

Birthdays

10/20.....Ray Robichau

10/29.....Eleanor Barber



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.



HarborChase
Assisted Living • Memory Care



Celebrating Senior Living

The HarborChase Wire: A Monthly Publication of HarborChase Vero Beach AL

October 2017



Management Team

Michelle Woodstock
Associate Executive Dir

Phyllis Phillips
Life Enrichment Director

Tom Rockwood
Maintenance Director

Lisa Goodspeed
Director of Resident Care

Kia Moseley
Director of Memory Care

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.



4150 Indian River Boulevard
Vero Beach, FL 32967
772-202-6980



AL 11030
Designed/Printed by Corwin Design & Graphics Corp.
www.MyCorwinOnline.com • 1-877-CORWIN2

www.HarborChase.com/VeroBeach.htm



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 Beloved Devotions 1 10:30 Our Savior Bible Study with Ken 11:00 Flexibility Equals Mobility 1:00 Patriots vs Panthers 1:30 Laugh Out Loud 2:00 Sermon Pastor Josh 3:00 Scarecrow Decorating Begins 4:00 Wine Down 50's Style 7:00 Cinemastastic-Butter	10:00 Qi Gong With Janet 2 10:30 Game On: Family Feud 1:00 Caress the Cavalier 2:00 Activity Committee Mtg 3:00 Crochet/Knitting Club 4:00 Famous Architecture 7:00 Movie: Wild Oats 8:15 Redskins vs Chiefs	9:30 Discussion: Techies Day 3 10:00 News in Review 11:00 Bible Study - Pastor Josh 11:00 Flexibility w/Brittany 1:30 Travel: Caribbean Surprise 2:30 Woman To Woman 4:00 Inspirational Reading 6:30 Gametime: Football Season 7:00 Movie Classic: Shooter	9:15 Wall Street Journal 4 10:00 Unscramble The Phrase 11:00 Upper Body Exercises 12:00 National Taco Day 1:30 Learn to Play-Bridge 1:30 Beach Side Cruising 3:30 Stretch w/Laurie 4:00 White Russian Happy Hour 6:30 Bingo Jingo 7:00 Cinemastastic: Defenders	Sukkot 5 9:15 Walking Warriors 10:15 St. Helen's Communion 1:30 Sing Along Choral Group 2:00 Learn To Speak French 2:30 Floral Arranging 3:00 Zumba with Brittany 4:00 Name That Tune w/ Julie 6:30 Open Mic Night 8:15 NFL Football: Patriots vs Buccaneers	9:15 National Smile Day 6 10:00 Body Works 11:00 Pastor David Visits 1:30 Social Bridge Competition 2:00 Ultimate Scrabble Competition 3:00 Friday Funnies 4:00 Big Hits From The Rat Pack 7:00 Cinemastastic- Silver Streak	9:15 Nature Stroll 7 10:00 Word Creation Contest 11:00 Move To The Beat 1:30 Bocce Ball Challenge 2:00 Water Color Art w/Xaque 3:00 X Marks The Square 4:00 Afternoon Cocktail Social 7:00 Classic Cinema: Spy Hard
8:30 Depart for Holy Cross 8 10:00 Sunday Devotions 10:30 Our Savior Bible Study 11:00 Strength equals Independence 1:00 Football: Dolphins v Titans 2:00 Sermon with Pastor Josh 3:00 Book Nook-Tell Us About Your Favorite Book 4:00 Pierogi Social 7:00 Movie & Popcorn Ozark	Columbus Day 9 10:00 Qi Gong With Janet 10:30 Guess Who-Famous Artists 11:00 Words of Hope 12:00 Beer and Pizza Day 1:00 Caress the Cavalier 1:45 Ultimate Scrabble Competition 2:30 Quotes of Grandma Moses 4:00 