

## One Hour of Exercise may Relieve Depression

Feeling depressed? Get moving. As Medline Plus survey of some 34,000 adults found that people who exercise just one hour a week have a 44 percent lower risk of depression over 10 years than those who don't exercise at all. Another Norwegian survey tracked exercise habits along with depression risk among people with an average age of 45 who underwent physical exams and filled out questionnaires about their medical needs and lifestyles. The results showed that the intensity of the exercise didn't matter – an hour-long walk provided just as much relief as a high-impact workout.

Researchers found that regular exercise for at least one hour per week was connected to a lower risk of depression, regardless of gender or activity intensity. However, more than an hour's exercise didn't appear to further decrease the risk of depression substantially. Also, the scientists have noted that they haven't proven a direct cause-and-effect relationship between exercise and depression.

Still, it sounds like another good reason to get off the couch and start up a modest exercise routine.

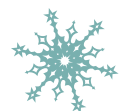


### January Birthdays

Bobby D.....	January 1
Helen B. ....	January 9
Dorothy M.....	January 14
Stella A.....	January 19
Peggy R.....	January 27



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The HarborChase Wire: A Monthly Publication of HarborChase Rock Hill AL

*Celebrating  
Senior Living*

January 2018

### Administrative List

Executive Director  
**Scott TenBroeck**

Director of Resident Care  
**Terilyn River, LPN**

Director of Maintenance  
**Chris Storey**

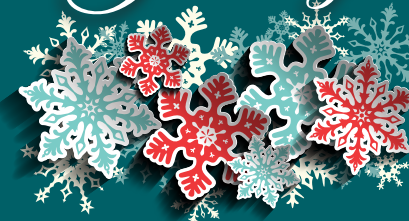
Director of Hospitality  
**Scott Duncan**

Director of Sales  
**Jenae Smith-Forsythe**

Director Memory Care  
**Deb Thomas**

Director Assisted Living  
**Nancy Gunn**

*January*



### Personal Resolve

Making New Year's resolutions is a common age-old tradition associated with Jan. 1. As the 21st century began, nearly 40 percent of adult Americans made New Year's resolutions, and approximately the same number continue to make resolutions annually. So what are the most popular resolutions? According to a 2015 *MONEY Magazine* article, the most popular 2016 resolution was to enjoy life to the fullest. Take no moment for granted. This is paramount to finding lasting contentment.

Interestingly, the other top resolutions are of a different variety, and are commonly known as prevention goals. This list includes living a healthier lifestyle, losing weight, improving financial stability and spending more time with loved ones. Studies show that prevention goals like these, in which people refine their habits, ultimately lead to making better choices in the long run. Such resolutions typically have higher success rates, as an individual can map out a vision and plan to implement specific changes in his or her daily life. These are resolutions with tangible, measurable results.

Do you have a resolution in mind for 2018? Whether it's lasting happiness or saving \$50 a month, you can do it. Just make a plan.

### Accidental Inventions

Sometimes when plans go awry the result can change the world. Coca-Cola was created as a medicinal remedy and Charles Goodyear made no secret that his process for rubber was discovered randomly. The following are some other products that are life-changing discoveries

**Artificial Sweeteners:** In 1879 a chemist named Constantin Fahlberg worked with coal tar. He finished his work and went home for dinner without stopping to wash up. While dining he noticed that everything he ate had a distinctly sweet taste and realized his hand residue was the source.



**Microwave Ovens:** In 1945 a Raytheon engineer was experimenting with a device called a magnetron, a tube used as part of military radar systems. As he was working, he noticed a candy bar in his pocket melting. The first microwave was built in 1947 and was more than 5 feet tall and cost around \$5,000.

**Silly Putty:** In 1943 James Wright an inventor employed by General Electric, was trying to create a synthetic rubber substitute during WWII. As a fake rubber, the goo was a failure, but Wright shopped around his creation and a toy shop owner came up with the idea to market it to kids.

