

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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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.

Management Team

Anita Williams
Executive Director

Angie Johnson
BOM/Administrator

Shannon Key
RCC

Mary Holley
Director of Sales

Brent Keeton
Director of Maintenance

Darlene Hubbard
Director of Life Enrichment





Happy Birthday!

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





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:00 Inspirational Reading/Psalms 1 10:30 Step In Strength 2:00 Across America/Ohio 3:30 Ring Toss Competition 6:30 Science For Seniors/Magic 7:30 Nibbles, Sips & Southern Gospel 8:30 Daily Mt. Eagle Review 9:30 Tranquil Tai Chi	9:00 Jasper Hometown News 2 10:00 Cha Cha In Your Chair 2:00 News Currents Review 3:30 Mental Aerobics 6:30 NFL Team Trivia 7:30 Football TV Night 10:00 ESPN Sports Wrap	9:00 Coffee Chat/News Currents 3 10:00 Music & Muscle 2:00 National Sandwich Day Fun Facts 3:30 Creative Sandwich Making 6:30 Brain Bafflers 7:30 National Geographic News 8:30 Inner Peace YOGA 9:00 Classic TV/The Golden Girls	NATIONAL CANDY DAY 4 9:00 Headlines & Horoscopes 10:00 Chair Cha Cha 2:00 Candy Fun Facts 3:30 Color My world 6:30 Hero's Among Us 7:30 Labyrinths Challenge 8:30 Laughter Is The Best Medicine 9:00 Relaxing Yoga
DST ENDS 5 9:00 Daylight Savings Time History 10:00 Cool Color Art 11:00 Trail Blazers 2:00 Church Of Christ 3:30 Fit4Life Stretches 6:30 Daily Mt. Eagle Review 7:00 Classic TV/Gilligan's Island 8:00 Nightline News 9:00 Soulful Sounds Of Sunset	6 9:00 Saxophone History 10:00 Fit4Life Stretches 2:00 Bargain Bingo 3:30 Soda Shop Tunes 6:30 Brain Bafflers 7:30 Checkers Competition 9:00 World News Tonight 10:00 Meditation & Relaxation	7 9:00 Headlines & Horoscopes 10:00 Music & Muscle 2:00 Tuesday Tasting/Bittersweet Chocolate & Almonds 3:30 Person, Place Or Thing 6:30 This Was The Year/1986 7:30 TV Shows Trivia 8:30 Cool Color Art 10:00 Slumber Stretch	8 9:00 Inspirational Reading/Psalms 10:30 Step In Strength 2:00 Across America/Oklahoma 3:30 Ring Toss Competition 6:30 Blasts From The Past/Etiquette 7:30 Nibbles, Sips & Southern Gospel 8:30 Daily Mt. Eagle Review 9:00 The Chimes Of TAI CHI	NATIONAL SCRAPPLE DAY 9 9:00 Jasper Hometown News 10:00 Cha Cha In Your Chair 2:00 Scrapple What?!?! 3:30 News Currents Review 6:30 NFL Team Trivia 7:30 Football TV Night 8:30 Classic TV/The Adam's Family 10:00 ESPN Sports Wrap	MARINE CORPS B'DAY 10 9:00 Marine Corps History 10:00 Music & Muscle 2:00 Marine Corps Birthday Celebration 3:30 TAPS/Military Tunes 6:30 Checkers Competition 7:30 National Geographic News 8:30 Inner Peace YOGA 9:00 Classic TV/The Golden Girls	VETERAN'S DAY 11 9:00 Veteran's Day History 10:00 Tone & Stretch 11:00 Hero's Among Us 2:00 Military Trivia 3:30 Moments In Time/MRES 6:30 Color Me Happy 7:30 It All Happened In November 8:30 Old Testament Trivia
9:00 Ultimate Stretch YOGA 12 10:00 Trail Blazers 11:00 Daily Mt. Eagle Review 2:00 Church Of Christ Service 3:30 Historical People/Historical Places 6:30 Kings In The Bible Word Search Challenge 7:00 Sports Review/Cliches' 8:30 Slumber Stretches	WORLD KINDNESS DAY 13 9:00 Daily Guideposts Bible Scriptures 10:00 Cha Cha In Your Chair 2:00 November Quick Quiz 3:30 Ring Toss Challenge 6:30 Wheel Of Fortune 7:30 Flower Folklore & Trivia 9:00 ESPN Sports Wrap Up 10:00 Slumber Stretches	14 9:00 Magazine Scavenger Hunt 10:00 Music & Muscle 2:00 Ring Toss Competition 3:30 Cool Color Art 6:30 Checkers Competition 7:30 Music Notes/Yanni Birthday Bio 8:30 Nightline News 9:00 YOGA Stretch	AMERICA RECYCLES DAY 15 9:00 Community Recycling Project 10:00 Forever Young Fitness 11:00 Person, Place or Thing? 