Documentary: Columbus 7:00 Movie: Full Metal Jacket	9:15 Armchair Travels-Alaska 10 10:00 Cookies For A Cause 11:00 Bible Study-Pastor Josh 11:00 Fit For Life 1:30 Creative Writing 2:30 The Price Is Right 4:00 Apple Wine and Brie Social 6:30 Monopoly Challenge 7:00 Cinema The Prestige 8:00 NBA: Bulls vs Lakers	Shemini Atzeret 11 9:15 Decorating Club 10:00 Make Apple Cider 12:00 Southern Food Social 1:30 Learn to Play-Bridge 1:30 Shopping Around Town 3:00 Lower Body Class 4:00 Fossil Discussion 6:30 X Marks The Square 7:00 Voyage to the Bottom of the Sea	Schimchat Torah 12 9:15 Walking Warriors 10:15 St. Helen's Communion 12:00 National Gumbo 1:30 H.C. Band Performance 2:30 Floral Arranging 3:00 Calisthenics Exercise 4:00 Pictionary Challenge 6:30 Oldies but Goodies 7:00 Movie: Toys 8:15 Eagles vs Panthers	9:15 Silly Sayings 13 10:00 Move To The Beat 11:00 Pastor David Visits 1:30 Social Bridge Competition 1:45 Scrabble Competition 2:00 Discussion: Disaster Averted 4:00 Snapshot Photo Social 7:30 Movie Special: The Imitation Game	9:30 Walking Warriors 14 10:00 1920's Music Trivia 11:00 Yoga Movement 1:30 Discussion: Famous Bald Stars 2:00 Water Color Art w/Xaque 3:00 Sounds of the Guitar by Andrew 4:00 Apple Dessert Recipe 7:30 Movie: The Man with one Red Shoe
9:30 Town News 15 10:30 Sermon with Chaplain Ken 11:00 Get a MOVE On 1:30 Inspirational Hymns 2:00 Bible Study w/ Josh 3:00 Breast Cancer Pin- Making 4:00 Horseracing - Pick Your Favorite 7:00 Movie: Armageddon	9:30 Discussion-National Boss Day 16 10:00 Qi Gong With Janet 11:00 Fresh Market Shopping 1:00 Caress the Cavalier 1:30 Cranium Challenge 2:00 Scrabble Competition 2:00 Spelling Bee 3:00 Dare Devil Stunts 4:00 Discussion: Food Day 7:00 Movie Special: You Get Me	9:15 Recognizing Black Poets 17 10:00 Poetry Reading 11:00 Balancing -Brittany 11:00 Worship - Pastor Josh 1:30 Drum Circle Beats 2:00 Homemade Apple Crisp 3:00 Wii Bowling Battle 4:00 Discussion Social:Pasta 6:30 World Geography Jingo 7:00 Movie: Doctor Strange	9:15 Travel To Alaska 18 10:00 Seashell Picture Frames 11:00 Balancing Mind & Body 12:00 E.D. Birthday Table 1:30 Resident Birthday Bash 2:00 Lifelong Learning: Financial Planning 2:30 Music by Just Me 2 3:00 Move w/Laurie 4:00 Discussion: Necktie Social 7:00 Creative Jewelry Designs	9:15 Evaluate Your Life 19 10:00 St. Helen's Communion 10:15 Word Challenge 11:00 Get Smart About Credit 1:30 Floral Arranging 1:30 Honoring Cultural Traditions - Diwali 3:00 Health & Wellness w/ Brittany 4:00 New Resident Meet & Greet 8:15 NFL: Chiefs v Raiders	9:15 Celebrating Female Accomplishments 20 10:00 Body Sculpting 11:00 Pastor David Visits 1:00 Discussion: Brandied Fruit Recipes 2:00 Mammography Facts 2:00 USA Jingo Challenge 3:00 Q-Bitz Challenge 4:00 Entertainment w/ Kimberly 7:00 Movie - Tie the Knot	9:30 Walking Warriors 21 10:00 Bocce Ball Challenge 10:30 20 Questions 11:00 Exercise Bands 1:00 Obama Lama Challenge 2:00 Water Color Art w/Xaque 3:30 Andrew's Guitar Renditions 4:00 Share the 'Sweetness' Social 7:00 Movie: Anne with An E