[www.HarborChase.com/RockHill.htm](http://www.HarborChase.com/RockHill.htm)





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	New Year's Day <b>1</b> 10:00 Shape / Angela - AP 10:30 Bible study /Jean 1:30 Outback Bowl Contenders - Bistro 2:30 Bible Study/Ron-AP 3:00 Who are U cheering for- Bistro 3:30 Outback Steak House Outing 4:00 New Years & You-B	<b>2</b> 10:00 Pressing On (Devotion)- AP 10:30 Making A Fruit Cake Ring (Craft) - AP 2:00 First BINGO of the Year - AP 3:30 Remembering Our Resolution to Exercise -AP 4:00 Trivia on Music - Bistro 6:00 Puzzle Challenge - LR	<b>3</b> 9:00 News 46 in A.M.-Bistro 10:00 Breathtaking Glory (Dev)- AP 10:30 Fruit of Life-Ex-AP 1:30 How Did U Make Your Fruit Cake-AP 2:00 FRUIT or BINGO 3:30 Fruit Cake Ring Toss - AP 4:00 In the New - Bistro 5:45 Walking Club -FP	<b>4</b> 10:00 What Do the Experts Say? (devotion)-AP 10:30 Mr.Roberts & Friends - AP 1:30 News Current - AP 2:00 Pasta BINGO - AP 3:30 John Lewis -DR 4:00 Using Your Noodle Trivia - AP 5:45 Meeting Your Neighbors - Bistro	<b>5</b> 10:00 Just Like My Father Devotion-AP 10:30 Fly Away Exer.- AP 1:45 General Store - 200s 2:30 This is for the Birds - Bistro 3:00 Wren in SC - Bistro 3:45 Whistling Dixie - Bistro 5:45 In the News - Bistro 6:00 Checkers Please-LR	<b>6</b> 10:00 The Gift of Magi (Devotion) - AP 10:30 Cuddle Up (Exercise)- AP 1:30 Current News - AP 2:00 We 3 Kings of BINGO - AP 3:45 Trivia Epiphany -AP 4:45 New-zy - Bistro 5:45 Favorite Book-200
<b>7</b> 9:00 First Baptist Church- Bistro 10:00 One Name (Devotion)- Bistro 10:30 Rock'n Exercise - Bistro 1:30 Old Rock Painting - AP 3:00 Community Worship- DR 4:00 Old Rock n Roll - Bistro 6:00 Checkers & Friends-LR	<b>8</b> 9:00 Good Morning Charlotte - Bistro 10:00 Shaping by Angela - AP 10:30 Brian the Piano Man - DR 1:30 Review of the Fireman Calendar - AP 2:30 Bible Study/ Ron-AP 3:30 Make Bubble Bath (craft) - AP 4:45 Current Events - Bistro 5:45 Scrabble -300	<b>9</b> 10:00 Stones of Remembrance (Devotion)- AP 10:30 Snow Flaking (Craft) - AP 2:00 Bitter Bingo - AP 3:30 Warming up with Exercise - AP 6:00 Puzzle Challenge - LR	<b>10</b> 9:00 News 46 in A.M.-Bistro 10:00 Growing a Servant's Heart (Dev)- AP 10:30 Peculiar Moves (exercise) - AP 1:30 Good to be Different-AP 2:00 Different Bingo-AP 3:30 Different Wines-Bis 5:45 House Plants to Have - AP	<b>11</b> 10:00 What's Inside? (devotion)-AP 1:30 Bittersweet Chocolate Day - AP 1:30 News Current -AP 2:00 Bittersweet BINGO - AP 3:30 Don't Be Bitter (Exercise) - AP 4:30 Scribble Scrabble - 300s 5:45 Walking Club-LR	<b>12</b> 10:00 Fitting In Dev.- AP 10:30 Wild Exercise - AP 10:45 Men's Lunch - Texas Road House 1:45 General Store- 200s 2:30 Where the Wild Things Are - AP 3:45 What's Wild About You? - Bistro 5:45 Visit Friends-Bistro 5:45 Walking Club - LR	<b>13</b> 10:00 An Angry God? (Devotion)- AP 10:30 Dreaming of Exercise - AP 1:30 Make Your Dream Come True Day - AP 2:00 Most Dream of BINGO - AP 4:00 Current News - Bistro 6:00 Puzzle Pieces- 200s
