

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.



100 John Knox Road
Tallahassee, FL 32303
850-296-1792



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Jean Chapman
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Birthdays

Barret W. 11/6
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Betty Br. 11/12
Willis B. 11/12
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Peggy B. 11/21
Janice S. 11/27
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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.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			9:30 On This Date 1 10:30 Creative Crafters: Day Of The Dead Skull Mask 11:00 Party Planners: Nacho Layered Dip 1:30 Searching For November 3:00 Dia de los Muertos (Day of The Dead) Wine Down Social 4:15 Brain Gym 6:30 Penny Ante	9:30 November Heritage 2 10:00 Pow Wow Exercise 10:30 Native American Heritage: Life Long Learning w/Tina 1:30 Indian Mounds Trip 2:00 Bingo Bash 3:00 Look Back To Yesterday: Stories, Demo, & Food 4:15 Brain Gym & Trivia 6:30 Puzzle Codes	9:30 History Of The Automobile 3 10:00 Wal-Mart Shopping 10:30 Hole In One! Putt Putt 11:00 Sing-A-Long 'Somewhere Over The Rainbow' 1:30 Wizards IQ 3:00 Cove Caf��: Happy Hour w/DJ Dave 4:15 Brain Gym 6:15 Getting To Know You	9:30 November's Monthly Gazette 4 10:00 Travelcise 10:30 Creative Crafters: Thankful Thumbprint Tree Plate 1:15 Popcorn, Soda, Margaritas, & Beer! 1:30 Now Playing: Battle Between Buffalo & Wolves 2:30 You Be The Judge 6:30 Crazy Brain Teasers	
	9:30 Fall Back! 5 It's About TIME! 10:30 Posh N' Polish 10:30 Sunday Crosswords 1:30 Daily Bread Reading 2:00 Sunday Service w/Piedmont Alliance Church 3:00 Fall Flavors: Cinnamon Dolce 6:30 Relax & Reminisce	9:30 History Of The Saxophone 6 10:00 Travelcise 10:30 Watercolors w/Sheila 10:30 Bocce Ball Bash 11:00 Sending To: Meet The Press Mailbox 1:30 Jazz & Jigsaws 2:00 Hospitality Club 3:00 Pick-A-Tune, Any Tune! 6:15 Musical Mix Up	9:30 Election Day: First Matter of Business 7 10:00 Sittercise 10:30 Beat The Clock! Minute To Win It! 11:00 Putt Putt Course 2:00 Bingo Buccaneers 3:00 Election Trivia Jeopardy 4:15 Brain Gym 6:30 Gospel Sing Alongs	9:30 Morning Mystery 8 10:00 Fun & Fit: Flutter & Kick 10:30 Party Planners: Peanut Butter Pudding Cake 11:00 For The Birds: Peanut Butter Feeders 1:30 Happy Birthday Montana 3:00 Peanut Butter Craze Wine Down Social 4:15 Brain Gym & PB Trivia	9:30 Mums The Word! 9 10:00 Sit & Be Fit 11:00 Fun w/Friends: Thankful Lunch at Golden Corral 11:00 Pick Up Sticks 1:30 What Am I? 2:00 Beer & Bingo 3:00 Gardening Games: Chrysanthemums 4:15 Brain Gym 6:00 Stately Knowledge	9:30 Little Susie Who? 10 10:00 Marine Corps Inspired Exercise 10:00 Wal-Mart Shopping 10:30 Domino Days 2:30 Honoring Our Veterans w/ Covenant Care 3:00 Veteran's Day Celebration & Live Music 4:15 Brain Gym 6:30 Marines Birthday	Veteran's Day 11 9:30 A Veteran's Prayer 10:00 Travelcise Exercise 10:30 Door Knob Card Delivery 11:00 Thank You Rock Painting 1:30 Deep Discussions: Honoring our Vets 2:00 Name a Branch Bingo! 4:15 Brain Gym 6:30 Veteran's Day Painting & Puzzles
	9:30 Searching Scripture 12 10:00 Light & Lively Exercise 11:00 Posh & Polish Manicures 1:30 Bible Basics 1:45 Bible Bingo 2:00 Fall Flavors: Mocha Lattes 3:00 Christian Heritage Church Service 4:15 Brain Gym 6:30 Prayer Circle	9:30 Random Acts of Kindness 13 10:00 Dancercise 10:30 Acrylic Paints w/Sheila 10:30 Table Top Games 11:00 Poetry Circle 1:30 Inspirational Kindness Quotes 2:00 Hospitality Club 3:00 Alphabet Tile Soup 6:30 News & Views	9:30 When In A Pickle.... 14 10:00 Tai Chi Exercise 10:30 Table Tennis 11:00 You Be The Judge 1:30 Times We Treasure 2:00 Bingo Buccaneers 3:00 Shuffle Board Challenge 4:15 Brain Gym & Pickle Trivia 6:30 23 Cadillac Facts	9:30 WEAR In The World? 15 10:30 Party Planners: Raisin Bran Cereal Treats 11:00 Expoza Around The World Virtual Travels 1:30 Sharing Stories 2:00 VA Veterans Aid & Attendance Seminar 3:00 WEAR in the World Wine Down Party 6:30 Mixed Up Countries Puzzles	9:30 'The Swan' Skater 16 10:00 Fittercise 10:30 Life Long Learning w/Tina 11:00 New Uses Month: Plastic Bags To Yarn 1:30 Fast Food Day: DQ Dessert 2:00 Bingo Bash 3:00 Peeling Pomegranates 4:15 Brain Gym 6:30 Crocheting Corner	9:30 Best Bakes Recipe Book 17 10:00 Towel & Twist Exercise 10:30 Wal-Mart Shopping 10:30 Homemade Bread Day: Baking From Scratch 1:30 Ongoing Research 3:00 Cove Tailgate Party w/DJ Dave 4:15 Brain Gym 6:30 Relax & Reminisce	9:30 Steam Boat Willie: Happy Birthday 18 10:30 Mickey Mouse 10:30 Gazebo Gabbing 11:00 Dicey Horse Races 11:00 Mousy Bean Bag Target 1:15 Popcorn, Soda, Margaritas & Beer! 1:30 Now Playing: FANTASIA 6:30 Mickey Coloring Competition