8:30 Depart For Holy Cross 22 10:00 Fall into Fitness 10:30 Bible Study w/Ken 1:00 Dolphins vs Jets 1:30 Remembering Our Mother-in-Law 1:30 Sudoku Challenge 2:00 Worship w/Josh 3:00 Fact or Fiction 4:00 Nutty Mix & Mingle 7:00 Movie: Sunset Sons	9:15 Dear Abby Column 23 10:00 Qi Gong Movement 10:30 Indian River Mall Shopping 1:00 Caress the Cavalier 2:00 Can You Picture This 3:00 Event Planning - Halloween 4:00 Travel To Boston 6:30 Dominoes Team competition 8:30 NFL: Eagles vs Redskins	9:15 United Nations Facts 24 10:00 HarborChase Choral Rehearsal 11:00 FUNctional Fitness 11:00 Words of Inspiration-Josh 2:30 Cranium Challenge 3:30 That's Bologna 4:00 'Who Wants Beer?' 6:30 Executive Director Celebrity Bartender 7:00 Movie Special: Emma	9:15 Origins of Names 25 11:00 Move To The Groove 12:00 Entertainment by Barbara 1:30 Fun Facts: Greasy Foods 2:30 The Eyes Have It 3:00 Stretch w/Laurie 4:00 The Sour Challenge 6:30 Battle For Bingo 7:00 Movie: The Cable Guy 10:00 Crosswords - Famous Artists	9:15 Eager Reader 26 10:15 St. Helen's Communion 10:30 Resident Council 11:00 One-On-One Pet Therapy 1:00 Halloween Decorating & Pumpkin Carving Display 3:00 Yogacize with Brittany 4:00 Doo Wop Sounds w/Julie 6:30 Nitecaps & Conversations	9:15 Porch Chats 27 9:30 On This Day-Singers Sony & Cher Wed 10:00 Chair Movements 11:00 Pastor David Visits 1:30 Calling All Crafters - Halloween Favors 2:30 In It To Win It 3:00 Discussion-Holding Court 4:00 Scarecrow Display Party 7:00 Movie: Can't Buy Me Love	9:15 Walking Warriors 28 10:00 Pondering on the Porch 11:00 Moving Calisthenics 1:00 Discussion: Making A Difference 2:00 Water Color Art w/Xaque 3:00 Billiards Challenge 4:00 50's & 60's Classics 7:00 Movie: Schindler's List
8:30 Depart Holy Cross 29 10:00 Be Healthy..Be Happy 10:30 Praise & Worship Bible Study 11:00 Spiritual Sing-a-Long 1:00 Words containing 'cat' 2:00 Spiritual Inspiration w/Josh 3:00 Young At Art- Scrapbook Creation 4:00 Snapchat Snapshots 7:00 Movie: Land of Women	9:15 Chat Pack 30 10:00 Qi Gong w /Janet 10:30 Shopping is fun!- Publix 12:00 Men's Outing-Lunch at Muligan's 1:00 Caress the Cavalier 1:30 Nutrition Talk w/ Terry 2:00 Decorating Club 4:00 Monster Mash Social 7:00 Movie: Young Frankenstein	Halloween 31 9:15 Walking Warriors 10:00 Headstart Trick or Treat 11:00 Spookercise with Brittany 11:00 Worship & Praise-Josh 2:00 Going Once, Twice, Three Times, Sold Auction 4:00 Halloween Family Night 7:00 Movie: Addams Family				LE.....Life Enrichment L.....Library B.....Bistro FP.....Front Porch BT.....Bus Trip C.....Community PDR.....Private Dining Room DR.....Dining Room

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. Shrill 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!

Happenings Around HarborChase of Vero Beach





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.