<b>14</b> Dress Your Pet Day 9:45 Dr. Stanley- Bistro 10:00 Knowing and Loving (Devotion)- Bistro 10:30 Working the Runway (Exercise) - Bistro 1:30 What's Your Pet Wearing - Bistro 3:00 Community Worship- DR 3:45 Working with Words- Bistro	<b>15</b> Martin King Jr. Day 10:00 Fitness with Angela- AP 10:30 Bible Study with Jean - AP 1:30 How Has the US Changed? - AP 2:30 Bible Study /Ron- AP 3:15 Corn Hole Champs - 200s 4:45 Current News - Bistro	<b>16</b> 9:00 Good Morning America- Bistro 10:00 Philadelphia Singers - LR 10:35 The Power of Prayer (Devotion) - LR 1:30 Where did Dragons come from? - Bistro 2:00 Drag-n-on BINGO- AP 3:30 Chair YOGA - AP 6:00 How to Train Your Dragon - LR	<b>17</b> 9:00 Weights & Measures - AP 10:45 Growing Gratitude (devotion) -AP 1:30 Ditch the Resolution! - AP 2:00 Ditching BINGO - AP 3:35 Resolution...Exercise! - AP 4:15 Puzzle Palooza - LR	<b>18</b> 10:00 Dealing with Delay Dev. AP 10:30 Searching for Honey Exer. - AP 1:30 Our Beloved Bear - AP 2:00 Pooh it's Bingo - AP 3:20 'Oh, Christopher Robin!' - AP 4:00 Master Piece Puzzle - LR 4:00 Color us Calm-AP 5:45 Checkers-LR	<b>19</b> 10:00 By the Spirit's Power (Devotion)- AP 1:45 Your Orders In(General Store)- 200s 2:30 Enjoying Popcorn - Bistro 3:30 Who's Idea was Popping it? - Bistro 4:00 Today's Flavors - Bistro 6:00 Puzzle & Mind - LR 10:35 Pop'n (Exercise) - AP	<b>20</b> 9:00 News 46 Now-Bistro 10:00 My Help! (Devotion)- AP 10:30 Cheddar-cise - AP 1:30 Brie & Me - AP 2:00 Was it Gouda Bingo? - AP 3:45 Say Cheese! (Portraits)- Bistro 6:00 Planet Earth Movie - LR
<b>21</b> 9:45 Westminster Presbyterian- Bistro 10:00 Promises, Promises (Devotion) Bistro 10:30 Hug Yourself Exercise - Bistro 2:00 How to Appreciate Squirrels - Bistro 3:00 Community Church- DR 4:00 What a Hug Does for You - Bistro	<b>22</b> 10:00 Fit w/ Angela - AP 10:30 Bible Study w/ Jean- AP 1:45 Blondie - AP 2:30 Bible Study w/ Ron-AP 3:30 Corn Hole - 200s 4:25 News Current - Bistro 6:00 Charlotte News-Bistro	<b>23</b> 10:00 A 'Yes' of Love (devotion) - AP 10:30 Handwriting Analysis - AP 1:30 How Writing has Changed - AP 2:00 Letters in the Rough (Craft) - AP 3:30 Measure Feet Movements (Exercise) - AP 4:45 Local Events - Bistro	<b>24</b> 10:00 God of Life (Devotion) - AP 10:35 You're Looking Good (Exercise)-AP 1:30 Complement Jar - AP 2:00 Great Job! BINGO - AP 3:30 Yeah Cornhole - 200s 6:00 Fast Lane Gang - LR	<b>25</b> Opposite Day 10:00 True Hope (Devotion)- AP 10:30 Black & White (Craft) - AP 2:00 Yes / No BINGO- AP 3:45 Easy Exercise - AP 4:00 Cold Days Crossword - AP 5:45 Scrabble Challenge - 300s	<b>26</b> 10:00 Holy, Holy, Holy (Devotion)- AP 10:30 Celebrate (Exercise)- AP 1:30 Order Up!- 200s 2:15 It's My Birthday - Bistro 3:40 Down Under (Australia) - Bistro 6:30 Checker Champs-LR	<b>27</b> 10:00 The Last Word (Dev.)- AP 10:30 I Love Exercise- AP 1:30 News Currents - AP 2:00 Art from the Heart with Erin - AP 3:45 Inspired by Chocolate - Bistro 4:00 Hot Chocolate - Bistro 6:00 CN2 News - Biistro
<b>28</b> 9:00 The Sunday Mass- Bistro 10:00 Joy (Dev)- Bistro 10:30 Fun at Work Exercise- Bistro 3:00 Community Worship- DR 3:45 Kazoo to you too - Bistro 5:30 Gospel Music -Bistro	<b>29</b> 10:00 Get Fit with Angela- AP 10:30 Jean McDade Bible Study- AP 1:30 Art that Inspires - AP 2:30 Bible Study with Ron- AP 3:45 Corn Hole - 200s 4:00 Color Us Calm-AP 5:00 CN2 News - Bistro	<b>30</b> 10:00 Able & Available (Devotion)- AP 10:30 Shape in Portraits (Craft) - AP 1:30 Crazy Answering Machine Messages - AP 2:00 The Heart of BINGO- AP 3:30 Exercising Your Heart - AP 4:45 Current Events - Bistro 5:30 Hot Chocolate-Bistro	<b>31</b> 10:00 White as Snow (Devotion) - AP 10:30 Inspiring Yourself (Exercise) - AP 1:30 Your Art from the Heart (Gallery) - AP 2:45 Easy Listing Music - Bistro 3:30 Fast Lane Gang (Wii Bowling) - LR 5:30 Puzzle Master Piece - LR 6:00 Charlotte News-Bistro			



