

Alzheimer's Awareness Month

Alzheimer's disease is the most common form of dementia and the most frequent cause of severe cognitive decline in people over 65 years of age. According to the Alzheimer's Association 2015 Facts and Figures report, there are more than 5 million Americans living with Alzheimer's and as many as 15 million family caregivers.

Alzheimer's takes a devastating toll, not just on those with the disease but also on their caregivers.

- In 2014, 15.7 million family and friends provided 17.9 billion hours of unpaid care to those with Alzheimer's and other dementias.
- Nearly 60 percent of Alzheimer's and dementia caregivers rate the emotional stress of caregiving as high or very high; about 40 percent suffer from depression.
- Many Alzheimer's and dementia caregivers report they are concerned about maintaining their own health since becoming a caregiver – and they are more likely than caregivers of other older people to say that caregiving made their health worse.

For more information go to www.alz.org

Veterans' Day: A Brief History

In November of 1919, President Woodrow Wilson decreed that November 11 should be observed as Armistice Day to commemorate the end of WWI. In 1954, veteran organizations successfully lobbied congress to change the name of the observance to 'Veterans Day' in order to include and honor the efforts of those who fought in World War II and in the Korean War. In 1968, the Federal Government passed legislation to observe legal holidays on Mondays, arguing that the three-day weekends would encourage travel and recreation, thus stimulating the economy. In 1978, President Gerald Ford moved Veterans Day back to its original date of November 11 to honor its historic and patriotic significance.

Today, U.S. military officials point out that many people confuse Memorial Day with Veterans Day. While Memorial Day is a day to honor military personnel who died in battle or as a result of their wounds, Veterans Day is set aside to thank and honor all those who served in the military, in wartime and in peacetime. It is intended to thank living veterans for their services, to acknowledge their contributions to national security, and to underscore their sacrifice and duty.



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Happy Birthday!

Margie O./AL..... Nov.8th
Luan Kendrick..... Nov. 8th
June S./AL..... Nov. 18th
Margaret H./AL Nov. 28th



*Celebrating
Senior Living*



Most of All

Thanksgiving Day brings to mind

the blessings in our lives that usually go unnoticed:
a home that surrounds us with comfort and protection;
delicious food, for pleasure in both eating and sharing;
clothes to snuggle up in, books and good
entertainment to expand our minds;
and freedom to worship our God.

Most of all we are thankful for our family and friends,
those treasured people who make our lives extra special.

You are part of that cherished group.

On Thanksgiving, (and every day) we appreciate you.

Happy Thanksgiving!

Driverless Cars Coming to a Street Near You?



Drivers can't wait for self-driving cars, according to a survey by Bosch Mobility Solutions. Out of 1,000 U.S.-based new car buyers 18 years or older, 52 percent said they expect to own a self-driving vehicle within the next 10 years. Only 14 percent said they'd never buy a self-driving car, and 14 percent were undecided.

Although 72 percent of survey participants signaled worries about lack of control in a vehicle they don't drive themselves, 61 percent said they believe self-driving cars could lead to a decrease in traffic accidents, and 55 percent highlighted more free time and less stress as a benefit to driverless cars.

Needless to say, automotive technology has come a long way! How many of you can remember driving a car with a manual transmission? A report from U.S. News and World Report found that only 18 percent of U.S. drivers know how to operate a stick shift, and only about 5 percent of vehicles sold in the U.S. today come with a manual transmission.