2:00 Across America/Oregon 3:30 Giant Crossroads 6:30 Peanut Butter History 9:00 Slumber Stretches	16 9:00 Upper Room Devotions 10:00 Brain Builders 2:00 Dance Fitness 3:30 World Wildlife Adventures 6:30 Person, Place Or Thing 7:30 TV Classics/The Flying Nun 8:30 Fluff & Fold 9:30 Tranquil YOGA	17 9:00 News Currents Review 10:00 Cha Cha In My Chair 2:00 Mickey Mouse Birthday Celebration 6:30 Magazine Scavenger Hunt 7:30 Mental Aerobics 8:30 Fluff & Fold 9:30 Stress Buster Tai Chi	MICKEY MOUSE'S B'DAY 18 9:00 Walk Fit 10:00 News Currents Review 11:00 Jack Hanna Wildlife 2:00 Mickey Mouse Birthday Bio 3:30 Natural Wonders/Honeybees 6:30 Chess & Checker Challenge 7:30 Football Trivia 8:30 Nibble, Sips & Southern Gospel
GAMES & PUZZLES WEEK 19 9:00 Alabama Weather Focus 2017 10:00 Moving To The Music 11:00 Bible Humor 2:00 Church Of Christ Service 3:30 Autumn Hand Painting 6:30 Guitar Player Greats 7:00 Daily Mt. Eagle Review 8:30 Slumber Stretches	CHILDREN's DAY 20 9:00 Home Town News 10:00 Chair Cha Cha 2:00 Bingo Blitz 3:30 Noon Tunes & Trivia 6:30 Power Steps 7:30 Chicken Soup For The Soul 8:30 Whose Picture On Money? 9:00 YOGA Stretch	WORLD HELLO DAY 21 9:00 Get Up & Crossword 10:00 Hello Fun Facts 2:00 Manicures & Makeovers 3:30 Twist & Shout Chair Dancing 6:30 Wheel Of Fortune 7:30 Headlines & Horoscopes 8:30 Tuesday Tabloids 9:00 Best Of Big Band Music	22 9:30 Mental Aerobics 10:30 Fit4Life Stretch 2:00 Across America/Pennsylvania 3:30 The First Thanksgiving 6:30 Famous Hollywood Stars Trivia 7:30 Turkey Trot Humor 8:30 Juke Box Heroes 9:00 Late Show w/Carol Burnette	THANKSGIVING 23 9:00 Upper Room Devotions 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 Checkers Competition 9:30 Slumber Stretches	BLACK FRIDAY 24 9:30 News Currents Review 10:00 Chair Dancing 2:00 Black Friday Sales Ad Shopping 3:30 Black Friday Deals Of The Day 6:30 November Zodiac 7:30 Autumn Reflections 8:30 What's Your Line Trivia 9:00 Relaxing Yoga	IRON BOWL 2017! 25 9:00 Amazing Grace Devotion 10:00 Trail Blazers 2:00 Iron Bowl Tailgating 3:30 TV College Football/Alabama & Auburn 6:30 Guess The Proverbs 7:30 All That Jazz/Nibbles & Sips 8:30 Brain Games Competition 9:00 Tranquil YOGA
NATIONAL CAKE DAY 26 9:00 Cake Personalities 10:30 Power Walkers 2:00 Church Of Christ Service 3:30 Cha Cha In Your Chair 6:30 In Living Color 7:00 Classic Cinema/Casablanca 9:00 Guess The Decade 10:00 Meditation & Relaxtion	CYBER MONDAY 27 9:00 National Geographic News 10:00 Trail Blazers 2:00 Monday Music Memories/Jimi Hendrix 3:30 Ageless Fitness 6:30 Record Player Fun Facts 7:30 Memory Journal & Nifty Nibbles 8:30 3-D Puzzles 9:00 ESPN Sports Wrap Up	28 9:00 Energizing Yoga 10:00 Bluegrass Pilgrims 2:00 Tuesday Tasting/French Toast 3:30 French Toast Fun Facts 6:30 Things I've Learned 7:00 Fun Time Cinema/Planes, Trains & Automobiles 9:00 Slumber Stretches	29 9:30 Mental Aerobics 10:30 Fit4Life Stretch 2:00 Across America/Rhode Island 3:30 Colors Of Autumn 6:30 Famous Hollywood Stars Trivia 7:30 Card Sharks 8:30 Juke Box Heroes 9:00 Late Show w/Carol Burnette	30 9:00 Upper Room Devotions 10:00 Chair Dancing 2:00 Imagination Destination/P.B. Sandwiches 3:30 News Currents Review 6:30 Dominoes Competition 7:30 Mental Areobics 8:30 Back In Time/Household Remedies 9:30 Slumber Stretches		



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
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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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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/2018/08/2018-08-20-nih)

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.