

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
			9:30 Walker County News Review 1 10:30 Chair ChaCha 2:00 Across America/Ohio 3:30 Power Walkers 6:30 Mental Aerobics 7:30 Author's Day Fun Facts 8:30 Tai Chi & Me 10:00 Sleepless Scrabble	9:00 Fit4Life Stretch 2 10:00 News Currents Review 2:00 Bingo Bounty! 3:30 Culture Awareness/Healthy Lifestyle Factors 6:30 50's Juke Box Tunes 7:30 Football TV Night 8:30 Guess The Year 10:00 NFL Teams Trivia	9:00 Prayer Circle/Spiritual Quotes 3 10:30 Zumba Gold 2:00 National Sandwich Day Fun Facts 3:30 Talk & Taste/Sandwiches! 7:30 Minute To Win It 8:30 Word Play Challenge 9:30 Meditation & Relaxation 10:00 Late Night Chess Challenge	NATIONAL CANDY DAY 4 7:30 Sunrise Devotion 9:30 Espresso Express/Candy Fun Facts 10:00 Trail Blazers 2:00 Mental Aerobics 6:30 Charades Challenge 7:30 Poker Face 8:30 Best Of SNL 10:00 Late Night Dominoes
DST ENDS 5 8:30 Read All About It News 10:00 Trail Blazers 2:00 Church Of Christ Service 3:30 Family Scrapbooking 6:30 Daylight Savings Time History 7:00 Person, Place Or Thing 8:00 Evening Pilates 9:00 Nightline News	9:00 Saxophone Fun Facts 6 10:30 Sittercise w/Darlene 2:00 What's Cooking In Darlene's Kitchen 3:30 Nature Walk 6:30 Mental Aerobics 7:30 Classical Jukebox 8:00 Classic TV/Bewitched 9:30 Mexican Train	8:30 Energizing Yoga 7 10:00 Tuesday Tabloids 2:00 1st Baptist Sunday School 3:30 Tuesday Tasting/Bittersweet Chocolate & Almonds 6:30 This Was The Year/1986 7:30 Person, Place Or Thing 8:30 TV Comedy Trivia 10:00 Slumber Stretch	9:30 Hometown News 8 10:30 Chair ChaCha 2:00 Across America/Oklahoma 3:30 Blasts From The Past/Etiquette 6:30 Wheel Of Fortune Marathon 7:30 Mental Aerobics 8:30 Stress Buster Tai Chi 10:00 Sleepless Scrabble	NATIONAL SCRAPPLE DAY 9 9:00 News Currents Review 10:00 Fit4Life Stretch 2:00 Bargain Bingo! 3:30 Talk & Taste Scrapple 6:30 50's Juke Box Tunes 7:30 Football TV Night 8:30 Guess The Year 10:00 NFL Teams Trivia	MARINE CORPS B'DAY 10 9:00 Marine Corps History 10:00 Zumba Gold 2:00 Marine Corps Birthday Celebration 3:30 TAPS/Military Tunes 6:30 Marine Corps Slang Word Search Challenge 8:30 Name The...Trivia 9:30 Chess Challenge 10:30 Meditation & Relaxation	VETERAN'S DAY 11 9:00 Veteran's Day History 10:00 Power Walkers 2:00 Military Trivia 3:30 Science For Seniors/Magic 6:30 Moments In Time/MRES 7:30 It All Happened In November 8:30 Best Of SNL 10:00 Slumber Stretch
9:00 Hometown News 12 10:00 Trail Blazers 2:00 Church Of Christ Service 3:30 Chicken Soup For The Soul Social 6:30 Kings In The Bible Word Search Challenges 7:30 Sports Reviews/Cliches' 8:30 Sudoku Competition 9:30 Evening Pilates	WORLD KINDNESS DAY 13 9:00 November Quick Quiz 10:30 Body Rock Fitness 2:00 Celebrity Dish (Cooking) 3:30 Safe Driver Education 6:30 Wheel Of Fortune Marathon 7:30 Mental Aerobics 8:30 Poker Face 10:00 Sleep Well Relaxation Tips	9:00 Espresso Express/Generational Diversity 14 10:00 Power Walkers 2:00 1st Baptist Sunday School 3:30 Music Notes/Yanni Birthday Bio 6:30 Tuesday Tunes & Trivia 7:30 Card Sharks/Poker 8:00 Guess The Proverbs 10:00 Relaxing Yoga	AMERICA RECYCLES DAY 15 9:00 Community Recycling Project 10:30 Chair ChaCha 2:00 Glamour Hands Manicures 3:30 Across America/Oregon 6:30 Peanut Butter History 7:30 Sports Illustrated Review 8:30 Person, Place Or Thing? 