

## Derby Days

This annual sporting event got its start in 1875 and occurs each year at Louisville, Kentucky's Churchill Downs track. The races have garnered more and more attention over the years, and have thus become a cultural event, not just a sporting event. Extravagant dinner parties, galas and other social gatherings are now characteristic of the Derby. But what do we know about the actual horse races? Here is some information that isn't so common:

- Although the Kentucky Derby is often referred to as "the most exciting two minutes in sports," only two horses have actually ever finished the race in that time limit: 1973's winner, Secretariat, and 2001's winner, Monarchos.
- Two of the first three Derby winners were former slaves.
- Six females have ridden in the race, with none finishing in the top 10.
- Posts 17 and 19 have never produced a winner.
- And lastly, 39 fillies have competed over the years and three of them have won: 1988's Winning Colors, 1980's Genuine Risk and 1915's Regret.

## From the Baseball Diamond

With baseball season in full swing, these two true stories from the ballpark should bring a smile to any fan's face:

**Casey Stengel.** Giants catcher Phil Masi was catching in a game with pitcher Al Javery on the mound. The first three batters all got hits off of Javery's first pitch.

Disgusted, manager Casey Stengel called a conference on the mound. Masi joined Stengel and Javery.

"What kind of pitches has he been throwing?" Stengel asked the catcher.

"I don't know," Masi answered. "I haven't caught one yet."

**Yogi Berra.** A reporter was interviewing Yogi Berra about last night's game and asked about Berra's two hits. Berra immediately pointed out that he'd actually gotten three hits.

The reporter said, "I checked the box score, and it said you had two hits. But that must have been a typographical error, right?"

"Hell, no," Berra replied. "It was a clean single to left."



**HarborChase**  
Assisted Living • Memory Care



*Celebrating  
Senior Living*

The HarborChase Wire: A Monthly Publication of HarborChase Vero Beach MC

May 2018

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## Memorial Day: May 28, 2018

This legal public holiday falls on the last Monday in May. Americans are encouraged to reserve this day for prayers for permanent peace as well as ceremonies and displays of respect for American war veterans, especially those who gave their lives in military conflicts.

Also called Decoration Day, after the tradition of decorating the graves of servicemen with flowers, the first documented observance dates back to Waterloo, N.Y., on May 5, 1865, during the Civil War.

Today, the holiday is marked by parades and other remembrances, including a Presidential request for flags to be flown at half-mast until noon. It is also regarded as the unofficial kickoff to the summer season.

To remind Americans of the true meaning of Memorial Day, the National Moment of Remembrance resolution was passed in December 2000 and asks all Americans at 3:00 p.m. local time "to voluntarily and informally observe in their own way a moment of remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to Taps."

## Happy Mother's Day - May 13

In the U.S., Mother's Day was first suggested in 1872 by Julia Ward Howe (who wrote the words to the Battle Hymn of the Republic) as a day dedicated to peace. Howe held organized Mother's Day meetings in Boston every year.

In 1907, Anna Jarvis from Philadelphia began a campaign to establish a national Mother's Day in May. In 1914, President Woodrow Wilson finally proclaimed Mother's Day a national holiday to be held each year on the second Sunday of May.

### *Here's a small list of our favorite "Mom-isms"*

- "It's all fun and games until someone gets hurt."
- "If you don't have anything nice to say, don't say anything at all."
- "Close that door! Were you born in a barn?"
- "Don't put that in your mouth; you don't know where it's been!"
- "Just wait until your father gets home!"
- "Always wear good underwear; what if you're in an accident?"



**HarborChase**  
Assisted Living • Memory Care

4150 Indian River Boulevard  
Vero Beach, FL 32967  
772-202-6980



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# HarborChase of Vero Beach • The Cove