www.HarborChase.com/Jasper.htm



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:00 Hometown News 1 10:30 Chair Cha Cha 2:00 Across America/Ohio 3:30 Power Walkers 6:30 Brain Games 7:30 Author's Day Fun Facts 8:30 Poker Face 9:30 The Chimes Of Tai Chi	9:00 Energizing Yoga 2 10:00 News Currents Review 2:00 Bingo Bounty 3:30 Walk Fit 6:30 Culture Awareness/Healthy Lifestyle Factors 7:30 Football TV Night 9:00 NFL Teams Trivia 10:00 Slumber Stretch	9:00 National News 3 10:30 Zumba Gold 2:00 National Sandwich Day Fun Facts 3:30 Talk & Taste/Sandwiches! 6:30 Mental Aerobics 7:30 Minute To Win It! 8:30 Classical Jukebox 10:00 The Chimes of Tai Chi	NATIONAL CANDY DAY 4 9:00 Hometown News 10:00 Walk Fit 2:00 Coffee Break/Candy Fun Facts 3:30 Color My World 4:30 Wisdom Of Aging 6:30 Mexican Train/Dominoes 8:30 Poker Face 9:00 Tone & Stretch YOGA
DST ENDS 5 9:00 Zip 35501 News 10:00 Silver Sneaker Walkers 2:00 Faith & Revival Hour w/Church Of Christ 3:30 The Colors Of My Life 6:30 Daylight Savings Time History 7:30 Person, Place Or Thing? 8:30 Evening Pilates 10:00 Nightline News	9:00 Saxophone Fun Facts 6 10:30 Sittercise w/Darlene 2:00 What's Cooking In Darlene's Kitchen? 3:30 Step In Strength 6:30 Mental Aerobics 7:30 Classical Jukebox 8:30 Classic TV/Bewitched 9:30 Tranquil YOGA	9:00 Energizing Yoga 7 10:00 Tuesday Tabloids 2:00 Sunday School w/Ms. Sue 3:30 Tuesday Tastes/Bittersweet Chocolate & Almonds 6:30 This Was The Year/1986 7:30 Person, Place Or Thing 9:00 Late Night Dominoes 10:00 Slumber Stretch	9:30 Hometown News 8 10:30 Cha Cha In Your Chair 2:00 Across America/Oklahoma 3:30 Blasts From The Past/Etiquette 6:30 Wheel Of Fortune Marathon 7:30 Brain Bafflers 8:30 Poker Face 9:30 Stress Buster Tai Chi	NATIONAL SCRAPPLE DAY 9 9:00 Energizing Yoga 10:00 Todd Hunter Prayer Service 2:00 Bingo Bonanza 3:30 Talk & Taste/Scrapple 6:30 Walk Fit 7:30 Football TV Night 9:00 NFL Teams Trivia 9:00 Slumber Stretch	MARINE CORPS B'DAY 10 9:00 Marine Corps History 10:30 Zumba Gold 2:00 Marine Corps Birthday Celebration 3:30 TAPS/Military Tunes 6:30 Marine Corps Slang Word Search Challenge 7:30 Name The . . . Trivia 9:00 Mexican Train/Dominoes 10:00 Relaxing Yoga	VETERAN'S DAY 11 9:00 Veteran's Day History 10:00 Trail Blazers 2:00 Military Trivia 3:30 Science For Seniors/Magic 6:30 Power Walkers 7:30 Moments In Time/MRES 9:00 It All Happened In November 10:00 Slumber Stretch
9:00 Hometown News 12 10:00 Trail Blazers 2:00 Church Of Christ 3:30 Chicken Soup For The Soul Social 6:30 Kings In The Bible Word Search Challenge 7:30 Life's Tug Of War/Hands Of Time 8:30 Mental Aerobics 10:00 Tranquil YOGA	WORLD KINDNESS DAY 13 9:00 November Quick Quiz 10:00 RESIDENT COUNCIL MEETING 2:00 Celebrity Dish 3:30 Trail Blazers 6:30 Wheel Of Fortune 7:30 Card Sharks/UNO 8:30 Flower Folklore & Trivia 9:00 Zen Meditation	9:00 Coffee Chat/Generational Diversity 14 10:00 Trail Blazers 2:00 Sunday School w/Sue 3:30 Music Notes/Yanni Birthday Bio 6:30 Checkers Competition 7:30 Tuesday Tunes & Trivia 8:30 Guess The Proverbs 10:00 Tranquil YOGA	AMERICA RECYCLES DAY 15 9:00 Community Recycling Project 10:30 Cha Cha In Your Chair 2:00 Glamour Hands Manicures 3:30 Across America/Oregon 6:30 Peanut Butter History 7:30 Person, Place Or Thing? 