

# Communication Tips

As a caregiver, you might feel impatient when the person with Alzheimer’s struggles to find words or forgets what they want to say. Here are some ways to communicate more effectively with your loved one:

- Ask questions that require a yes or no answer. For example, you could say, “Are you tired?” instead of “How do you feel?”
- Limit the number of choices. Try, “Would you like a hamburger or chicken for dinner?” instead of “What would you like for dinner?”
- Use different words if he or she doesn’t understand the first time. For example, if you ask the person whether he or she is hungry and you don’t get a response, you could say, “Dinner is ready now. Let’s eat.”
- Try not to say, “Don’t you remember?” or “I told you.”

And remember—if you become frustrated, take time out for yourself. Go for a walk or practice deep breathing.

# Who Turned out the Lights?

Light bulb jokes will never go away. Here’s a collection of some of the best:

- How many graduate students does it take to screw in a light bulb? *Only one, but it may take five years or more and they may never actually finish.*
- How many psychiatrists does it take to change a light bulb? *Only one, but the bulb has to really want to change.*
- How many jugglers does it take to change a light bulb? *One, but you need at least three light bulbs.*
- How many Surrealists does it take to change a light bulb? *Two. One to hold the giraffe, and the other to fill the bathtub with brightly colored clocks.*
- How many lawyers does it take to change a light bulb? *How many can you afford?*
- How many consultants does it take to change a light bulb? *I will have an estimate for you a week from Monday.*



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Celebrating  
Senior Living

February 2018

## Management Team

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Executive Director

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## Happy Birthday!

Hope Kimbrell ..... Feb. 1st  
Cindy Files..... Feb. 18th  
Walter M./MC..... Feb. 20th  
Tabitha Lewis..... Feb. 23rd



## The History of Black History Month

We owe much of our greater understanding of black history to Carter G. Woodson. Born to former slaves, Woodson worked hard and against the tide of prejudice to obtain his own education. In earning his doctorate from Harvard, Woodson was disturbed to find that during his studies, history books virtually ignored the black American population, so he decided to take on the challenge of writing black Americans into the history books.

He established the Association for the Study of Negro Life and History (now called the Association for the Study of Afro-American Life and History) in 1915, and a year later founded the widely respected Journal of Negro History. Then in 1926, he launched Negro History Week, the precursor to Black History Month, as an initiative to bring national attention to the contributions of black people throughout American history.

## Expect to Win

In 1974, Notre Dame’s basketball team faced the national championship team from UCLA in a game that everyone expected Notre Dame to lose. According to motivational guru Zig Ziglar in his book, Success for Dummies (IDG Books Worldwide), Notre Dame coach Digger Phelps decided that his team was going to win.

The game was scheduled for Saturday afternoon. At the end of Monday’s practice, he told his players to cut the nets from each basket. In basketball, cutting down the nets is a celebration of victory. After Tuesday’s practice, he again told the players to cut down the nets, and every day after that. By Friday, they were cutting the nets down with confidence and enthusiasm.



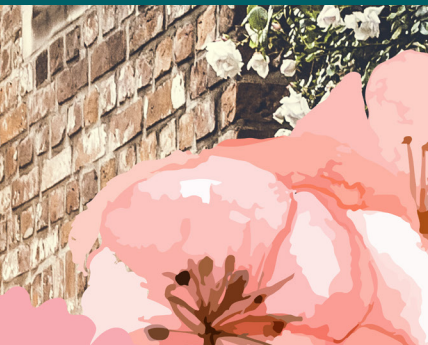


And on Saturday, Phelps’ team was able to cut down the nets for real, after beating UCLA in the game that Notre Dame was certain to lose. Although cutting down the nets alone didn’t ensure the victory, it did get the players into a positive mindset. By the end of the week they expected to win, and so they did.

