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!

Marie M. 1/5

Raymond R. 1/5

James N. 1/21

Joyce C. 1/27

Joesph C. 1/29

HarborChase
Memory Care

13400 19 Mile Road
Sterling Heights, MI 48313
586-588-9027

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HarborChase
Memory Care

The HarborChase Wire: A Monthly Publication of HarborChase Sterling Heights Wisteria+Ambrosia January 2018

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Director of Sales

Matthew Sufnar
Business Office Manager

Jevanna Wiater
Director of LE-Activities

Chester Haberski
Director of Hospitality

Janisha Wilkins
Director of Resident Care

Sam Holderbaum
Director of Maintenance

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.

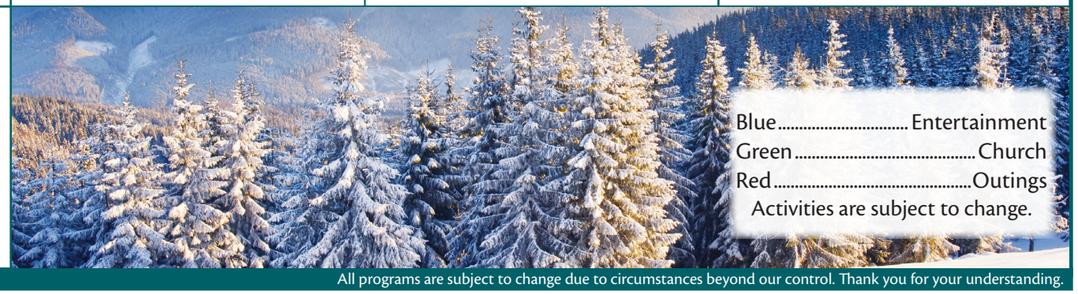
Microwave Ovens: In 1945 a Raytheon engineer was experimenting with a device called a magnetron, a tube used as part of military radar systems. As he was working, he noticed a candy bar in his pocket melting. The first microwave was built in 1947 and was more than 5 feet tall and cost around $5,000.

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.

