monopoly 1:30 Gentle Hand Massages 2:30 Root Beer Floats 3:30 Susie Q Karaoke 6:15 My Story 7:00 Classic: Farwell to Arms 1932</p> <p>28</p>
<p>9:30 Morning Devotions 10:00 Easy Yoga Fitness 10:30 Live Entertainment by: David Noll 11:00 Sunday Funnies 1:30 Mandala Art for the Soul 2:30 Sundaes on Sunday 3:30 Walk This Way 6:15 Crazy 8's Mayhem 7:00 Easy Listening Music</p> <p>29</p>	<p>9:30 Time To Harvest Search 10:00 Latin Beat Fitness 11:00 October Trivia Challenge 1:30 Sleeping Through It-Hibernation 2:15 Humor: Victor Borg Show 3:15 The Glories of Fall 6:15 Finish the Song 7:00 Travel with Rick Steven's</p> <p>30</p>	<p>9:30 Table Games 10:00 TimeSlip Workshop, UWM Students 11:00 Power Walkers 1:30 Separate, Sort, Zip 2:00 Full Circle Fitness 3:00 Scare Crow Party & Live Entertainment Residents & Families 6:15 Night Owl Bingo! 7:00 Late Movie Scary Night</p> <p>31</p>				
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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
- 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!

Our Family Photo Album!



Sweet Life Party



Honey Bee Presentation



BEE Treats in the Bistro



Hospitality At Its Best



Labor Day Shoebox Parade



Warm Washcloths Before Meals



Lunch Bunch Gang!



Memories in the Making



Football Season Has Begun, GO PACK



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.