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

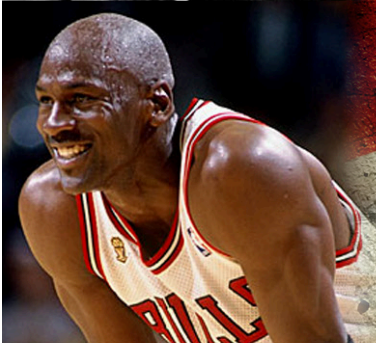






SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:00 Coffee Chat/News Currents <b>1</b>	<b>GROUNDHOG DAY</b> <b>2</b>	7:30 Sunrise Devotion <b>3</b>
				10:00 Name The ... Trivia	9:00 National News	9:30 Espresso Express/Norman Rockwell
				2:00 Bingo Bonanza!	10:30 Zumba Gold	10:30 Trail Blazers
				3:30 Walk Fit	2:00 Red Celebration (Women's Heart Health)	2:00 Mental Aerobics
6:30 Super Bowl Trivia	3:30 Menagerie	6:30 Charades Challenge				
7:00 2018 Almanac/Winter Weather Folklore	Mania/Groundhogs	7:30 Poker Face				
8:30 Guess The Year	7:30 Full Moon Phenomenon	8:30 Best Of SNL				
10:00 Sports Wrap Up	8:30 Word Play Challenge	10:00 Late Night Dominoes				
	9:30 Meditation & Relaxation					
	10:00 Late Night Chess Challenge					
<b>SUPER BOWL XII</b> <b>4</b>	9:00 Community Coffee & Love Humor <b>5</b>	8:30 Energizing Yoga <b>6</b>	9:30 Hometown News <b>7</b>	9:00 Hot Cocoa/News Currents <b>8</b>	9:00 XXIII Olympic Winter Games Opening Ceremony <b>9</b>	9:00 Belly Laugh Challenge <b>10</b>
8:30 Read All About It News	10:30 Sit & Be Fit	10:00 Tuesday Tabloids	10:30 Chair ChaCha	10:00 Todd Hunter Prayer Service	10:00 Zumba Gold	10:00 Power Walkers
10:00 Trail Blazers	2:00 What's Cooking In Darlene's Kitchen?	2:00 Sunday School Lesson With Mr. Matthews	2:00 Across America/West Virginia	2:00 Bingo Bonanza!	2:00 Fab Four Flashback Party	2:00 Hot Cocoa Break & February Reflections
2:00 Church Of Christ Service	3:30 Nature Walk	3:30 Minute To Win It!	3:30 Romantic Couples Match Up	3:30 Boy Scouts Of America Fun Facts	3:30 Friday Funnies	3:30 Science For Seniors/Space
3:30 Super Bowl Teams Celebration	6:30 Mental Aerobics	6:30 This was the Year/1989	6:30 Wheel Of Fortune Marathon	6:30 Girl Scout Cookie Trivia	6:30 Music Moments/Carole King	6:30 Historic Trees
6:30 Bible Humor	7:30 Name That Tune	7:30 Person, Place Or Thing	7:30 Mental Aerobics	7:30 Laughing Yoga	8:30 Name The...Trivia	7:30 Charades Challenge
7:00 Person, Place Or Thing	8:00 Classic TV/Bewitched	8:30 TV Comedy Trivia	8:30 Stress Buster Tai Chi	8:30 Guess The Year	9:30 Chess Challenge	8:30 Best Of SNL
8:00 Evening Pilates	9:30 Mexican Train	10:00 Slumber Stretch	10:00 Sleepless Scrabble	10:00 Slumber Stretch	10:30 Meditation & Relaxation	10:00 Slumber Stretch
9:00 Nightline News						
<b>(RAK) WEEK</b> <b>11</b>	9:00 February Quick Quiz <b>12</b>	<b>MARDI GRAS!</b> <b>13</b>	<b>VALENTINE'S DAY</b> <b>14</b>	9:00 News Currents <b>15</b>	<b>CHINESE NEW YEAR</b> <b>16</b>	9:00 Daily Wisdom <b>17</b>
9:00 Hometown News	10:30 Body Rock Fitness	9:00 Coffee Chat/Mardi Gras	9:00 Valentine History & Trivia	10:00 Random Acts Of Kindness/Power Walkers/Filling Bird Feeders	9:00 USA Today Review	10:00 Step In Strength
10:00 Trail Blazers	2:00 Celebrity Dish (Cooking)	10:00 Power Walkers	10:30 Happy Heart Chair Dancing	2:00 The Beauty Of Love Valentine Party	10:30 Zumba Gold	2:00 Famous Couples Word Search Challenge
2:00 Church Of Christ Service	3:30 Random Acts Of Kindness/Celebrity Dish Share	2:00 Sunday School With Mr. Matthews	2:00 The Beauty Of Love Valentine Party	3:30 Valentine Poetry/Red, Red Rose	2:00 Chinese New Year Celebration (Year Of The Dog)	3:30 Celebrity Birthday Bios Guess Who
