Mary M.....11/2

Mariette.....11/2

Janet C.....11/4

Eleanor A.....11/9

Victoria L.....11/9

John F.....11/28

Peter K.....11/29

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
Skilled Nursing

950 Pinebrook Road
Venice, FL 34285
941-451-7987

EQUAL HOUSING OPPORTUNITY AL 8813

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

HarborChase
Assisted Living • Memory Care
Skilled Nursing

The HarborChase Wire: A Monthly Publication of HarborChase Venice AL November 2017

Administrative List

Executive Director
Wally Dandy

Business Office Manager
Laura Hopkins

Resident Care Director
Frankie Phillips

Assisted Living Director
Jean Riegelman

Social Services Director
Linda Dennis

Life Enrichment Director
Audrey Caimi

Memory Care Coordinator
Becky Humbrecht

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.

HarborChase of Venice AL

November 2017

HarborChase

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:45 Stretch Not Stress w/Robin (AC) **10:30 Clay Creations (AC)** 11:00 Out To Lunch: Lunas (BT) 1:30 Price Is Right (AC) 2:45 Zealous For Zumba (CL) 4:00 Giant Crossword (AC) 6:15 Movie: The Blind Side(AC)	2 9:30 Moving to the Beat (AC) 10:15 Creative Crafting(AC) 1:30 Bingo Bonanza (AC) **3:00 Tommy Alison Comedy/Piano (CL)** 4:00 Vivienne's Vowels (AC) 6:15 Trivia Pursuit (AC)	3 9:45 Stretch-N-Flex (AC) **10:30 Shabbat Service w/ Chayah (AC)** 10:30 Trip to Bealls/ Publix(BT) 1:00 Non-Denominational Service& Song (CL) 3:00 Happy Hour w/ the Wannabees 6:00 Piano Tunes (L)	4 9:45 Moving to the Beat(AC) **10:15 Bake M&M cookies for National Candy Day** 1:30 Bring it on Bingo(AC) 3:00 Entertainment w/ George Donatello (CI) 4:30 Ring Toss Bowling(AC) 6:00 Sat. Evening News (L)
5 9:30 Catholic Mass (L) 10:00 Communion (L) 10:15 Lisa's Loft - Craft (AC) 2:00 Frank Alvarez Live (CL) **3:15 Bible Talk & Song (AC)** 4:30 Piano Tunes (CL) 6:00 Sunday Evening News (L)	6 9:45 Stretch That Body (AC) **10:15 Etzel's Drum Circle (AC)** 10:30 Rosary Group (AC) 1:30 Entertainment w/ Brenda (CL) 3:00 Giant Crossword 4:00 Big Word Small Word (AC) 6:30 Sunset Bingo (AC)	7 9:45 Tide well Memorial Service 10:00 Fall Flowers (AC) 11:00 Giant Scrabble (AC) 2:30 Taichi w/ Ellen (AC) 3:15 Bingo (HC) 6:30 In the News (L)	8 9:45 Stretch & Flex (AC) **10:00 Marine Corps/Vet Community Pinning Ceremony (CL)** 1:30 Music Trivia (AC) 2:45 Courtyard Chat (CY) **3:00 Two Guys From The Beach (CL)** 6:15 Movie: While You Were Sleeping (AC)	9 9:45 Moving to the Beat 10:30 Price is Right (AC) 1:30 Ice Cream Social (CL) 2:30 Odd Man Out (AC) **4:00 Linda Clifford Sing-Along (AC)** 6:15 Out To Dinner: Bogeys (BT)	10 9:45 Stretchersize (CL) 10:15 Getting to Know You Beach Ball Game (AC) 10:30 Publix Shopping (BT) 1:00 Non-Denominational Service (CL) **2:00 Poker for Prizes (AC)** **3:00 Happy Hour w/ Regina (CL)** 4:30 Dinner Melodies (CL) 6:00 New News (L)	11 **8:30 Walk to End Alzheimer's** 9:45 Guided Imagery: The Rainforest (CY) 10:30 Name 10 Focus Game (AC) 1:30 Booming Bingo (AC) 3:00 Sing Along w/ Elder Song(AC) 3:15 Bowling Tournament (HC) 4:30 Piano Keys (CL) 6:30 News at Night (AC)
12 9:30 Catholic Mass (L) 10:00 Communion (L/CL) **10:15 Chicken Soup For The Soul (CY)** 2:00 Live Music by George (CL) 3:15 Bible Talk & Song 4:30 A Manopoly of Melodies (CL) 6:00 Views On The News (L)	13 9:45 Stretch and Flex w/ Robin (AC) **10:30 Say Something Kind To Someone & Drink(CY)** 1:30 Tones and Chimes Chimes (CL) **3:00 Creative Rock Creations & Be Kind (AC)** **4:00 Dinner Melodies (AC)** **6:30 Be Kind During Bingo (AC)**	14 9:45 Moving to the Beat(AC) 10:00 Buds and Vases (CY) 1:30 Pilates w/ Theresa(AC) **2:30 Jewelry Making (AC)** 3:15 Time For Bingo (HC) 3:30 Word Workouts (CY) 6:30 Musical Melodies(CL)	15 9:45 Stretching w/ Robin(AC) 10:15 Sing Along w/ Elder Song (AC) 11:00 Lunch Out- Pops(BT) **1:30 Recycled Craft for National Recycle Day (AC)** **3:00 Rye From Everyone Rocks Entertainment (CL)** 6:15 Movie: The Birdcage (CL)	16 **10:00 Guided Imagery:'The Beach' (AC)** **10:30 Thanksgiving Craft(AC)** **1:30 Bingo Bonanza (AC)** 2:30 Karaoke w/ Mike (HC) **3:15 Pokeeno Challenge(AC)** **6:30 Casino Night (AC)**	17 **9:45 Publix (BT)** 9:45 Stretching w/ Robin 10:15 Watercolor Painting(AC) 1:00 Non-Denominational Worship Service (CL) 3:00 Happy Hour w/ Dave (CL) 4:30 Piano Tunes **6:00 Linda Clifford Strolling Minstrel (HC)**	18 9:30 Remember When Reminiscence Group (AC) 10:00 Baking Banana Nut Bread (AC) 1:30 Bingo Lingo (AC) 3:00 Live Entertainment w/ Jen (CL) 4:30 Giant Crossword(AC) 6:00 In the News (L)
