Birthdays!

Liz M. .................................................. 10th
Laura Z ................................................. 11th
Patricia T.............................................. 16th
Helen K .............................................. 23rd
Jill S. .................................................. 25th
Ruth P ................................................ 28th
Annetta K ............................................ 29th
Darlene L .......................................... 29th
Theresa V............................................ 31st

Be Jolly Without the Weight Gain

Let’s not kid ourselves. During the holidays, it is hard to prevent weight gain. Planning ahead is the best weapon against the battle of the bulge this holiday season. Here’s some easy tips to help you:

1. Drink lots of water (8-10, 8 oz. glasses a day). Water also helps to flush out toxins which is always a bonus.
2. Eat breakfast. People who eat a decent breakfast every morning tend to have an easier time preventing weight gain.
3. Plan ahead. If you know you’ll be attending a party later in the evening, have little snacks frequently throughout the day.
4. Exercise. To prevent weight gain, you must increase the intensity and the length of time you regularly exercise when consuming more calories.
5. Sleep. The holidays come with its share of stresses which can cause your body to secrete more cortisol and increase the fat storage. Sleeping 7-8 hours a day strengthens both your mind and body to help fend against stress, enjoy the holidays and prevent weight gain.

December 2019

Steer Clear of a Sore Throat

We’ve all had sore throats around this time of year. Your throat feels scratchy and may hurt when you swallow. What can you do to soothe a sore throat? And when is it a sign of a more serious infection?

Most sore throats are caused by viral infections such as the common cold or the flu. These throat problems are generally minor and go away on their own.

To soothe your irritated throat, keep it moist. “Ever notice that a sore throat seems worse in the morning? It’s because your throat gets so dry overnight,” says Dr. Valerie Riddle, an infectious disease expert at the National Institutes of Health. “Having lozenges or hard candies—or anything that stimulates saliva production—will keep your throat moist. It’s also important to drink plenty of fluids.”

The best way to protect yourself from the germs that cause these infections is to wash your hands often. Try to steer clear of people who have colds or other contagious infections. And avoid smoking and inhaling second-hand smoke, which can irritate your throat.

‘Tis the Season

Religious reflection, spiritual inspiration and divine circumstance all play a part in the celebration of Christmas. And let’s not forget family, feasts and giving, too. With each family, there is a different season of celebration, a tradition that’s all its own. Here are some eclectic tidbits of information you may not have known about its history:

- Christmas is commonly associated with the birth of Jesus Christ, but many historians and Biblical scholars do not see a relationship with December 25 and the birth of Christ.
- The country Germany was the first location in which Christmas trees became a regular fixation in homes.
- In the mid-1600s, it was against the law in some places, such as Boston, to celebrate Christmas.
- St. Nicholas, or Santa Claus, was a Christian bishop who gave away his riches to help the poor.
- Santa Claus is most often depicted as wearing a red suit, a trademark that emerged following his portrayal as such in a 1930s Coca Cola advertisement.
- There are more recorded versions of the Christmas lyric, “Silent Night,” than any other Christmas song to date.

‘Tis the Season

Management Team

Eric Hammerquist
Executive Director
Richard Fantine
Director of Maintenance
Alison Saren
Director of Sales
Kolette Koch
Director of Life Enrichment
Katonya Perue
Director of Resident Care
Katie Prince
Director of Memory Care
Bernadean Dozier
Business Office Manager
Chris Blum
Director of Hospitality
Samantha Escobedo
Salon Director

HarborChase Palm Beach Gardens
3000 Central Gardens Circle
Palm Beach Gardens, FL 33418
561-536-6519

HarborChase Wire: A Monthly Publication of HarborChase Palm Beach Gardens AL

Celebrating Senior Living

www.HarborChase.com/PalmBeachGardens.htm
<table>
<thead>
<tr>
<th>Sunday</th>
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<tbody>
<tr>
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<td>Church O-L</td>
<td>9:00 Worldly Currents</td>
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Celebrating Senior Living!

