



March Birthdays!

- 3-9.....John P.
- 3-9.....Charlotte H.
- 3-14.....Connie H.
- 3-18.....Marty V.
- 3-22.....Nathaniel R.
- 3-24.....Eleanor B.

Fresh or Frozen? The Choice is Yours

Mom may tell you over and over again to eat fruits and vegetables that are fresh, but nutrition experts say that frozen produce isn't necessarily inferior. According to The New York Times, most nutrients are surprisingly hardy: Iron, for example, stands up to freezing quite well, and fiber does its job whether it's frozen or fresh.

Scientists at the University of California-Davis analyzed the vitamin content in several different varieties of fresh and frozen produce, including blueberries, broccoli, carrots, spinach and strawberries. They found no significant differences between fresh and frozen items, and even discovered that frozen broccoli contains more riboflavin—a B vitamin—than the fresh selection. Similarly, frozen blueberries have more vitamin C than fresh.

Experts recommend looking for produce frozen using the IQF process—individually quick frozen—for the highest quality.



HarborChase
Assisted Living • Memory Care



*Celebrating
Senior Living*

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March 2018

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St. Patrick's Day: March 17

Irish Luck Superstitions

- For good luck in love, throw nine straight willow rods towards the rafters of the house and catch them coming down. However, you must, while doing this, stand on one leg with one hand behind your back.
- Find a four-leafed clover on St. Patrick's Day and you will have double, double good luck.
- If you are a single female and find a four-leafed clover, hang it over the door, and the first bachelor you meet you will marry.
- This one was used on leprechauns, but it might work with children. Tell them that a silver dollar is under one of the weeds in the back yard and it is theirs to go find.
- The shoe of a horse nailed to the doorpost will bring good luck. But the shoe must be found, not given in order to bring good luck.

For All the Ladies

The achievements of women in history have not always been celebrated or recognized. To that end, International Women's Day (IWD) was created and is observed annually on March 8. The earliest observance on the books occurred in 1908 in New York, but the celebration and observance has taken many forms over the years. It is an international holiday that represents the plights and accomplishments of women in their respective countries and regions. Some celebrations are more politically-based, while others focus on general respect, admiration and love for women. Men in many countries give little tokens of their affection to important women in their lives on this day.

This year's theme for International Women's Day is "Pledge for Parity." We are all inspired to affect change in the world, and closing the gender gap is one of the changes that IWD strives to accomplish. In observance of IWD, consider making a pledge for parity. Find out more about the pledge, ways to help and more at www.internationalwomensday.com.