9:00 Mexican Dominoes 10:00 Chimes Of Tai Chi	9:00 Coffee Chat/News Currents 16 10:00 Trail Blazers 2:00 Bingo Bonanza 3:30 Person, Place or Thing 6:30 World Wildlife Adventures 8:00 TV Classics/The Flying Nun 9:30 Tranquil Stretch	9:00 USA Today Review 17 10:30 Zumba Gold 2:00 Happy Hour/Mickey Mouse Birthday Celebration 3:30 Minute To Win It! 6:30 Dice Blackjack 7:30 Mental Aerobics 9:00 Stress Buster Tai Chi 10:00 Sleepless Scrabble	MICKEY MOUSE'S B'DAY 18 9:00 Daily Chronicle 10:00 Step In Strength 2:00 Mickey Mouse Birthday Bio 3:30 Celebrity Birthday Bios Guess Who 6:30 Natural Wonders/Honeybees 7:30 Karaoke With Friends 8:30 3-Way Football Trivia 9:30 Relaxing YOGA
GAMES & PUZZLES WEEK 19 9:00 Tai Chi Tone Up 10:00 Coffee Corner/Chips On-Chips Off 2:00 Church Of Christ Service 3:30 Pedometer Pals 6:30 Heirloom Journals 7:30 Bible Humor 8:30 Dominoes Challenge 10:00 ESPN News	CHILDREN'S DAY 20 9:00 Person, Place Or Thing 10:30 Sittercise w/Darlene 2:00 HarborChase Best Bites 3:30 Universal Children's Day Topics 6:30 Silver Sneakers 7:30 Checkers Competition 8:30 Gospel Music Word Search Challenge 9:30 Zen Meditation	WORLD HELLO DAY 21 9:00 Home Is Where The Heart Is/Word Game Competition 10:00 Walk Fit 2:00 Sunday School w/Sue 3:30 Hello Fun Facts 6:30 Card Sharks 7:00 Classic Cinema/Home Is where The Heart Is 8:30 Tuesday Tabloids 10:00 Tai Chi & Me	9:00 Mental Aerobics 22 10:30 Chair Cha Cha 2:00 Across America/Pennsylvania 3:30 The First Thanksgiving 6:30 Turkey Trot Humor 7:30 Dominoes Competition 8:30 Pastimes Faces & Places 10:00 Tranquil YOGA	THANKSGIVING 23 9:00 Coffee Chat/News Currents 10:00 Macy's Thanksgiving Day Parade 2:00 Thanksgiving History 3:30 Let's Talk Turkey/Name The Turkey Parts 6:30 Thanksgiving Humor/Turkey Laugh Lines 7:30 Mexican Train/Dominoes 9:00 Tranquil YOGA	BLACK FRIDAY 24 9:00 Black Friday Fun Facts 10:30 Zumba Gold 2:00 Black Friday Sales Ad Shopping 3:30 Black Friday Deals Of The Day 6:30 Holiday Sing A-long 7:30 Going Places/Postcards 8:30 Iron Bowl Pregame Focus 10:00 Tranquil YOGA	IRON BOWL 2017! 25 9:00 Java Jolt/Iron Bowl Stats 10:00 Walking & Talking & Tailgating 2:00 Iron Bowl Tailgating 3:30 TV College Football/Auburn & Alabama 8:00 Karaoke w/Friends 9:00 Slumber Stretch 10:00 Late Night Dominoes
NATIONAL CAKE DAY 26 9:00 Coffee Corner/Cake Personalities 10:00 Walk Fit 2:00 Faith & Revival Hour 3:30 In Living Color 6:30 Brain Bafflers 7:00 Classic Cinema/Casablanca 8:30 Guess The Decade 9:00 Tone & Stretch Yoga	CYBER MONDAY 27 9:00 National Geographic News 10:30 Sittercise w/Darlene 2:00 Gourmet Adventures 3:30 Monday Music Memories/Jimi Hendrix 6:30 Dice Blackjack 7:30 Record Player Fun Facts 8:30 TV Classic/Matlock 9:00 Tranquil YOGA	9:00 Energizing Yoga 28 10:00 Bluegrass Pilgrims 2:00 Sunday School w/Sue 3:30 Tuesday Tastes/French Toast 6:30 French Toast Fun Facts 7:30 Things I've Learned 8:30 Fun Time Cinema/Planes, Trains & Automobiles	9:00 Mental Aerobics 29 10:30 Chair Cha Cha 2:00 Across America/Rhode Island 3:30 Famous Hollywood Stars Trivia 6:30 Wheel Of Fortune Marathon 7:30 Dominoes Competition 8:30 Pastimes Faces & Places 10:00 Tranquil YOGA	9:00 News Currents 30 10:00 Step In Strength 2:00 Bingo Bonanza 3:30 Imagination Destination/P.B. Sandwich Creations 6:30 Mental Aerobics 7:30 Mexican Train/Dominoes 8:30 Back In Time/Household Remedies 10:00 Tranquil YOGA		