3:30 Random Acts Of Kindness/Reading Bible To Seeing Impaired	6:30 Wheel Of Fortune Marathon	3:30 A work Of Heart/Valentine Cards	3:30 Valentine Poetry/Red, Red Rose	2:00 BINGO BLITZ!	3:30 Dog Trivia	6:30 Fireside Poetry
6:30 Old Testament Trivia	7:30 Mental Aerobics	6:30 Card Sharks/Poker	6:30 Across America/Wisconsin	3:30 Hippo Fast Facts	6:30 Dice Blackjack	7:30 Mexican Dominoes
7:30 Mexican Dominoes	8:30 Poker Face	7:30 Tuesday Tunes & Trivia	7:30 Mexican Dominoes	6:30 Name That Tune	7:30 Mental Aerobics	8:30 Best Of SNL
8:30 Sudoku Competition	10:00 Sleep Well Relaxation Tips	8:00 Guess The Proverbs	8:30 Person, Place Or Thing?	8:00 Person, Place Or Thing	9:00 Stress Buster Stretch	10:00 Slumber Stretch
9:30 Laughing Yoga		10:00 Relaxing Yoga	10:00 Stress Buster Stretch	10:00 Tranquil Tai Chi	10:00 Sleepless Scrabble	
9:00 Tai Chi Tone Up <b>18</b>	<b>PRESIDENT'S DAY</b> <b>19</b>	9:00 Back In Time/Handwriting Basics <b>20</b>	9:00 A To Z Cooking Terms Word Challenge <b>21</b>	9:00 News Currents <b>22</b>	9:00 Heavenly Devotions <b>23</b>	9:00 Java Jolt <b>24</b>
10:00 Coffee Chat/Daytona 500 NASCAR	9:00 Person, Place Or Thing	10:00 Step In Strength	10:30 Chair ChaCha	10:00 Power Walkers	10:30 Zumba Gold	10:00 Talk & Taste Chocolate Cake
2:00 Church Of Christ Service	2:00 HarborChase Best Bites (Cooking)	2:00 Sunday School Lesson With Mr. Matthews	2:00 Polish Me Pretty Manicures	2:00 Bargain Bingo	2:00 Friendship Party	2:00 Natural Wonders/Cocoa
3:30 Heirloom Journals	3:30 Presidential History & Trivia	3:30 Person, Place Or Thing	3:30 Trail Blazers	3:30 Mystery Quotes Team Up	3:30 Friday Funnies	3:30 Person, Place Or Thing
6:30 National Basketball Association All-Star Game	6:30 Walk Fit	6:30 Card Sharks	6:30 February In History	6:30 Wheel Of Fortune Marathon	6:30 French Fry Friday Fun Facts	6:30 The Year In Rhyme
8:30 Roll The Dice	7:30 Checkers Competition	7:00 Classic Cinema/Drama	7:30 Pastime Faces & Places	7:30 Mexican Train/Dominoes	7:30 Dip You Chip Happy Hour	8:00 Best Of SNL
9:00 ESPN News	8:30 Presidential Libraries	8:30 Tuesday Tabloids	9:00 Late Night Dominoes	8:30 Back In Time/We Survived	9:00 ESPN Sports Talk	9:00 Slumber Stretch
10:00 Meditation For Relaxation	9:00 Zen Meditation	10:00 Tranquil YOGA	10:30 Zen Meditation	10:00 Relaxing Yoga	10:00 Evening Pilates	10:00 Late Night Dominoes
8:30 Name The...Trivia <b>25</b>	8:30 Circle Of Friends Prayer Circle <b>26</b>	9:00 Energizing Yoga <b>27</b>	9:00 Mental Aerobics <b>28</b>			
9:30 Power Walkers	10:30 Sittercise w/Darlene	10:00 Bluegrass Pilgrims	10:30 Chair ChaCha			
10:30 Hallelujah Prayer Circle	2:00 Gourmet Adventures	2:00 Sunday School Lesson With Mr. Matthews	2:00 Across America/Wyoming			
2:00 Church Of Christ Service	3:30 Celebration Of Chocolate	3:30 Minute To Win It!	3:30 Name That Dish!			
3:30 Brain Bafflers	6:30 Team Jenga	6:30 Power Walkers	6:30 Classic TV/M*A*S*H			
6:30 Fireside Poetry	7:30 Blue Jeans Fast Facts	7:30 Tuesday Tunes & Trivia	8:30 Person, Place Or Thing			
7:00 Guess The Decade	8:30 Dice Blackjack	8:00 Fun Time Cinema/Comedy	9:30 Zen Meditation			
10:00 Evening Pilates	10:00 Late Night News	10:30 Relaxing Yoga	10:30 Late Night Dominoes			