HarborChase of Sterling Heights Wisteria-Ambrosia

January 2018

HarborChase

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:15 Stretch & Tone 10:00 Paint By Design w/Rebecca 11:30 Tournament of Roses Parade 1:30 Rose Bowl Tailgate Party 2:30 Categories: New Years Firsts 3:30 Activity Slideshow 2017 6:00 Was it Designed? 7:00 Fill-It In Word Search	2 9:15 Tai Chi Martial Art 10:00 Jan. IQ & Monthly Gazette 10:30 Georgia Trivia & Facts 11:00 Fly Swatter Ping Pong 1:30 Smokin' Aces Card Club 2:30 Travelogue: 230th Birthday State of Georgia 3:00 Rita's Red Hot Bingo 6:00 Flip Flop Card Game 7:00 What's My Secret?	3 9:15 Terri Savelle Foy 10:00 Prop'ercise 10:30 Facts About Straws 11:00 Abstract Straw Art 1:30 Benefits of Sleep 2:30 No Bake: Chocolate Cherries 3:30 Manis & Memories 6:00 The Bunco Squad 7:00 7 Action News!	4 9:15 Ball Fitness 10:00 Totally Trivia Thursday 10:30 What Year Was It? 11:00 Do you believe in Hypnotism? 1:30 AMC Theatres: The Greatest Show Musical 2:30 Match Box Derby Cars 3:30 Match Box Derby Race 6:00 Spill & Spell 7:00 Sentimental Sing-A-Long	5 9:15 Stretch & Tone 10:00 Nature Center ~ Birds & More 10:30 8 of the world's strangest Birds 11:00 Pastor Mark Service 1:30 Design Bird Cage Feeders 2:30 Deal or No Deal 3:30 Disk Bocce Tournament 6:00 Tenzi Dice Craze 7:00 3D Imaginary Puzzles	6 9:15 Sit N Fit Exercise 10:00 Joyce Meyer Ministries 10:30 Remember When? 11:00 News Currents 1:00 Public Reading with/Todd 1:30 Bean Day Categories: BEANS 2:30 Craftworks: Apple Trees 3:30 Wheel of Fortune 6:00 The Golden Girls 7:00 What is Mad Libs?
7 9:00 Live w/Joel Osteen 9:15 Life Power Yoga 10:00 Utica Church of Christ 10:30 What's in my Head? 11:00 Don't Get Hung! Hangman 1:30 Hymn Word Scramble 2:30 Oreo's Bunny Habitat 3:30 Manis & Memories 6:00 Process of Elimination 7:00 I Love Lucy	8 Happy Birthday Elvis! 9:15 Strength Training 10:00 Virtual Tour of Graceland 10:30 All About Elvis Trivia 11:00 HarborChase Book Buddies 1:30 Elvis Live Show! 2:30 Grilled PB & Banana Bites 3:30 Elvis in Viva Las Vegas 6:00 Was it Designed? 7:00 Crunching Numbers	9 9:15 Tai Chi Martial Art 10:00 Name 3 Toss N'Talk 10:30 Catholic Mass 11:00 Name That Silhouette? 1:30 Beyond The Book 2:30 Poetry in the Workplace Day: find your poetic side! 3:00 Rita's Red Hot Bingo 6:00 Flip Flop Card Game 7:00 Junk Drawer Detectives	10 9:15 Terri Savelle Foy 10:00 Prop'ercise 10:30 30 Random Trivia 11:00 What's The Cost? 1:30 Golf Card Game 2:30 Win, Lose, or Draw! 3:30 Manis & Memories 6:00 The Bunco Squad 7:00 7 Action News!	11 9:15 Sea Life Aquarium 10:00 Ball Fitness 10:30 What Year Was It? 11:00 Live Animal Webcams 12:00 Give Back Planning 2018 1:30 Hand Written Inspirations 2:30 One Man Band Mike Cusenza 3:30 The Grand Canyon 6:00 Spill & Spell 7:00 Hallmark Classic Movie	12 9:15 Strength Training 10:00 Do you have a photographic memory? 10:30 Double Exposure 11:00 Pastor Mark Service 1:30 History Behind Tea 2:30 No Bake: Dog Biscuits 3:30 Dress Your Pet: Photo Shoot 6:00 Tenzi Dice Craze 7:00 Connect 4 Tournament	13 9:15 Sit N Fit Exercise 10:00 Joyce Meyer Ministries 10:30 Public Radio Broadcast 11:00 News Currents 1:00 Public Reading with/Todd 1:30 Categories: Radio 2:30 Place Your Bets! Horse Racing! 3:30 Hymn Scramblers! 6:00 I Dream of Jeannie 7:00 Group Solitare
14 9:00 Live w/Joel Osteen 10:00 Laughter Yoga 10:30 Winter Trivia & Facts 11:00 St. Matthias Service 1:30 Word Association: Winter Blues 2:30 Oreo's Bunny Habitat 3:30 Manis & Memories 6:00 Name That Tune 7:00 The Little Rascals	15 9:15 Stretch & Tone 10:00 Devotional Tid Bits 10:30 MLK Jr. Day Trivia 11:00 MLK Jr. Memorial Tour 1:30 Tic Tac Toss 2:30 Crafts ~ Doves of Peace 3:30 Men's Club Sanding Wood 6:00 Was it Designed? 7:00 Fill-It In Word Search	16 9:15 Tai Chi Martial Art 10:00 Sock it 2 me! 10:30 What is a Fig Newton? 11:00 First Jazz at Carnegie Hall 1:30 New Edition: Scrabble! 2:30 Who's Got The Shot? 3:00 Rita's Red Hot Bingo 6:00 Special Viewing: Hello Dolly 7:00 Finish The Line	17 9:15 Terri Savelle Foy 10:00 Prop'ercise 10:30 Left Right Stories 11:00 Pet-A-Pet 12:00 Lunch at All American Grill 1:30 Can You Putt Putt? 2:30 Disk Bottle Knock Down 3:30 Manis & Memories 6:00 The Bunco Squad 7:00 7 Action News!	18 9:15 Ball Fitness 10:00 Stories in a Bag 10:30 Discuss & Recall 1980's 11:00 Weaving-A-Tale 1:30 Men's Project Dollhouse 2:30 It's Totally 80's Dance Party! 3:30 Richard Simmons Fitness Flashbacks 6:00 Catch Phrase 3 7:00 Sentimental Sing-A-Long	19 9:15 Stretch & Tone 10:00 Poe Poetry Corner 10:30 History of Popcorn/POP Facts! 11:00 Pastor Mark Service 1:00 Famous Popcorn Paradise Store 2:30 Popcorn Tree Art 3:30 Lucky Strike Bowling 6:00 Tenzi Dice Craze 7:00 Focus! Concentration	20 9:15 Sit N Fit Exercise 10:00 Joyce Meyer Ministries 10:45 Remember When? 11:00 News Currents 1:00 Public Reading w/Todd 1:30 Mr. Poppers Penguins Movie 2:30 Learn to Draw Penguins 3:30 March of The Penguins 6:00 Karaoke Sing-A-Long 7:00 What is Mad Libs?
21 9:00 Live w/Joel Osteen 9:15 Life Power Yoga 10:00 Utica Church of Christ 10:30 Who, What, When? 11:00 The Art of Ice Sculping 1:30 Rochester Fire & Ice Festival 2:30 Oreo's Bunny Habitat 3:30 Manis & Memories 6:00 Scrambled Squares 7:00 I Love Lucy	22 9:15 Stretch & Tone 10:00 Discuss & Recall Italy 10:30 Hibernation Fun Facts 11:00 HarborChase Book Buddies 1:30 Still Art Drawings 2:30 Three Strikes Out Baseball 3:30 Shuffle Board Tournament 6:00 Was it Designed? 7:00 Crunching Numbers	23 9:15 Tai Chi Martial Art 10:00 Who Am I? 10:30 Spot The Difference 11:00 Alphabetics A to Z 1:30 Beyond The Book 2:30 Fly Swatter Ping Pong 3:00 Rita's Red Hot Bingo 6:00 LCR Dice Craze 7:00 Magazine Scavenger Hunt	24 9:15 Terri Savelle Foy 10:00 Low Intensity Zumba! 10:30 Complete the ClichÃ© 11:00 Junk Drawer Detectives 1:30 Follow Your Nose 2:30 What's My Line? 3:30 Manis & Memories 6:00 The Bunco Squad 7:00 7 Action News!	25 9:15 Ball Fitness 10:00 Travelogue: Antarctica 10:30 3 of A Kind 11:00 Categories: Winter 1:30 Men's Project Dollhouse 2:30 Hand Written Inspirations 3:30 Meditation & Scentsational Hand Massages 6:00 Dust Mop Hockey 7:00 Hallmark Classic Movie	26 Michigan's Birthday! 9:15 Strength Training 10:00 Travelogue: Pure Michigan 10:30 Michigan Trivia & Facts 11:00 Pastor Mark Service 1:30 Pure Michigan Artwork 2:30 Who's Got The Chevrolet? 3:30 Phantom of the Opera 6:00 Tenzi Dice Craze 7:00 I Love Lucy	27 9:15 Sit N Fit Exercise 10:00 Joyce Meyer Ministries 10:30 3 of A Kind 11:00 News Currents 1:00 Public Reading w/Todd 2:30 Can You Picture This? 3:30 Disk Bocce Tournament 6:00 Red Skeleton Hour 7:00 Group Solitaire
28 9:00 Live w/Joel Osteen 10:00 Sit N' Fit Exercise 10:30 3 of A Kind 11:00 St. Matthias Service 1:30 Large Group Crossword Challenge 2:30 Oreo Bunny Habitat 3:30 Manis & Memories 6:00 Hidden in Plain Sight 7:00 Dick Van Dyke Show	29 9:15 The Painted Pot 10:00 Strength Training 10:30 History of Marshmallows 11:00 Scrambled Squares 1:30 Spill & Spell 2:30 No Bake: Ambrosia Salad 3:30 Men's Club Brewing Beer 6:00 Was it Designed? 7:00 Fill It In Word Search	30 Inspire Your <3 w/Art 9:15 Tai Chi Martial Arts 10:00 Name That Silhouette 10:30 Tea Trivia Pursuit 11:00 Pull N Read Teacup Cards 12:00 DIA Cafe Luncheon 1:00 DIA Guided Art Tour 2:30 Mosaic Tile Art 3:00 Rita's Red Hot Bingo 6:00 LCR Dice Game 7:00 Color Your World w/Art	31 9:15 Terri Savelle Foy 10:00 Prop'ercise 10:30 Chronicles of Cola 11:00 Wild Uses for Cola 1:30 Golf Card Game 2:30 Caricature Artwork Portraits 3:30 Manis & Memories 6:00 The Bunco Squad 7:00 7 Action News!			

