

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

The HarborChase Wire: A Monthly Publication of HarborChase Shorewood AL

February 2018

Administrative List

Veronica Rudychev
Executive Director

Tony Schell
Director of Hospitality

Neta Castillo
Director of Resident Care
Collette Hall
Director of Memory Care

Valerie Beyer
Director Of Marketing

Lauren Forster
Director of Life Enrichment

Russ Slack
Director of Maintenance

February Birthdays!

Peggy McLinden2/1
Ann Tisdale2/1
Marion Bailey2/3
Peg Atkinson2/7
Katherine W.....2/8
Jenny Loveland2/15
Donna Durawa2/17
Nancy Mulhern2/23
Jim Mulhern2/26
Janice Mubasa.....2/27



Harbor Chase Happenings!

- All residents must sign in and out when leaving the building.
- Family members please sign out your loved one when leaving the building.
- Reminder: Please sign up for all outings at the front desk.

Feb 1st.....Milwaukee Public Museum
Feb 2nd.....Kohl’s Trip
Feb 2nd.....Ground Hog Day Celebration
Feb 4th Live Entertainment
Feb 6thWalgreen Trip
Feb 8thShorewood Library
Feb 9th Metro Mart Trip
Feb 11th St Roberts Church Service
Feb 13th Boston Store Trip
Feb 14th Sweet Heart Dance
Feb 15th Milwaukee Art Museum
Feb16th..... TJ Maxx trip
Feb 18th Live Entertainment
Feb 20th Target Trip
Feb 20th Chinese New Year Celebration
Feb 22nd Historical Milwaukee Central Library
Feb 23rd Goodwill Trip
Feb 24th UWM Student Concert
Feb 26th Live Entertainment
Feb 27th CVS Pharmacy Trip
Feb 28th Charity Bingo Night





