

Resident Birthdays

Lynnette S.....8/4
 Patsy C.....8/23
 Alma M.....8/26
 Juanita B.....8/29



Welcome New Associates!

Kortney Glosser - LE Director
 Carrie Cook- Sales Counselor

Martian Climate Shifted Between Dry and Wet

The surface of Mars wasn't always dusty and dry. In fact, according to the Science Daily website, scientists believe that Mars shifted between wet and dry periods in its history until it dried up completely about 3 billion years ago.

Probes orbiting Mars have made detailed observations of the sedimentary beds under the red planet's surface. Examining clays deposited by lakes around the base of Mount Sharp, they've noticed evidence of dunes formed by wind during a long dry climate era. Higher up are signs of thin, brittle sedimentary beds from times of wetter conditions. This suggests that the Martian climate alternated on a large scale between dry conditions and periods of environments with rivers and lakes.

The Curiosity rover will ascend Mount Sharp's foothills to drill into the sedimentary beds there, hoping to determine the cause of these major climate fluctuations.



HarborChase
 Assisted Living • Memory Care



Celebrating Senior Living

The HarborChase Wire: A Monthly Publication of HarborChase BeaverCreek The Sound

August 2021

Administration List

Bryan Davenport
 Executive Director

Amanda Brown
 Business Office Manager

Heather Bass
 Director of Sales

Diane Brechak
 Sales Counselor

Ted Terrell
 Director of Maintenance

Cherie Grube
 Director of Resident Care

Jen Reedy
 Memory Care Director

Tammy Harris
 Director-Beautification

Markus Montreuil
 Director of Hospitality

Kortney Glosser
 Director-Life Enrichment

Carrie Cook
 Sales Counselor

August

Living the Dream

Civil rights leader Martin Luther King, Jr., took Washington, D.C., by storm when he delivered his famous "I Have a Dream" speech on August 28, 1963. He had organized a march on Washington intending to show America that ending racial problems was of the utmost importance. From the steps of the Lincoln Memorial, King spoke in front of more than 250,000 people who were eager to hear his dreams of peace and change. This speech later became known as one of the most pivotal moments of the American Civil Rights Movement. King and other civic leaders speaking during the March on Washington wanted to promote change through peaceful means, as so many events surrounding the Civil Rights Movement were plagued with unnecessary acts of violence. This speech led to his receipt of the Nobel Peace Prize the following year.

About the Purple Heart

General George Washington was an exceptionally impactful man throughout his existence on earth. Just one of his achievements was the creation of the Purple Heart medal on August 7, 1782. Originally designed to be given to those who exhibit the highest level of bravery in combat military service, the medal was awarded only to a handful of soldiers initially. The criteria for receiving one of these medals has changed substantially over the years, though.

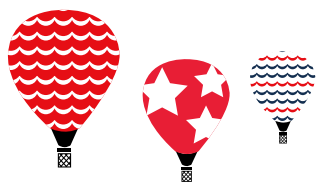
In 1932, General George MacArthur added some new criteria to the list, expanding the pool of Purple Heart recipients. Those who were injured in combat also began to receive this medal. Then in 1942, the Purple Heart began exclusively being awarded to those who were killed or wounded in combat. This caused a bit of uproar in the military world, leading to presidential changes that continued to ebb and flow over time, depending on circumstances faced by Americans. POWs, prisoners of war, finally fell into the eligible list of recipients in 1996, as did those on the receiving end of acts of terrorism, which happened over a decade earlier, in 1984.

As it currently stands, military personnel who suffer frostbite, heatstroke or PTSP, post-traumatic stress disorder, are definitively not allowed to receive the Purple Heart on those grounds alone. Civilians, even if they die while in a combat zone, are not allowed to receive the award either. It's hard to discern whether this is what Washington had in mind when he created the award. Regardless, the medal continues to be, and will forever be, a badge of honor and courage for all who receive it.