10:00 Stress Buster Stretch	9:00 News Currents 16 10:00 Power Walkers 2:00 BINGO BLITZ! 3:30 Motown Sounds 6:30 World Wildlife Adventures 7:30 Football TV Night 8:00 TV Classics/The Flying Nun 10:00 Tranquil Tai Chi	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 Happy Hour Wine Down 7:30 Classic Cinema/Ghost Busters 10:00 Stress Buster Stretch	MICKEY MOUSE B'DAY 18 9:00 Daily Wisdom 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 Mexican Dominoes 8:30 Best Of SNL 10:00 Slumber Stretch
GAMES & PUZZLES WEEK 19 9:00 Tai Chi Tone Up 10:00 Coffee Chat/Chips On - Chips Off 2:00 Church Of Christ Service 3:30 Heirloom Journals 6:30 Bible Humor 8:30 Roll The Dice 9:00 ESPN News 10:00 Meditation For Relaxation	CHILDREN's DAY 20 9:00 Person, Place Or Thing 10:30 Sittercise w/Darlene 2:00 HarborChase Best Bites (Cooking) 3:30 Universal Children's Topics 6:30 Walk Fit 7:30 Checkers Competition 8:30 Gospel Music Word Search Challenge 9:00 Zen Meditation	9:00 Home Is Where The Heart Is Word Game Competition 21 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 Mystery Quotes 10:00 Tranquil YOGA 10:00 Walk Fit	9:00 November In History 22 10:30 Chair ChaCha 2:00 Across America/Pennsylvania 3:30 The First Thanksgiving 6:30 Turkey Trot Humor 7:30 Pastime Faces & Places 9:00 Late Night Dominoes 10:30 Zen Meditation	THANKSGIVING 23 9:00 Coffee Chat/News Currents 10:00 Macy's Thanksgiving Day Parade 2:30 Thanksgiving History 4:00 Let's Talk Turkey/Name Turkey Parts 6:30 Thanksgiving Humor/ Turkey Laugh Lines 7:30 Mexican Train Dominoes 10:00 Relaxing Yoga	BLACK FRIDAY 24 9:00 Heavenly Devotions 10:30 Zumba Gold 2:00 Black Friday Sales Ad Shopping 3:30 Black Friday Deals Of The Day 6:30 November Zodiacs 7:30 Dip You Chip Happy Hour 9:00 ESPN Sports Talk 10:00 Evening Pilates	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 Best Of SNL 9:00 Slumber Stretch 10:00 Late Night Dominoes
NATIONAL CAKE DAY 26 8:30 Community Coffee/Cake Personalities 9:30 Power Walkers 10:30 Hallelujah Prayer Circle 2:00 Church Of Christ Service 3:30 Family Scrapbooking 6:30 Brain Bafflers 7:00 Classic Cinema/Casablanca 10:00 Evening Pilates	CYBER MONDAY 27 8:30 National Geographic News 10:30 Core Fitness 2:00 Gourmet Adventures (Cooking) 3:30 Monday Music Memories/Jimi Hendrix 6:30 Team Jenga 7:30 Record Player Fun Facts 8:30 Dice Blackjack 10:00 Late Night News	9:00 Energizing Yoga 28 10:00 Bluegrass Pilgrims 2:00 Sunday School w/Sue 3:30 Tuesday Tasting/French Toast 6:30 French Toast Fun Facts 7:30 Things I've Learned 8:00 Fun Time Cinema/Planes, Trains, & Automobiles 10:30 Relaxing Yoga	9:00 Mental Aerobics 29 10:30 Chair ChaCha 2:00 Across America/Rhode Island 3:30 Famous Hollywood Stars Trivia 6:30 Wheel Of Fortune Marathon 8:30 Person, Place Or Thing 9:30 Zen Meditation 10:30 Late Night Dominoes	9:00 News Currents 30 10:00 Trail Blazers 2:30 Bingo Bonanza! 3:30 Imagination Destination/P.B. Sandwich Creations 6:30 Mental Aerobics 7:30 Card Sharks/UNO 8:30 Back In Time/Household Remedies 10:00 Relaxing 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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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/health-topics/sense-smell)

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.