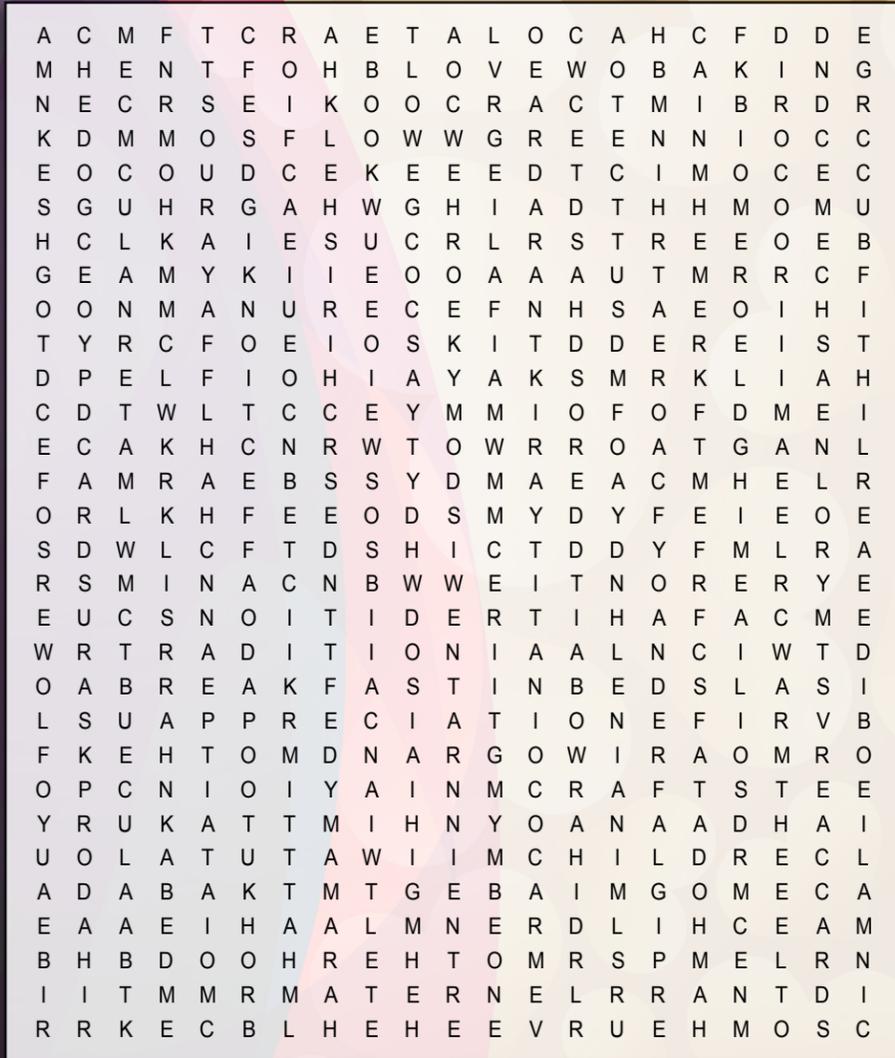
May 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30 Current Events <b>1</b> 10:00 Morning Walk-A-thon 10:30 Discussion: Calamity Jane 11:00 To Judge or Not To Judge <b>1:00 Magazine Collage Making</b> 2:00 Flower Arranging To Smooth Jazz <b>3:00 String Bird Feeders</b> 4:00 Wine And Cheese Tasting 6:30 Movie: Paint Your Wagon	9:30 Morning News Hype <b>2</b> <b>10:00 Ball Toss With Zeus</b> 10:30 Brain Test 11:00 Discussion: Arthur Miller 1:30 40's Love Songs 2:00 Sunshine Garden Stroll <b>3:00 Expressive Art-Cinthia</b> 4:00 Sundae & Trivia Social 6:30 Comedy: Grumpy Old Men	9:30 Power Walkers <b>3</b> <b>10:00 Discussion: Bing Crosby</b> 10:45 Morning Mass-St Helen's 11:00 Safari Animal Charades 1:00 Health Talk: Eating Right 2:00 Famous Aries! <b>3:00 Jivin Jenga!</b> <b>4:00 All About Cinco de Mayo</b> <b>5:00 Cinco de Mayo Celebration</b> 6:30 Feature: Going My Way	9:30 Actions In Motion <b>4</b> <b>10:00 Reminiscing Audrey Hepburn</b> 11:00 Adopt A Teddy 1:00 Texas Hold'em 2:00 Use Your Noggin! 3:00 Clever Crafting <b>4:00 Spelling Bee/Hangman</b> 6:30 Comedy Presents My Fair Lady	9:30 Early Risers Club <b>5</b> 10:00 Cranium Crunches 10:30 News & Reviews 11:00 Who Is Tammy Wynette? 1:00 Artist Studio- Hat Designs 2:00 Green Mile Walk 3:00 Derby Decorations <b>4:00 Kentucky Derby Viewing Party</b> 6:30 Musical: West Side Story
9:30 Front Page Press <b>6</b> <b>10:00 Sunday Worship With Song</b> 10:30 Fascinating Connect 4 11:00 Ageless Fitness 1:00 Amazing Puzzle Challenge <b>2:00 All About Orson Welles!</b> 3:00 Beat The Clock Spelling 4:00 Bird Feeder Crafts 6:30 Cinema: Citizen Kane	<b>9:30 Headline News 7</b> 10:00 Power Up! 10:30 Campfire Stories <b>11:00 Spring Word Search</b> 11:30 Name That Tune 1:00 Fact Or Fiction! 2:00 Garden Trivia Fun <b>3:00 Scrabble Babble</b> 4:00 Discussion: Gary Cooper 6:30 Homemade Apple Pie & Trivia	9:30 News Summary <b>8</b> 10:00 Forever Young Fitness 10:30 Test Your Memory Bank <b>11:00 Talk: Dan Brouthers</b> <b>1:00 Coaster Creations</b> 2:00 Breathtaking Beach Ride 3:00 New York State Parks 4:00 Crazy For Ice Cream & Trivia Social 6:30 The Babe Ruth Story	9:30 Current Events <b>9</b> <b>10:00 Morning Flex</b> 10:15 Unscramble Word Circle 11:00 Sebastian River Trip 1:30 Reminiscing Date Night! 2:00 Fisherman Tales <b>3:00 Expressive Art-May</b> 4:00 Extreme Cold Bass Fishing 6:30 Cinema: The Andy Griffith Show	9:30 Early Morning Chronicles <b>10</b> <b>10:00 Desert Travels</b> 10:45 Devine Togetherness-St. Helen's 11:00 Talk: Carl J Eldh 1:00 Battle Of The Brains 2:00 Lucky Strike-Bowling <b>3:00 Garden Maintenance</b> 4:00 Pigs In A Blanket Social 6:30 Musical-High Society	9:30 Vero Beach News <b>11</b> 10:00 Fit For Life <b>10:30 The Real You</b> 11:00 Talk: Frank Schlesinger <b>1:00 Wheel Of Fortune</b> 2:00 Spectacular Pics Of The Day <b>3:00 Evening Garden Stroll</b> 4:00 Crazy Ways To Use Potato Chips! 