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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				
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				2		3		5
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		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	3
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

Blood DONATION

Giving the Gift of Life

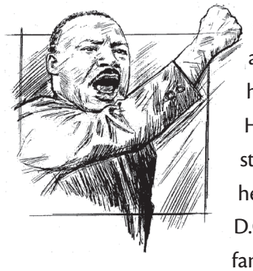
Blood donors are ordinary people – high school students, factory and office workers, business executives, parents and grandparents and people from every walk of life. But they share one thing – a generous spirit, a desire to give back to their community and help others. Blood donors play an integral 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

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.



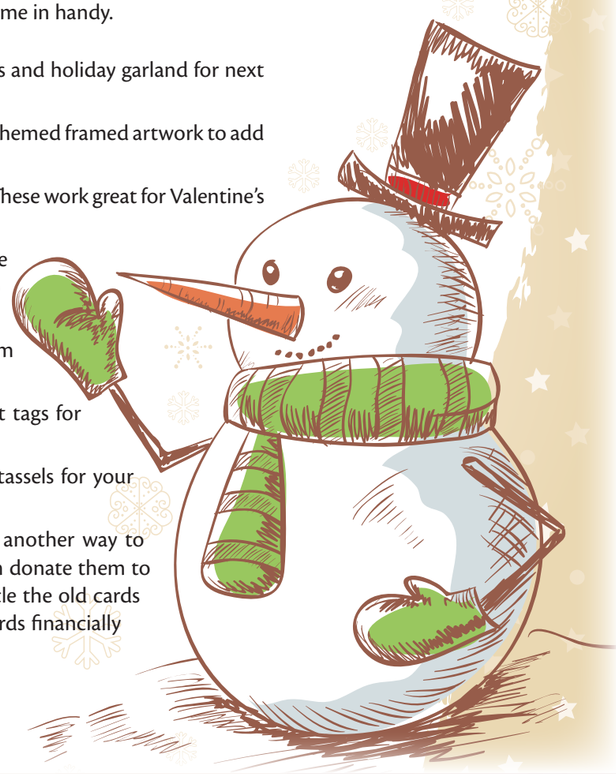
King became a pivotal figure in the civil rights movement of the late 1950s and 1960s. He was arrested 30 times for his participation in civil rights activities. He spearheaded many peaceful demonstrations. The most memorable rally was held August 28, 1963, in Washington, D.C., during which he delivered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

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.