HarborChase
 Assisted Living • Memory Care

4175 Indian Ripple Rd
 BeaverCreek, OH 45440



HarborChase of Beavercreek - The Sound

August 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
9:30 Daily Chronicles 10:00 Gather And Gab 11:00 Let's Get Fit 1:30 National American Family Day Cookout 2:00 4th of July Party with Mark Snow 3:00 Words with Friends 4:00 The Beatles Take Over 6:30 Super Bowl Kickoff 6:30 Rummy Players Club	9:30 Dayton Daily News 10:00 Random acts of Kindness 11:00 HC Walking Troup 2:00 Fun in the Sun Party 3:00 HarborChase Reading Club 4:00 Happy Hour Duo Music 6:30 Let's Play Cards	9:30 Comics and Laughs 10:00 Word Game Palooza 11:00 Wellness Bingo Club 2:00 HC Euchre Club 3:00 All About Baseball 4:00 Happy Hour Running of the Bulls Live TV 6:30 Premiere: Movie	9:30 Coffee and Fellowship 10:00 Our Daily Bread 11:00 Fit for Life 1:00 Virtual Catholic Rosary 2:00 Hilarious Charades 3:00 HarborChase Reading Club 4:00 Balcony Hour: Eddie Osborne 6:30 Tic Tac Toss	9:30 Dear Abby Columns 10:00 Little Known Facts 11:00 Cardio Fitness Friends 2:00 Meet the Director of Life Enrichment 3:00 Chair Volleyball Competition 4:00 Happy Hour Bob Hope 6:30 Bingo Blitz Club	9:30 Reading the News 10:00 Park It! Virtual tour of Famous Parks! 11:00 HC Walking Troup 2:00 Chef's Roundtable 3:00 Cornhole Champs 4:00 Happy Hour Price is Right 6:30 Beverly Hillbillies Watch Party	9:30 News Currents 10:00 Remember When 11:00 We've Got Sole 2:00 Hillbilly Golf Buddies 3:00 Fusion Card Club 4:00 Happy Hour Rainbow Party 6:30 Check Mate Chess		
9:30 Daily Chronicles 10:00 Virtual Non Denominational Church 11:00 Sit and Be Fit 1:30 Dice with Friends 2:00 Special Viewing 3:00 The Best of IN2L 4:00 Crossword Masterminds 6:30 Let's Play 21	9:30 Gather And Gab 10:00 Funny Word Games 11:00 HC Walking Troup 2:00 Left, Right, Center 3:00 Wheel of Fortune 4:00 Happy Hour Family Feud 6:30 Chasing Conversations	9:30 Coffee and Laughs 10:00 Focus! Concentration! 11:00 Strength Exercises 2:00 HC Euchre Club 3:00 Facts About Cows 4:00 Happy Hour Ed Sullivan 6:30 Premiere: Movie	10:00 Our Daily Bread 11:00 Fit For Life 1:00 Virtual Catholic Rosary 2:00 The Telephone Game 3:00 HarborChase Reading Club 4:00 I-Complete Buzztime 6:30 Premiere: "Movie"	9:30 News You Want to Hear 10:00 Hole in One Golf 11:00 Dancercise 2:00 Broadway!! The Music Man Live 3:00 The Candy Bar Game 4:00 Happy Hour Stevie Wonder 6:30 Bingo Blitz Club 6:30 Premiere: "Movie"	9:30 Reading the News 10:00 Flip Flop Card Game 11:00 HC Walking Troup 2:00 Chef's Roundtable 3:00 All About Sharks 3:00 Cornhole Champs 4:00 Happy Hour Frank Sinatra Live TV 6:30 Farkle Frenzy Friends	9:30 News Currents 10:00 Remember When 11:00 We've Got Sole 1:30 Mexican Dominoes 2:00 Yard Pong 3:00 Fusion Card Club 6:30 Pass Go Monopoly 7:00 Best of 7 O'Clock News		
9:30 Daily Chronicles 11:00 The Best of IN2L 2:00 Church with the Bridge Band 3:00 Cards with Friends 4:00 Thank You For Being A Friend 6:30 Can You Sudoku 7:00 Check Mate Chess	9:30 Coffee and Fellowship 10:00 Who's Line Is It? 11:00 HC Walking Troup 2:00 Scrabble with Friends 4:00 Happy Hour Jeopardy 6:30 Resident Choice Movie 7:00 Table Games Extravaganza	9:30 News and Views 10:00 Happy Friends Connections 11:00 Wellness Bingo Club 2:00 HC Euchre Club 2:00 Left, Right, Center 3:00 Moon Day Party 4:00 Happy Hour Trivia 6:30 Premiere: Movie 6:30 Premiere: The Music Man	9:30 Cup-O-Joe News 10:00 Our Daily Bread 11:00 Fit For Life 1:00 Virtual Catholic Rosary 2:00 History of Junkfood 3:00 HarborChase Reading Club 4:00 Happy Hour Trio 6:30 Premiere: "Romantic Movie"	9:30 Daily Chronicles 10:00 Name the Character 11:00 Just For Kicks: Kickball 2:00 The Telephone Game 3:00 Picture This!! 4:00 Happy Hour Sports TV 6:30 Bingo Blitz Club	9:30 Comics and Laughs 10:00 Flip Flop Game 11:00 HC Walking Troup 2:00 Chef's Roundtable 3:00 Puzzlemania 3:00 Cornhole Champs 4:00 Happy Hour Trivia 7:00 Premiere: "Movie"	9:30 News Currents 10:00 Remember When 11:00 We've Got Sole 2:00 Bowling Dice Strikers 2:00 Yard Pong 3:00 Fusion Card Club 4:00 I-Compete Buzztime 7:00 Rack-Em Racko		
9:30 Daily Chronicles 10:00 The Best of IN2L 11:00 Sit and Be Fit 1:30 Dice with Friends 2:00 Special Viewing: "Movie" 3:00 Cards with Friends 4:00 Gene Kelly Trivia 6:30 Word Game Extravaganza	9:30 Coffee and News 10:00 Word Game Palooza 11:00 HC Walking Troup 1:30 Veterans Cafe 2:00 Paint It Black 4:00 Broadway Happy Hour 6:30 Uno Club	9:30 Comics and Laughs 10:00 Pictionary Pals 11:00 Celebration Exercises 2:00 HC Euchre Club 3:00 Block Busted 4:00 Happy Hour Funny You Tubes 6:30 Friendship Movie Night	9:30 Cup-Joe-News 10:00 Our Daily Bread 11:00 Fit for Life 1:00 Virtual Catholic Rosary 2:00 Hole in One Golf 3:00 HarborChase Reading Club 4:00 Patio Series: Art Casci	9:30 Coffee and Fellowship 10:00 Little Known Facts 11:00 Chair Yoga 2:00 Meet Me At Bocce Ball 3:00 Resident Council 4:00 Happy Hour Fun Facts 6:30 Linking Domino Friends	9:30 Front Page News 10:00 All about Photography 11:00 HC Walking Troup 2:00 Chef's Roundtable 4:00 Happy Hour Country Music 6:30 Player VS Player Solitaire 7:00 Premiere: "Movie"	9:30 News Currents 10:00 Remember When 11:00 We've Got Sole 1:30 A Courtyard Campout 2:00 Putting on the Green 3:00 Fusion Card Club 4:00 Farkle Frenzy Friends 6:30 Words with Friends 7:00 Euchre-Loaner Club		
9:30 Daily Chronicles 10:00 HC Walking Troup 11:00 Chair Yoga 1:30 Mexican Dominoes 2:00 We've Got Sole 3:00 Pass Go Monopoly 4:00 The Best of IN2L 6:30 I Love Lucy TV	9:30 Coffee and Fellowship 10:00 Remember When 11:00 HC Walking Troup 1:30 Dice with Friends 2:00 Puzzlemania 4:00 Putting on the Green 6:30 Fusion Card Club	9:30 Front Page News 10:00 Sit and Be Fit 11:00 Wellness Bingo Club 2:00 HC Euchre Club 3:00 Cornhole Champs 4:00 Price is Right Happy Hour 6:30 Premiere: Movie						