7:00 Movie: Modern Times	9:30 Today's News <b>12</b> 10:00 Bend & Stretch <b>10:30 Canasta &amp; Chess</b> 11:00 Visit British Columbia 1:00 All About Joe DiMaggio <b>2:00 Self Portrait-Claw Creations</b> 3:00 Strolling The Bayou 4:00 Music, Mojitos & Trivia 6:30 Movie: Bonanza
<b>Mother's Day 13</b> 9:30 Sunday Funnies 10:00 Devotional With Friends <b>10:30 Mother's Day Brunch</b> 1:00 World Dance Videos 2:00 Stretch It Out! 3:00 Karaoke Jam Session 4:00 Chocolate Martini & Trivia Social 6:30 Cinema: Casablanca	9:30 Move & Groove <b>14</b> <b>10:00 Remember When?</b> <b>11:00 No Fail Tips &amp; Tricks</b> 1:00 Mahjong Madness 2:00 Mani Glam Monday 3:00 Decorating Diorama <b>4:00 Ice Cream &amp; Musical Trivia</b> 7:00 Feature: The Lady Eve	9:30 Wall Street Journal <b>15</b> 10:00 Rise & Stretch 10:30 Talk: Benefits Of Rosemary <b>11:00 Yoga Origins: India</b> 1:00 Mindfulness Meditation 2:00 Drum Circle With Kevin <b>3:00 Wag &amp; Walk With Zeus</b> 4:00 Fruit & Veggie Bar Trivia Social 6:30 Musical; Sound Of Music	<b>Birthday Celebration! 16</b> 9:30 Good News 10:00 Move & Groove 11:00 I Spy Challenge 1:30 Space Walk <b>2:00 Who Is Adriana Caselotti?</b> <b>3:00 Musical Renditions-Just Me 2</b> 4:00 Italian Icee & Trivia Social 6:30 Movie: Guys & Dolls	9:30 Rise & Shine Chronicles <b>17</b> <b>10:45 Divine Hope With Carol</b> 11:00 Benefits Of A Natural Diet <b>1:30 Shake, Rattle &amp; Rollercise</b> 2:00 Trail Walk With Zeus 3:00 Design Art-May <b>4:00 Strawberry Covered Happy Hour &amp; Trivia</b> <b>5:00 Family Night!!</b>	9:30 World News <b>18</b> 10:00 Stretch & Meditate 10:30 Travel: Alaska 11:00 All About Me: Magazine Collage 1:30 Where Am I From? <b>2:00 Colorful Creations</b> 3:00 Talk: Pope John Paul II 4:00 Afternoon Trivia & Smores 6:30 Cinema: The Man From Utah	9:30 News Review <b>19</b> <b>10:00 Pup Paw-Looza With Zeus</b> 11:00 What Does Your Name Mean? 1:30 Happy Horoscopes 2:00 Laugh Out Loud! 3:00 Stroll Buddies 4:00 Trivia & Cheetos Social Hour 6:30 Comedy Presents Duck Soup