	Games & Puzzles Week 19 9:30 Bible Trivia Mixes 10:30 Fall Colors Nail Spa 11:00 Checkmate! Checkers & Chess 1:30 Pick Up Sticks 2:00 Sunday Service w/Faith Presbyterian 3:00 Fall Flavors: Pumpkin Spice Lattes 6:30 Bible IQ	9:30 Discuss & Recall 20 10:00 Travelcise 10:30 Creative Brushes w/Sheila 10:30 Ready, Set, Puzzle! Jig-Saw Challenge 11:00 Rolling Bunco Dice 1:30 Hot Off The Press 2:00 Hospitality Club 3:00 Penny Ante 6:00 Family Game Night & Desserts	9:30 Let's Talk Turkey 21 10:00 Sittercise 10:30 Nerf Fun: Turkey Target Practice! 1:30 Turkey Taboo 2:00 Give Thanks Bingo 3:00 Happy Trails Cowboy Sing-a-Long 4:15 Brain Gym 6:00 Fact or Fiction	9:30 The Turkey Trot 22 10:30 Tough Targets: Balloon Darts! 11:00 Family Favors: Chocolate Pretzel Rods 1:30 Food For Thought: Sleepy Turkeys 3:00 Wine & Cheese Giving Thanks Social 4:15 Brain Gym 6:30 Word Unscrambles	Happy Thanksgiving 23 9:30 Macy's Parade 10:00 Thanksgiving Morning Calorie Torching! 10:30 Thankful Board 12:00 Thanksgiving Celebration & Family Lunch 1:30 Family Group Fun! November Jeopardy 3:00 Bingo Bash 6:30 Yam-Tastic Puzzle	9:30 Real Science: Black Friday 24 10:00 Shopping Spree Fitness 10:30 White Elephant Shopping 11:00 The Price is Right! Open Categories 1:30 Word Challenges 3:00 November Birthday Bash w/Dave 6:30 Songs Of November	9:30 Sharing Success 25 10:30 Creative Crafts: Shimmering Leaves Wall Decor 11:00 Table Top Games! Scrabble Scouts 1:30 Bonkers For Bridge 1:30 Tally's Small Businesses 2:00 Trivial Bingo 3:00 Card Games 101 6:00 Jazz & Jigsaws
	9:30 Prayer Circle 26 10:00 Light & Lively 10:30 Posh & Polish Spa Hour 1:30 Awesome Autumn 2:00 Sunday Service w/Grace Lutheran Church 3:00 Flavorful Fixins: Fall Chai Tea 4:15 Brain Gym 6:30 Relax & Reminisce	9:30 Morning Cider Social 27 10:30 Sketching Class w/Sheila 10:30 Wii Digital Bowling 11:00 Cyber Monday: Electronics & Tech Assistance 1:30 Legend Of Zorro 2:00 Hospitality Club 3:00 Who Am I & 20 Questions 4:15 Brain Gym 6:30 Relax & Reminisce	9:30 Cafe Conversation 28 10:00 Fun & Fit TV Exericse 10:30 Corn Hole Challenge 11:00 Classic Grand Old Opry 1:30 60 Uses of Baking Soda 2:00 Bingo Buccaneers 3:00 French Toast Tasting & Fun Facts 4:15 Brain Gym	9:30 Cafe Conversation 29 10:30 Swift Creek Middle School Choir 11:00 Party Planners: Lemon Buddies Chex Mix Bags 1:30 Food For Thought: Lemon Season 3:00 Hot Buttered Lemonade Wine Down Social 4:15 Brain Gym 6:30 Word Unscrambles	9:30 Crazy Hat Day: 100 Years of Hats 30 10:00 Zumba Dancercise 10:30 Food Committee Meeting 11:00 Resident Council Meeting 1:30 Scenic Drive: Lake Jackson Landing 2:00 Bingo Bash 3:00 Polymer Clay Jewelry 6:30 Knitters Nook	<div>Exercise Programs/10am Brain Gym Everyday/4:15pm Wal-Mart Every Tuesday Bank & Errands Every Fri.</div> <div>LOCATION KEY HR.....Harbor Room NH.....Neighborhood TR.....Tea Room LB.....Library DR.....Dining Room MC.....Memory Care FL.....Front Lobby C.....Cafe</div>	



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
S A R C O L A N Y E C A L S C D I Q E Y V A A R G I I A
A S R K S G P C V Y D O F A I L Y Z U Y G Z C E L R A G
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R A S C O L O N Y S C R A N B E R R Y S A U C E G R R T
S I F R S G P T T S D L E M I E S S N A K S M N S C A E

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



Celebrating Senior Living!

Our Family Photo Album!



Outing to The Fat Cat Café!



Relaxing with the cats



Scenic Trip to Lake Jackson Landing



For Good neighbor day we delivered cookies to Lake Ella!



Morning exercise in the Cove!



Dance Lessons



We go PURPLE for Alzheimer's!



One COOL dude!



We are armed for flu season!

*GIVE
thanks*

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.