# 2018

## Happy New Year



### ACROSS

2. 12:00 A.M.
3. Popular bubbly New Year's alcohol
8. City that has a famous New Year's celebration in Times Square
9. Ceremonial procession including people marching with bands
10. Promise you make to yourself
12. Salutation used when chiming glasses together
14. Couples do this at exactly midnight
15. Famous sport watched on New Year's

### DOWN

1. Month New Year's Day is in
3. Small pieces of colored paper dropped on people at parties
4. Night before January 1st is called \_\_\_\_\_
5. There are twelve of these in a year
6. Item that often hangs on a wall and is used to tell the date
7. He is the personification of time
11. Day of the month New Year's Eve is on
13. Light these sticks to celebrate the New Year

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

Easy

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

Medium

*Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.*

*~Helen Keller*

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

Difficult



## FLU SEASON

Influenza is a contagious respiratory illness caused by viruses. Every year five to twenty percent of the American population gets the flu. Influenza infects the respiratory tract (nose, throat and lungs) and can cause severe illness. The flu season may begin as early as October and last as late as May.

### Common Symptoms

- High fever
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Muscle ache
- Runny or stuffy nose
- Nausea, vomiting and diarrhea

### How It's Spread

The flu is highly contagious. It is usually spread from person to person. However, a person can also be infected by touching something contaminated with the virus and then touching their mouth or nose.