9:30 Sunday News <b>20</b> 10:00 Sunday Devotional <b>10:30 Our Daily Bread</b> 11:00 Word Stew Creations 1:00 Benefits Of Fresh Fruits 2:00 Noodle Hockey 3:00 Travel Diaries <b>4:00 White Chocolate Macadamia &amp; Trivia</b> 6:30 Movie Cinema: Holiday	9:30 Daily Buzz <b>21</b> 10:00 Circuit Training 11:00 Chair Volleyball Men Versus Women 1:30 Witty & Wise Words 2:00 Rhythm Challenge 3:00 Monuments Around The World 4:00 Trivia & Truffles 6:30 Classic Dick Van Dyke	9:30 Daily Highlights <b>22</b> 10:00 Daily Bread Reading 10:30 Lower Body March <b>11:00 Tour Of The Town Antiquing</b> 1:30 Garden Stroll With Zeus <b>2:00 DIY Upholstery Tips</b> 3:00 Cooky Charades 4:00 Tea & Trivia Tuesday 6:30 Highlights Of The Carol Burnett Show	<b>9:30 Recharge With News 23</b> 10:00 Daily Bread Reading 11:00 Passion For Poetry 1:30 Reading Rainbow <b>2:00 Busy Bee Garden Tour-Outing</b> 3:00 Wall Twister 4:00 Trivia & Jazzy Tunes 6:30 The Best Of I Love Lucy Show	9:30 Inspiration Information <b>24</b> 10:00 Get Up And Dance 10:45 Fellowship With St. Helen's 11:00 Talk: Down Home Cooking Recipes 1:30 Meditation With Smooth Jazz 2:00 Stories Of Inspiration 3:00 Walking The Wild Side-Zeus 4:00 Mozart & Margarita Social 6:30 TV Show: The Waltons	9:30 International News <b>25</b> <b>10:00 Let's Get Physical</b> <b>11:00 Classic 50's Commercials</b> 1:00 Discussion: Fatherly Love 2:00 Jumping Jeopardy 3:00 Butterfly Craft Art 4:00 Coffee & Cake With Trivia 6:30 TV Series Leave It To Beaver	9:30 Daily Report <b>26</b> <b>10:00 Outdoor Aerobics</b> 10:30 Defining Friendship! 11:00 Love Of Knitting With Gwen <b>1:30 Game on: Checkers</b> <b>2:00 IN2L: Travel To Arabia</b> 3:00 Brain Aerobics <b>4:00 Puzzlemania!</b> 6:30 Movie: Wizard Of Oz
9:30 Sunday Funnies <b>27</b> 10:00 Holy Reading <b>10:30 Morning Worship</b> 11:00 Team Fitness Challenge 1:30 Reminiscing Memories As A Kid <b>2:00 Travel: Aspen</b> 3:00 Trail Discovery 4:00 Brownie Trivia 6:30 Barnum & Bailey Circus Show	<b>Memorial Day! 28</b> 9:30 Coffee & Conversation <b>10:00 Ageless Fitness</b> 11:00 Complete The Phrase 11:30 IN2L: Travel San Juan <b>12:00 Military Honoree Lunch</b> 1:30 True & False Trivia <b>2:00 Couponing With Kia</b> 3:00 Green Mile Walk <b>4:00 Wild Colors Of Art</b> 6:30 Musical-Carousel	9:30 Springtime News <b>29</b> <b>10:00 Upper Body Toning</b> 10:30 Win, Lose Or Draw 11:00 Going Fishing-Card Game 1:30 Patio Meditation <b>2:00 Wii Bowling Challenge</b> 3:00 Heel, Toe Stroll 4:00 World Famous Libraries <b>6:30 1940's Mystery Movie- The Letter</b>	9:30 Vero Beach Tribune <b>30</b> 10:00 Yoga & Poise 11:00 World Renowned Jazz Singers 1:30 Origami Designs <b>2:00 American Legion Tribute</b> 3:00 Mad About Mahjong 4:00 Caramel Popcorn & Trivia 6:30 Action Movie: Red River	9:30 Rise & Shine Exercise <b>31</b> 10:00 Information Station 11:00 Fabulous Picasso Paintings <b>1:30 Talk: Makeup &amp; Jewelry</b> <b>2:00 Technology Chat</b> <b>3:00 1940's Fashions</b> 4:00 Let's Dance Happy Hour 6:30 Feature: Breakfast At Tiffany's		