Hello August

H	C	E	A	B	A	T	R	G	L	A	D	I	O	L	U	S	D	B	A	S	E	B	B	N
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- | | | | | |
|-----------------|------------------|------------------|-----------------|-------------------|
| AUGUST | FAN | HYDRATE | POPSICLE | SUN |
| BARBECUE | FIREFLIES | ICE CREAM | SANDALS | SUNGLASSES |
| BASEBALL | FISHING | LEMONADE | SARDONYX | SUNFLOWER |
| BEACH | FRISBEE | PERIDOT | SCHOOL | SUNSCREEN |
| BONFIRE | GLADIOLUS | PICNIC | SHADE | SWIMMING |
| CAMPING | HEAT | POOL | SMORES | TRAVEL |
| EIGHTH | HIKING | POPPY | SUMMER | VACATION |

"Breathe the sweetness that hovers in August."
-Denise Levertov

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	8		3	9				

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Difficult

Understanding Stroke Risk Factors & Navigating Recovery

A stroke is a serious and dangerous occurrence, and those who experience a stroke typically require extensive attention, therapy and care while recovering.

Several of our HarborChase Senior Living communities offer skilled nursing services that deliver professional and thorough care to promote recovery in a comfortable and courteous environment. We want to share information about strokes, including risk factors and prevention, recognition and recovery.

What is a Stroke?

A stroke, sometimes called a brain attack, occurs when a blood vessel carrying oxygen and nutrients to the brain bursts or is blocked by a clot, preventing them from entering the brain. When this happens, brain cells start to die almost immediately, resulting in loss of functioning in the affected areas. For example, if the stroke blocks blood flow to the region of the brain that controls vision, loss of sight may occur, and if blood flow is blocked from the frontal lobe, motor skills, movement and behavior may be impacted.