19 9:30 Catholic Mass 9:55 Communion 10:00 Color Palette-Guided Painting 2:00 Resident B-Day Party w/Ed **3:15 Bible Talk & Song(AC)** 4:00 Trivia Challenge (AC)	20 9:45 Morning Flex w/ Robin (AC) 10:30 Catholic Rosary (PDR) **10:30 National Game Week UNO Tournament (AC)** 1:30 Tone Time (AC) **3:00 Remember When Big Band and Country (CL)** **6:30 The Game of Bingo (AC)**	21 9:45 Exercise w/ Elle (AC) **10:00 Flowers Everywhere** 10:15 Pet Visits (AL/HC) 1:30 Brenda w/ Watercolor Painting (AC) **2:30 Puzzles, Puzzles Everywhere** **3:15 Bountiful Bingo (HC)** **6:00 New In The News (L)**	22 9:45 Stretch-N-Flex (AC) **10:30 Painting Class (AC)** 11:00 Gold Rush For Lunch (BT) **1:30 National Game Week Poker Tournament** 2:30 Zumba Zumba (CL) 3:45 Brain Booster for Prizes 6:15 A Movie And A Nosh: The Proposal	23 **9:00 Macy's Thanksgiving Parade (L)** **10:15 'What are We Thankful For?' (AC)** **12:00 Thanksgiving Celebration Luncheon** **1:30 Be Thankful Bingo (AC)** **2:45 Indian Artifact-Craft (CY)** **3:15 Pilgrims & Indians-History Challange (HC)** **6:00 Music For The Heart (AC)**	24 9:45 Stretch & Flex w/Robin (AC) 10:15 Shopping @ Publix (BT) **10:30 Fall Watercolor Painting** 1:00 Non-Denominational Worship Service (CL) 3:00 Happy Hour w/ Donna (CL)	25 9:30 Remember When - the 1990's (AC) **10:45 Yatzee Challenge(AC)** 1:30 Game On - Bingo (AC) **2:45 National Game Week: Pokeeno (AC)** **3:45 Name the Game Trivia (AC)** 4:30 Piano Melodies (CL) 6:00 Evening News (L)
26 9:30 Catholic Mass (L) 9:55 Communion (CL/L) 10:00 Lisa's Loft - Painting (AC) 2:00 Sing Along w/Barry G (CL) **3:15 Bible Study (CL)** 4:30 Piano Melodies (CL) 6:00 Sunday Evening News (L)	27 9:45 Sunrise Stretch and Flex (AC) 10:30 Refresh & Relax with Guided Imagery (CY) 1:30 Chime Time w/Steve (CL) 3:00 Resident Council Meeting (AC) 4:00 Comparisons (AC) 6:15 Evening Bingo Bonanza (AC)	28 **10:00 'Let's Improve Our Hearing Presentation (CL)** 1:30 Pilates (AC) **3:00 National French Toast Day Trivia Challenge (AC)** 3:15 Bingo Lingo (HC) 4:00 Giant Scrabble Tournament	29 9:45 Stretch-N-Flex (AC) **10:30 Giant Jenga Event (AC)** 11:00 Olive Garden For Lunch (BT) **1:15 Balet On Point w/ Nancy (AC)** **2:00 A Dancer's Discussion (AC)** **2:15 Let's Start a Toy Drive** **6:15 Movie Night: Shall We Dance**	30 9:45 Moving and Grooving w/ Elle (AC) 10:30 Scrabble (AC) 1:30 Bingo Lingo(AC) 3:00 Uno (AC) 4:00 Music w/ Paul Luther 6:00 What's Happening Around The World? (L)		

KEY LOCATION

AC.....Activity Center
BT.....Bus Trip
CL.....Community Living Room
CY.....Courtyard
HC.....Health Care
L.....Library
PDR.....Private Dining Room
HCP.....Health Care Horticulture Patio

© All Rights Reserved • www.MyCorwinCalendar.com • 1-877-CORWIN2

All programs are subject to change due to circumstances beyond our control. Thank you for your understanding.

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

	7	9	3		2	4		
3					6		9	5
		6		9	7			3
7	3				5	8	6	1
				8			4	2
2				3	4			9
5	6	3				1	2	8
1		2	5	6	8			7
9	8				3			

Easy

		6	5		8			
7		4		6				
8			4	2				
		8	7			2		
	5	7		4	3			6
			9	8				4
						6		
3	8		6			5	4	
6		1		5		8		

Medium

	7						6	
2	6			7				8
1	8	5				9		
		4		3		6		1
9			1	5	7			
		1			6		2	
		2		6		7		
6			4		3			
						1		

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

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 pharoahs 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 pharoah'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.