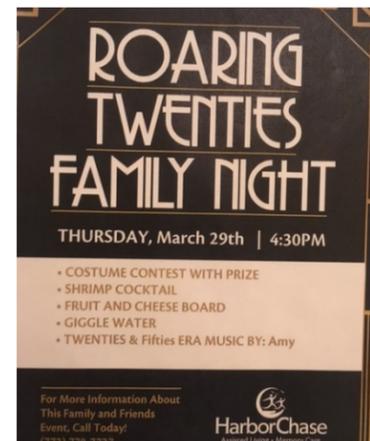
# Happy Mother's Day

- ADORE
- AFFECTION
- APPRECIATION
- BAKING
- BEAUTY
- BREAKFAST IN BED
- CANDY
- CAKE
- CARDS
- CHERISH
- CHILDREN
- CHOCOLATE
- COOKIES
- CRAFTS
- FAMILY
- FLOWERS
- GRANDMOTHER
- HUGS
- LOVE
- MATERNAL
- MEMORIES
- MOM
- MOTHERHOOD
- TRADITION
- WARMTH
- WISDOM



## Celebrating Senior Living!

### Special Moments at HarborChase of Vero Beach





## The Bridge

Two brothers, William and Benton, were estranged. Neither one quite remembered what the original conflict had been about, but they'd barely spoken to each other for 20 years. Since their farms were right next to each other, separated by only a shallow creek, their relationship was tense and filled with anger.

One day a handyman came to William's farm and asked if he had any work. A few days before, some of Benton's cows had crossed the creek and gotten into William's crops. So William told him how he and his brother no longer had any relationship with each other, and asked the handyman to build a tall fence around his property so he'd never have to see Benton's farm again.

"I think I understand," the handyman said. "Let me get my tools and some lumber and I'll get to work."

William had to go out of town for a few days on business, and he returned home late at night, too late to check out his new fence in the darkness.

The next morning, he was stunned to see that, instead of a fence, the handyman had built a bridge across the creek. And to his surprise, his brother Benton was walking across it toward William's farmhouse.

William came out of his house and met Benton in the middle of the bridge. Benton offered his hand. "You're quite a brother to build a bridge between us after all this time."

They quickly renewed their relationship, and the years-long feud was over. When William went looking for the handyman to thank him, he found only a note: "I'm moving on—I have other bridges to build."

### Behavior is Contagious

According to a story, researchers once staged an experiment in which a person stood by a flat tire by the side of a road with a spare tire leaning against her car's fender. Out of 2,000 passing cars, only 35 drivers stopped to help.

The same researchers staged a second simulation, with a person standing by their car watching another person change a tire. In that situation, 58 people stopped to help out.

What does the study imply? Humans like to imitate. That knowledge may come in handy when you want to persuade someone to support your goals.

## Giving Flowers?

Know the messages they send! Here are a few to keep in mind.



**Carnation**  
Constancy, Joy



**Gladiolus**  
Remembrance



**Daisy**  
Purity, Innocence



**Freesia**  
Trust



**Chrysanthemum**  
Optimism, Happiness



**Iris**  
Faith, Wisdom

## Need a Little Exercise? Try Gardening!

Looking for a fulfilling activity that will not only improve your mood but reduce your waistline and fatten your wallet? Look no further than gardening. Keeping in shape and having a sound mind becomes increasingly important as we age. Gardening provides health benefits for older adults that can keep the mind sharp and the body healthy. Gardening is an easy way to remain active throughout life. The American Heart Association recommends 150 minutes of moderate exercise weekly, like gardening, to reduce the risk of cardiovascular issues. Planting, watering and tending to a garden is a great way to add activity to your daily routine and reduce the risks brought on by natural aging. The truth is, as we age, our likelihood of remaining active decreases and fatigue sets in. With daily exercise and a healthy diet, older adults can avoid losing energy and keep a sharp mind. Gardening provides many of these advantages and is an easy and enjoyable way to do so.

There are numerous benefits for starting your own garden.

- Not only is gardening a great physical exercise, but it's a great mental workout as well. It takes resourcefulness and imagination to tend to a garden.
- Gardeners experience feelings of accomplishment and creativity by producing something that they helped nurture for an extended period of time.
- Gardening allows time for meditation, personal reflection and daydreaming that can help reduce stress and anxiety.
- When gardening crops, keep in mind that eating organic produce is just plain good for you. Fresh produce is not only high in vitamins and minerals, but it is also low in calories.
- Benefits of being engaged in nature include better mood, sounder sleep, reduced risk of obesity and increased self-esteem through increased activity and decreased stress.
- Gardening is also a great activity to bring the family closer.

Try teaching a child or grandchild how to plant and water seeds in your garden. Time spent with family can be the best benefit of all.