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:30 Local News & Lounging 9:45 Milwaukee Public Museum 10:00 Memory & Speech Therapy 1:30 Miss Cupcake Boutique Bakery 2:00 Thursday Trivia Bash! 3:00 Hanging Hearts Tree 6:00 Evening Stroll with Friends	9:30 News & review 9:45 Khols Shoppers 10:00 Exercise Therapy with Nicole 1:30 Exercise With Tiffany 2:30 Ground Hog Day Lecture and Trivia 3:30 Groundhog Voting 4:00 Ground Hog Bingo 6:00 Night Cap and Chat in the Bistro	9:30 Daily Chronicle and Conversation 10:00 Ice Cream for Breakfast! 11:00 Exercise with Tiffany 1:30 New Release Movie Matinee 2:00 Songs of the Heart Sing Along 3:30 Bistro Bingo Bash 6:00 Hot Cocoa & Conversation
9:30 Current News and Coffee 10:30 Live Entertainment: Hymns with David Noll 1:30 Sit Down Dancing Exercise 3:00 Sundaes on Sunday 4:00 Sing Your Heart Out! 6:00 Super Bowl Kick Off!	9:30 News & Review 11:00 Pampered Hands Manicures 1:30 Daily Devotion, Rosary 2:00 Workshop with Jacob 3:30 Card Club Competition 6:00 Night Cap and Chat	9:30 Daily Chronicle & Discussion 9:45 Walgreens Shoppers 10:00 Exercise with Nicole 1:30 Exercise with Tiffany 3:00 Cooking Demo with Chef Tony 4:00 Memory Therapy with Tiffany 6:30 Live Entertainment: The Golden Age of Hollywood	9:30 Currents & Coffee 10:30 Laughter Yoga Session 1:30 Creative Coloring Art 3:00 Lovers Garland Decoration 4:00 Funny Video Laughter Social 6:00 Paws for Love: Claire and Louie	9:30 Local News & Lounging 10:00 Memory & Speech Therapy 11:00 Crafts with Beth 1:30 Shorewood Library 3:00 Wii Bowling Tournament! 4:00 Caring Cards for Care Givers 6:20 WTMJ Trip Presentation	9:30 News and Review 9:45 Metro Mart Shoppers 11:00 Beatles Brain Teasers 1:30 All My Lovin' Fitness 3:00 Memory Therapy! 4:00 I Wanna Hold Your Hand Massages 6:00 Night Cap and Chat	9:30 Daily Chronicle & Discussion 11:00 Sit and Be Fit Exercise 1:30 Classic Cinema Movie Matinee 2:30 Story Telling Social 3:30 Bistro Bingo Bash 6:10 Love On a Leash, Therapy Dog Visit
8:15 St. Robert's Church Service 9:30 Currents and Coffee 11:00 Conductorcise Fitness 1:30 Sundaes on Sunday 3:00 National Marriage Day: Reminisce About Love on 4:00 Loving Hand Massages 6:00 Evening Stroll with Friends	9:30 News and Review 11:00 Pampered Hands Manicures 1:30 Daily Devotions, Rosary 3:00 Baking with Colette 3:00 Valentines For Womens Shelter 6:00 Night Cap and Chat	9:30 Mardi Gras Parade! 10:00 Exercise Therapy with Nicole 10:30 Baking for Shelter Pups 1:30 Boston Store Shoppers 2:00 Sit Down Exercise 3:00 Mardi Gras Happy Hour! 4:00 Memory Therapy with Tiffany 6:00 Hot Cocoa and Conversation	9:15 Currents and Coffee 10:15 Church Service with Decon Gary 11:30 Lunch Brunch: Royal Gardens 1:30 Golden Sneakers Walking Club 3:00 Book Club with Veronica 5:00 Valentines Day Dinner 6:00 Family Night Sweetheart Dance	9:30 Local News & Lounging 9:45 Milwaukee Art Museum 10:00 Speech Therapy 11:00 Gentleman's Club with Russ 1:30 Scenic Tour: Lake Front Mansions 3:00 Fitness for Banana Boats 4:00 Favorite Teddy Reminisce 6:00 Evening Stroll	9:30 News & Review 9:45 TJ Maxx Shoppers 10:00 Exercise Therapy with Amanda 1:30 Walk It Off with Tiffany 3:00 Heart-to-Heart Sun Catchers 4:00 Fact or Fantasy Trivia 6:00 Night Cap & Chat	9:30 Daily Chronicle and Conversation 11:00 Exercise with Tiffany 1:30 New Release Movie Matinee 2:00 Once Upon a Time: Story Telling 3:30 Bistro Bingo Bash! 6:00 Hot Cocoa & Conversation
9:30 Currents & Coffee 10:30 Live Entertainment - Hymns with David Noll 11:00 Exercise with Tiffany 1:30 Wii Bowling Competition 3:00 Sundaes on Sunday 4:00 Wine and Gossip Social 6:30 Evening Stroll with Friends	9:30 News & Review 10:00 Timeslips Workshop with UWM 11:00 Pampered Hands Manicures 1:30 Share a Prayer, Rosary 3:00 Baking with Colette 4:00 Chinese New Year Art 6:30 Night Cap & Chat	9:30 News and Review 9:45 Target Shoppers 10:00 Exercise Therapy with Nicole 1:30 Pottawatomie Casino 3:00 Cooking Demo w/ Chef Tony 4:00 Memory Therapy with Tiffany 5:00 Chinese New Year Buffet 6:30 Hot Cocoa & Convo	9:30 Current Events & Coffee 11:00 Sit Down Dancing Exercise 1:30 Mandala Art for the Mind 3:00 Build a Bouquet 4:00 Card Club Competition 6:30 Paws for Love: Claire and Louie	9:30 Local News & Lounging 10:00 Memory and Speech Therapy 1:30 Historic Milwaukee Central Library 2:00 Exercise with Tiffany 3:00 DIY Dry Erase Boards 4:00 Margarita Madness Social 6:00 Evening Stroll with Friends	9:30 News & Review 9:45 Goodwill Shoppers 10:00 Exercise Therapy with Amanda 1:30 Dance Exercise with Tiffany 3:30 Feathered Friends Art 4:00 Board Game Social 6:30 Night Cap & Chat	9:30 Daily Chronicle and Discussion 11:00 Morning Stretch and Exercise 1:30 Classic Cinema Movie Matinee 2:00 UWM Student Concert 4:00 Bistro Bingo Bash! 6:00 Paws for Love Therapy Dog Visit
8:15 St. Robert's Church Service 9:30 Currents and Coffee 11:00 Sit and Be Fit Exercise 1:30 Shhhhh Day Charades 3:00 Sundaes on Sunday 4:00 Relaxing Hand Massages 6:00 Evening Stroll with Friends	9:30 News and Review 10:00 Timeslips Workshop with UWM 11:00 Pampered Hands Manicures 1:30 Daily Devotion, Rosary 2:15 Live Entertainment: Junior League Singers 4:00 Card Club Competition 6:00 Night Cap and Chat	9:30 Daily Chronicle & Discussion 9:45 CVS Pharmacy Shoppers 10:00 Exercise Therapy with Nicole 1:30 Programming Meeting w/ Lauren 2:00 Culinary Consensus w/ Chef Tony 3:30 Would Your Rather? 6:00 Hot Cocoa & Conversation	9:30 Mind Game Morning 10:30 Sit and Be Fit Exercise 11:30 Lunch/Brunch: Sprechers Restaurant 1:30 Resident Council Meeting - Dicussion 1:45 Resident Council Meeting - Management 3:00 Book Club with Veronica 4:00 Build a Bouquet 6:00 Charity Bingo Night!			



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
K	I	M	R	B	N	K	A	T	B	K	S	L	L	L	K	S	O	E	H
B	W	N	F	A	N	S	O	A	L	R	C	G	A	W	S	L	N	N	N
A	E	A	R	A	E	B	D	I	U	A	N	U	O	O	I	G	A	S	O
K	I	F	R	N	B	R	B	A	R	P	S	O	A	T	N	N	M	W	W
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ABBOTT	DAVIS	JACKSON	MARSHALL	TUBMAN
ALI	DOUGLASS	JOHNSON	MORRISON	WALKER
ALLEN	DREW	JONES	OBAMA	WASHINGTON
ANGELOU	DU BOIS	JORDAN	OWENS	WELLS
BAKER	ELLINGTON	KING	PARKS	WILSON
BALDWIN	FRANKLIN	LACKS	POITIER	WINFREY
BASQUIAT	HENDRIX	MALCOLM X	PRYOR	WONDER

Celebrating Senior Living!

Our Family Photo Album!



An Amazing Magic Show!

Our 50's Themed Party

Visiting the Art Museum!



We Love Elvis!

A Winter Wonderland!

Always Having Fun!



Art For Life Enrichment!

Our Trip to the Botanical Gardens!

Fluffy Friends!

HC SHOREWOOD



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, 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