HC PALM BEACH GARDENS

CHRISTMAS DECORATIONS
DREIDEL
EGG NOG
FAMILY
FEAST
FRUITCAKE
GIFTS
GREETING CARDS
HANUKKAH
Kwanzaa
Menorah
Mistletoe
New Years Eve
POINSETTIAS
SAINT NICHOLAS
SNOWFLAKES
TRADITIONS
WINTER

R E O T L I T S I M W D I S D I C O R A T O I N S
I A S E T S I R H C O M E N O R H I N K A S E S E
T M N A A A C A N H O L Y T I E E T H E A S V O T
N E O F N A H A N U K K N S S D R A S I D S E T O
I S I R N A N N I U L U M A I N R A T R I L S M C
W T T I G E W A T O N G R E E O L T A L E F R A S
F T A U I K E W G A I R F N O E C D R E D E L M
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F N O C T C N E T F I G M C N N O L A G P E Y A T
I O C A R T E D S M A N I I I K I R E M O E W E Y
H W E K A I S G R G U N O T T L E T S I M M E A H
A F D I D U Z E O E T P E G A W F I G A U I N L E
K L S W I R N E K N I E H Y O A A Z N A W K L T H
K A O S T F U I I A R D O A A N G U R R Y S S Y Y
O K Y E I T U A T G H E T N D G O G L A R E I H
N E I F O E S F A K T W R L W O N G L Z S H K A T
O S A I N T N I C H O H O O A E U O E O S F A M A
H T O S N T F I G F L N M T H D O I H S A E F
N R E V S R A E Y W E N I S E O T E L T S I M M
F A M I L Y G I F T T C H R I S T M A S T O Z L
N I E A S A I A T E U D N S S M I E R G D H A O K

Christmas Decorations
Sudoku Puzzle
Easy
Medium
Difficult

Name Date
900010082746 (key # 1)

Sudoku Puzzle
Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through to 9.
There is only one solution to the puzzle.

Name Date
900100027279 (key # 1)

Sudoku Puzzle
Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through to 9.
There is only one solution to the puzzle.

Name Date
900200000928 (key # 1)

Sudoku Puzzle
Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through to 9.
There is only one solution to the puzzle.
Building new relationships and meeting new friends can lead you towards new experiences, new adventures, and a healthier, more engaging lifestyle. At HarborChase Senior Living, we understand the importance of building relationships and leading a socially-active life.

We aim to provide our residents with ample social events and opportunities to socialize and create relationships.

Mental Health and Socialization
It’s easy to assume that physical health is the only area of wellness that impacts longevity and healthy living. However, research has shown that mental health is almost, if not equally, as valuable as physical health. Studies show that older adults who participate in social activities and events regularly feel a stronger sense of belonging, which can improve your overall quality of life. Furthermore, having dependable friends or relationships can create a sense of support and care.

Socialization in building relationships can help to alleviate feelings of stress. This reduced level of stress can improve your immune system, decrease the risk of developing depression and lower your blood pressure.

A Healthy and Social Life
Many researchers and studies show that building relationships and being socially active is an important factor of physical wellbeing. According to Berkeley University of California, socialization can improve your cognitive function, making your brain sharper and more effective. This is an important development as improved cognitive function helps to reduce the risk of developing Alzheimer’s disease and other forms of dementia. The Importance of Senior Socialization and Building Relationships by HarborChase Senior Living.

In addition, studies have also shown that social wellness is consistently associated with biomarkers of health. The benefits of building relationships and social wellness may be related to lower levels of interleukin-6, an inflammatory factor implicated in age-related conditions such as osteoporosis and rheumatoid arthritis. On top of those benefits, researchers have also proven that socially active seniors are more likely to develop healthier life choices and habits.

More research is needed to find more substantial links to positive health and determine the importance of social interactions as they relate to falls, memory and the overall health benefits of older adults. However, for now, it’s clear that active and engaged seniors are reaping the benefits and increasing longevity, as well as living a healthier and happier life.

A Vibrant and Social Community
By nature, humans are social creatures; we build relationships throughout our lives that help to shape much of who we are and how we live. The importance of building relationships is crucial no matter what stage of life you are in.

Though it can be difficult to find avenues to seek new friends and acquaintances, it is undoubtedly beneficial to your health. We encourage you to spend some time researching different social outlets in your local area. Paying a visit to your local senior center can yield a lot of opportunities, as these centers typically host educational classes, support groups or hobby-related clubs.

All of our HarborChase Senior Living communities know the value of social interactivity and host a variety of activities for our residents throughout the year.