Recognizing Stroke

When a stroke occurs, every moment is crucial. It's vital to seek help and treatment as fast as possible to reduce long-term damage. When it comes to detecting the signs and symptoms of a stroke, many people use the F.A.S.T. acronym to recognize the telltale signs.

Face: Is one side of the person's face drooping? Ask them to smile. Is it uneven or crooked?

Arms: Ask the person to hold their arms out in front of them. Is one arm numb or does it drift downward?

Speech: Ask the person to answer a question or repeat a phrase. Is their speech slow, slurred or otherwise strange?

Time: If the person shows any of these symptoms, don't waste any time and call 911 immediately.

Other signs and symptoms of stroke include numbness on one side of the body, a sudden, severe headache, difficulty seeing or walking and sudden confusion. Typically, these symptoms will occur abruptly with no warning.

Stroke Risk Factors

While strokes are a critical and severe condition, 80% of all strokes are preventable. By understanding the factors and habits that put you at risk for stroke, you can control and lower your chances.

Stroke Risk Factors You Can Control

- Lowering High Blood Pressure
- Not Smoking
- Managing Diabetes (If Applicable)
- Maintaining a Healthy Diet
- Staying Physically Active
- Weight Control

Unfortunately, not all stroke risk factors are in your control. While the vast majority of strokes can be prevented by managing your health and wellness, there are some uncontrollable factors to be aware of that could increase your likelihood.

Stroke Risk Factors You Can't Control:

- **Age:** The risk of a stroke occurring increases with age.
- **Family history:** If you have a close family member who has had a stroke, you could be at greater risk.
- **Sex:** Stroke is more common in women than men.
- **Personal health history:** If you have already had a stroke or heart attack, your risk for stroke increases significantly.

What to Expect After a Stroke

Depending on where in the brain the stroke occurs, side effects can vary from person to person, but many people may experience:

- Paralysis or weakness
- Difficulty with thinking, problem-solving, judgment, etc.
- Problems forming thoughts and speech
- Vision problems
- Trouble with chewing and swallowing
- Loss of emotional control

Typically, after a stroke occurs, the person will stay in the hospital for a few days. After that, rehabilitation can begin in a rehab center or skilled nursing facility. The severity of the stroke usually determines how long and intensive the rehabilitation process will be.

Recovery and Rehabilitation at HarborChase

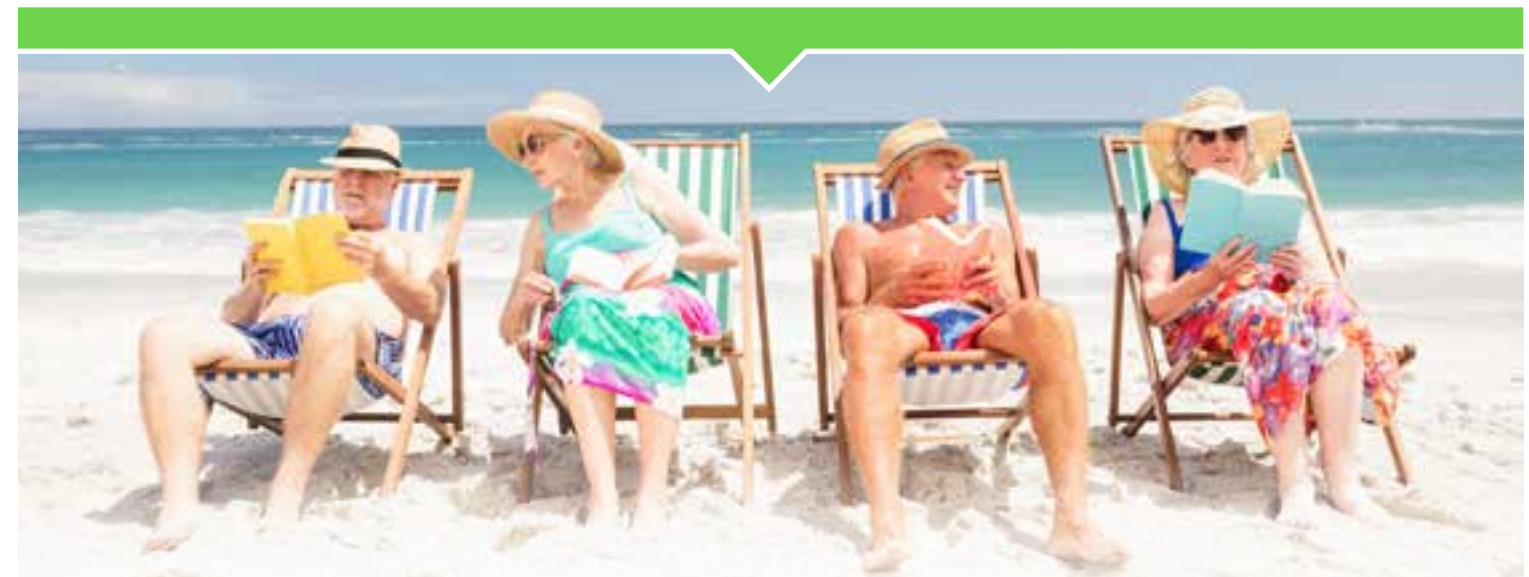
Skilled nursing services at HarborChase Senior Living communities offer personalized care, support and rehabilitation to individuals following a stroke and other health crises. While recovery will vary from person to person, our highly-trained staff will develop a personalized plan to encourage success. We offer rehab exercises such as:

- Motor skills training
- Mobility exercises
- Speech therapies
- Cognitive stimulation
- Occupational therapy to increase confidence and independence

Skilled nursing residents are monitored around the clock while our therapies, services and programs are offered daily with the goal of reducing recovery time. Our care team includes nurses, therapists, licensed clinical social workers, dietitians and certified nursing assistants.

While strokes can be scary and severe, they are largely preventable, and dedicated rehab and skilled nursing can contribute to a person's recovery. HarborChase Senior Living offers skilled nursing services at many of our communities throughout the U.S. To learn more about skilled nursing and stroke recovery at HarborChase, contact us today.

<https://blog.harborchase.com/>



Enjoying the Sun While Avoiding the Burn

Summer is here, and the days are warm and sunny again. If you're not careful, an outside venture can lead to a case of sunburn. Sunscreen will offer some protection, but you've got to follow the directions.

Here's some advice:

- Sun block by the numbers. Pick the right protection in the first place: An SPF of 15 blocks about 93% of harmful UVB rays; SPF 50 screens out 99 percent.

- Apply your sunscreen 30 minutes before going out.
- Reapply every two hours and after swimming or exercising enough to raise a sweat. Remember to apply sunscreen to often-overlooked areas of your body like your ears, lips and feet.
- Minimize exposure. Think of sunscreen as a second line of defense against sunburn and skin damage - wear a broad hat, sunglasses and protective clothing, and try to avoid direct sunlight between 10 a.m. and 4 p.m., when the sun is strongest.

It's Time to Chill

Here's a holiday that everyone can get into with relative ease, and that is meant literally: National Relaxation Day. On August 15th it's time to let loose and relax any way you deem appropriate. Although societal standards advocate for a nice work-life balance these days, many people struggle with that balance. For retirees, it can take the form of an over-emphasis on loved ones. Maybe you're the regular sitter for your grandchildren every day, the person that coordinates all family gatherings, or the person who listens to every grievance that anyone in your circle has, no matter what time of day. You are the proverbial glue that keeps everyone together. These are all wonderful, amazing things that everyone in your life is more than thankful for, but you too, my friend, need a break sometimes. National Relaxation Day is that break.

The goals of National Relaxation Day are fairly simple. The techniques you employ that day should help your mental, emotional and physical overall well-being and offer some rejuvenation. For those that lead exceptionally stressful lives, a few things jump out: Get a good night's rest, feel a little mood boost and get rid of that anxiety knot that lurks in the bottom of your belly. Maybe it's not found in your belly, but wherever that anxiety lies, let's try to loosen that knot up a bit!

Maybe try to give one or more of these activities a whirl. They might just do the trick:

Take a walk – If you enjoy activities in nature, but don't often get a chance to do this, take some time and do it on your own. You can even do a walking meditation. Yes, that's a real thing! Maybe take some photographs along the way of the beach, plant life or flowers that you find particularly intriguing.

Read a book – With the hustle bustle of daily life depending on electronics, it's nice to actually open a good old-fashioned book. Whether it's hard cover or paperback; romance or mystery; or simply meditating on the Bible, you will surely find some peace in the pages.

Plan a girls' day or a guys' day – Give your gal pals a call and coordinate a trip to the salon for a new do, manicure, pedicure, face mask, foot bath, the works. Or get a group massage. But, also, you can do all those things at home, solo or with a group. A little pampering never hurts. Have a grilling and chilling day where you cook your favorite foods outdoors and watch your favorite sporting event. Incorporating some targeted friend time can be a really reinvigorating experience.

Have a date day/night – If you are part of a couple, make a date with your spouse, just the two of you, uninterrupted and do what you love together.