# February Celebrates Black History

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N	N	A	A	N	A	K	L	N	T	S	H	A	O	E	E	J	J	W	N
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- MARSHALL  
MORRISON  
OBAMA  
OWENS  
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WASHINGTON  
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WINFREY  
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Medium

CHANGE will NOT COME if we wait for some OTHER PERSON OR SOME OTHER TIME. WE ARE THE ONES we've BEEN WAITING FOR. WE ARE THE CHANGE THAT WE SEEK. ~BARACK OBAMA

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Difficult





## Some True Facts about Groundhogs

In honor of Groundhog Day on Feb. 2nd, here are a few fun facts about groundhogs gleaned from the official site of the Punxsutawney groundhog club, [groundhog.org](http://groundhog.org), which celebrates the world's most famous groundhog, Punxsutawney Phil:

- The average groundhog is 20 inches long and normally weighs from 12 to 15 pounds. (Punxsutawney Phil weighs about 20 pounds and is 22 inches long.)
- Groundhogs are covered with coarse grayish hairs (fur) tipped with brown or sometimes dull red. They have short ears, a short tail, short legs and are surprisingly quick. Their jaws are exceptionally strong.
- A groundhog's diet consists of lots of greens, fruits and vegetables and very little water. Most of their liquids come from dew on leaves.
- A groundhog can whistle when it is alarmed. Groundhogs also whistle in the spring when they begin courting.
- Insects do not bother groundhogs and germs pretty much leave them alone. They are resistant to the plagues that periodically wipe out large numbers of wild animals. One reason for this is their cleanliness.
- Groundhogs are one of the few animals that really hibernate. Hibernation is not just a deep sleep. It is actually a deep coma, where the body temperature drops to a few degrees above freezing, the heart barely beats, the blood scarcely flows and breathing nearly stops.
- Young groundhogs are usually born in mid-April or May, and by July they are able to go out on their own. The size of the litter is four to nine. A baby groundhog is called a kit or a cub.
- A groundhog's life span is normally six to eight years. Phil receives a drink of a magical punch every summer during the annual Groundhog Picnic, which is said to give him seven more years of life.



*Happy Valentine's Day*  
February 14, 2018

## A Few Facts about Queen Elizabeth

Feb. 6, 2018, marks sixty-six years as reigning queen – that's quite an achievement! Queen Elizabeth II, officially took the throne and became queen of England on Feb. 6, 1952. She was only 25 years old at the time, and she is currently 92 years of age. Her father's illness and subsequent passing placed her as the head of her country much earlier than she might have hoped. However, she's one happily reigning monarch. To help better celebrate her achievement, below are a few facts you might not know about Elizabeth.

- Elizabeth was home-schooled, where she studied law and history. She also speaks French fluently.
- The FA Final Cup was the first football game Elizabeth attended, which occurred in 1953.
- Elizabeth has visited 116 countries during 265 official visits.
- Elizabeth and Phillip were the first royal couple in their family to celebrate their diamond anniversary, or 60 years of marriage. They wed in 1947.
- Elizabeth absolutely loves horses and dogs. She earned her dog-loving status from her great great-grandmother, Queen Victoria, who was a fan of collies and dachshunds.



Photo Credit: Lee J Haywood