HAPPY Thanksgiving

T A I P O C U N R O C T U R S G I V E T H A N K S A R F
T U U R K E Y U Y Y S A Y E E S S H S U A S V D T C Z I
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AMERICA
BLACK FRIDAY
CANDIED YAMS
CASSEROLES
COLONY
CORNUCOPIA
CRANBERRY SAUCE

DEVEILED EGGS
DRESSING
FAMILY
FEAST
FOOTBALL
GIVE THANKS
GRAVY

HARVEST
INDIANS
MACYS PARADE
MAIZE
MASHED POTATOES
MAYFLOWER
NOVEMBER

PIE
PILGRIMS
PLYMOUTH
SAIL
SQUASH
SETTLERS
TURKEY



Fall Back 1 Hour



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		1			6			2	
		2		6			7		
6			4		3				
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Difficult

What Your Nose Knows

Sense of Smell and Your Health

Your sense of smell enriches your experience of the world around you. Different scents can change your mood, transport you back to a distant memory, and may even help you bond with loved ones. Your ability to smell also plays a key role in your health. If your ability to smell declines, it can affect your diet and nutrition, physical well-being, and everyday safety.

Whether coffee brewing, pine trees in a forest, or smoke from a fire, the things we smell are actually tiny molecules released by substances all around us. When we breathe in these molecules, they stimulate specialized sensory cells high inside the nose. Each of these sensory cells has only one type of odor receptor—a structure on the cell that selectively latches onto a specific type of “smelly” molecule. There are more smells in the environment than there are odor receptors. But a given molecule can stimulate a combination of these receptors, creating a unique representation in the brain of a particular smell.

Because smell information is sent to different parts of the brain, odors can influence many aspects of our lives, such as memory, mood, and emotion. For thousands of years, fragrant plants have been used in healing practices across many cultures, including ancient China, India, and Egypt. Aromatherapy, for example, aims to use essential oils from flowers, herbs, or trees to improve physical and emotional well-being.

Smell is also important for your perception of taste. Chewing your food releases aromas that travel from your mouth and throat to the nose. Without smell, we can detect only 5 basic tastes: sweet, salty, bitter, sour, and umami (savory). But our brains incorporate information from both taste and smell receptors to create the perception of many different flavors.

Some people may think they’ve lost their sense of taste if

food begins to taste bland or slightly “off.” But in fact, they may have lost their ability to smell.

“A good sized majority of people don’t know they have a problem with their sense of smell,” says Howard Hoffman, a public health expert at NIH. A national health and nutrition survey recently revealed that 12% of adults have a smell dysfunction. The problem increases with age, with 39% of those ages 80 and older showing a deficit.

People who’ve lost their sense of smell sometimes try to boost flavor by adding more salt or sugar to their foods. But these additions might cause problems for those at risk for certain medical conditions, such as high blood pressure, kidney disease, or diabetes. Talk with your doctor if you think a smell deficit might be affecting your quality of life.

Smell may be the most mysterious of our 5 senses, Beauchamp says.

“We know quite a bit about smell loss and can diagnose this fairly well. But, for the most part, we have no treatments that are reliable and widely accepted” for long-lasting cases of smell loss. Some studies suggest that smell training may help you improve your ability to discriminate and identify odors. It may stimulate growth of new receptors or improve your brain’s ability to interpret low levels of odors, Beauchamp explains. But researchers are still learning how and whether this works.

Like all of your senses, your sense of smell plays an important part in your life. If you think you’re experiencing a loss of taste or smell, see your health care provider. There may be ways to help fix the problem. If not, your doctor can help you learn to cope with the changes in smell and taste.

[newsinhealth.nih.gov](https://www.nih.gov/news-events/stories/2018/08/08/081818smell)

King Tut's Tomb Revealed

November 4, 1922



British archaeologist Howard Carter made quite the discovery on Nov. 4, 1922. The tomb of one of the most famous pharaohs in history, Egypt’s King Tutankhamen, remained hidden, a source of mystery since the boy king died around 1352 B.C., during his teenage years. Unearthed in the Valley of the Kings in Luxor, Egypt, King Tut’s tomb was ensconced with treasures never before seen. He and his gold mask were found at the heart of a quartzite sarcophagus. Four nesting shrines and three coffins served as Tut’s protection, with one of the coffins made of solid gold.

In time, after Carter sorted through the layers of gold and regalia, King Tut’s mummified body emerged affixed to his gold coffin, an occurrence that seemed to happen naturally over time with the settling of ritual resins. Struggling to remove the mummy, Carter was forced to cut Tut’s limbs, which only proved to raise more questions about the pharaoh’s untimely death. One may never know how the young king died. A number of Tut’s tomb treasures can be seen on display in the Egyptian Museum in Cairo.