### How It's Treated

It is recommended that the following people receive the flu vaccine after consulting their physician:

- Persons age 2-64 with chronic medical conditions
- Adults age 65 years and older
- Residents of nursing homes and long-term care facilities
- Health care workers involved in direct patient care
- All women who will be pregnant during the flu season
- All children age 6-23 months

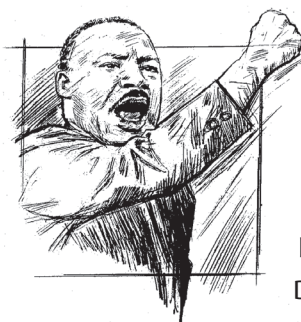
### Other Ways To Avoid It

- Avoid close contact with anyone who may be sick
- Avoid touching your eyes, nose or mouth
- Clean your hands often



## Martin Luther King Jr. Day

Dr. Martin Luther King, Jr. was born January 15, 1929, in Atlanta, Georgia. Raised in a family that championed civil rights and embraced the Baptist religion, King pursued a degree in theological studies and went on to receive a doctorate in Systematic Theology from Boston University.



King became a pivotal figure in the civil rights movement of the late 1950s and 1960s. He was arrested 30 times for his participation in civil rights activities. He spearheaded many peaceful demonstrations. The most memorable rally was held August 28, 1963, in Washington, D.C., during which he delivered the famous "I Have a Dream" speech.

The following year, King was selected as Time magazine's Man of the Year and received the Nobel Peace Prize. His message of non-violent social change, as well as his orations and writings, affected an entire generation of Americans.

## Blood DONATION

*Giving the Gift of Life*



Blood donors are ordinary people – high school students, factory and office workers, business executives, parents and grandparents and people from every walk of life. But they share one thing – a generous spirit, a desire to give back to their community and help others. Blood donors play an integral role in the delivery of modern healthcare. Many lifesaving medical treatments and procedures involve blood transfusions and would not be possible without a safe and reliable blood supply.

If you already donate blood, thank you! You are making a lifesaving contribution that benefits accident victims, cancer patients, surgical candidates, children with blood disorders and many others. If you have never donated blood, please consider doing so. Your donations are always in constant demand.

Find a location near you at [www.redcross.org](http://www.redcross.org)

## Bring New Life to Old Holiday Cards

Once the holidays are over and clean up begins one last question remains; what to do with all of those greeting cards! It's nice to receive them – but what to do with old cards can leave some people scratching their head. Do you just throw them out? Here are some great ideas from some home how-to experts suggesting some pretty creative alternatives to just throwing them away. In most cases, a pair of scissors, glue and some tape will also come in handy.

- Cut 'em up! Make Christmas decorations and holiday garland for next year.
- Get creative! Create a collage or holiday-themed framed artwork to add to next year's décor.
- Fold thick holiday cards into gift boxes. (These work great for Valentine's Day cards as well.)
- Turn them into postcards. Bonus: The stamp is cheaper and you don't have to lick an envelope!
- Create a backdrop or matte for photos from special days.
- Cut out images and shapes to make gift tags for future presents.
- Crumble them up and create toys and tassels for your furry friends.
- If you aren't feeling crafty, there is still another way to give your holiday cards new life. You can donate them to St. Jude's Ranch for Children. They recycle the old cards to make new cards. The sale of these cards financially supports children and families in need."



## Maybe 'Stop that Fidgeting' was the wrong advice

Do you have a hard time sitting still? Do you find yourself unconsciously tapping your foot or playing with your pen? You may not want to fight the urge. A British study has found evidence suggesting that fidgeting at your desk may actually be good for your health.

The UK Women's Cohort Study divided thousands of participants into three groups based on how much they fidgeted—low, middle and high. Those in the "low" group who

sat while working for seven hours or longer were found to have a mortality risk 30 percent higher than those who spent the same amount of time seated but who fidgeted at middle or high levels. This suggests that fidgeting may help to compensate for the health risks of staying in one's chair for long periods of time.

The researchers caution that the study looked only at mortality, not at other health conditions like diabetes or heart disease. Even so, the data supports the advice that moving around even a little throughout your day can have positive health benefits and may help you live longer.