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Stride and Stroll 10:00 Morning Chair Yoga 10:30 Family Feud Champs 1:30 Bible Study 1:30 Spiritual Sing-Along! 3:00 Abstract Painting 3:30 Live Music on the Piano 4:00 Foosball Competition 6:30 Name that Tune	9:30 Stride and Stroll 10:15 Silver Sneakers Exercise 11:00 Daily Devotional 1:30 Putting Practice 2:30 Trivia Talk with Alvera 3:00 Painting Partners 3:30 This Day in History 4:15 Garden Club! 7:00 Evening Bingo!	9:00 News and Views 10:00 Silver Sneakers! 2:00 Classical Movie Trivia 2:30 Milk's Favorite Cookie Social 3:00 60s Hollywood Stars 4:00 Letters to Family 6:00 Reading Circle: Classic Literature 7:00 Dancing to 50s Music! 7:30 Soothing Hand Massages	9:00 Stride and Stroll! 10:00 Sittercise 10:30 Lunch Outing: Pepper's 11:30 Finish the Phrase... 1:30 Big Word, Little Word 2:00 Wine and Cheese Happy Hour 2:30 Fancy Fingernails 4:00 Meditative Painting 7:00 Evening Walking Club	9:00 Stride and Stroll 10:00 Sit and Be Fit 10:30 The Amazing Women in Our Lives 11:30 Worship Circle 1:15 Painting with Friends 2:30 Amazing Women in History 3:00 Joke Telling 4:00 Fancy Fingernails 5:30 Soothing Hand Massages	9:00 Walk Through the Garden 10:00 Sit and Be Fit 10:30 Pictionary Challenge 1:00 Bird Watching 1:30 Billiards Competition 2:00 The Reasons We Pray 2:30 Prayer Circle 3:00 Baseball Trivia 8:00 Annie Hall-Movie	9:00 Morning Stride and Stroll 10:00 Get up and Exercise 10:30 Cove Chorus Practice 11:00 Hangman Challenge 11:00 Meditative Arts 2:30 Card Sharks 3:00 Do You Know the National Anthem? 4:00 Patriotic Sing-Along 7:15 Evening Yoga Poses
9:00 Stride and Stroll 10:00 Morning Chair Yoga 10:30 Family Feud Champs 1:30 Bible Study 1:30 Spiritual Sing-Along! 3:00 Abstract Painting 3:30 Live Music on the Piano 4:00 Foosball Competition 6:30 Name that Tune	9:30 Stride and Stroll 10:15 Silver Sneakers Exercise 11:00 Daily Devotional 1:30 Putting Practice 2:30 Trivia Talk with Alvera 3:00 Painting Partners 3:30 This Day in History 4:15 Garden Club! 7:00 Evening Bingo!	9:00 News and Views 10:00 Silver Sneakers! 2:00 Classical Movie Trivia 2:30 Milk's Favorite Cookie Social 3:00 60s Hollywood Stars 4:00 Letters to Family 6:00 Reading Circle: Classic Literature 7:00 Dancing to 50s Music! 7:30 Soothing Hand Massages	9:00 Stride and Stroll! 10:00 Sittercise 10:30 Lunch Outing: Pepper's 11:30 Finish the Phrase... 1:30 Big Word, Little Word 2:00 Wine and Cheese Happy Hour 2:30 Fancy Fingernails 4:00 Meditative Painting 7:00 Evening Walking Club	9:00 Stride and Stroll 10:00 Sit and Be Fit 10:30 The Amazing Women in Our Lives 11:30 Worship Circle 1:15 Painting with Friends 2:30 Amazing Women in History 3:00 Joke Telling 4:00 Fancy Fingernails 5:30 Soothing Hand Massages	9:00 Morning Stride and Stroll 10:00 Chicken Soup for the Soul 1:00 CornHole Contest 2:00 Afternoon Stretching! 2:30 Foosball Champions 3:00 Painting Class with Claire 4:00 Watering the Garden 8:00 Evening Yoga Poses	10:00 Silver Sneaker Exercise! 11:00 Our Life Stories 11:30 Our Different Ethnicities 1:00 Putting Practice 2:00 Building a Sundae 2:30 Foosball Tournament 3:00 Wine and Cheese Social Hour 4:00 Laughter Yoga 6:00 Moulin Rouge-Movie
10:00 Silver Sneakers Exercise! 10:30 Hangman Challenge 11:00 Daily Horoscopes 1:00 Pictionary Champions 2:30 Beach Volleyball 2:30 Make A New Friend Social 3:30 Live Music on the Piano 6:00 Pinterest Craft 8:00 Evening Bingo!	9:00 Morning Garden Visit 10:00 Morning Stretch 10:30 The Benefits of Gardening 11:00 Scrapbooking Lite 1:00 Putting Practice 2:00 Planting Flowers in our Garden 3:00 Cocktail Hour 4:00 Afternoon Yoga Poses 8:00 National Velvet-Movie	10:30 Relaxation Tips 11:00 The Cove Chorus 1:00 The Pets of Our Lives 2:00 Kitty Cat Trivia 2:30 Afternoon Action Movie 3:00 Daily Devotional 3:30 Fancy Fingernails 4:00 Green Thumb Club 6:15 Evening Yoga Poses 8:00 Soothing Hand Massages	9:00 Morning Stride and Stroll 10:00 Get up and Exercise 10:30 Trip to the Butterfly Museum 2:30 Bible Study 3:00 Let's Bingo! 4:00 Meditative Painting 6:15 Reading Circle: Romance Novel 7:00 Fancy Fingernails 8:00 Evening Reading Circle	10:00 Forever Young Exercise 10:30 Reading from the Library 2:30 Green Thumb Club 3:00 Beware the Ides of March 3:30 Roman Literature Reading 4:30 Crafting with Friends 5:30 Family Feud 6:15 Relaxing to Classical Music 8:00 Butterfield 8-Movie	10:00 Morning Exercise! 10:30 Daily Devotional 10:45 Dear Abby... 1:30 Putting Practice 2:45 Bible Trivia 3:00 Family Feud Champs 3:30 Letters to Family 4:00 Coffee Clutch 6:15 Card Sharks 8:00 Suddenly, Last Summer-Movie	St. Patrick's Day 9:00 Exercise in the Garden! 10:00 Build a Fruit Parfait 10:30 Billiards Challenge 1:00 Irish Crossword 2:00 Guided Tour of Ireland 2:00 St Patty's Day Party! 4:00 Irish Crafts 6:15 Limerick Readings 7:00 Spiritual Sing-Along
9:00 Morning Stride and Stroll 10:00 Sittercise! 11:30 Joke Telling 1:00 CornHole Competition! 1:00 Fancy Fingernails 2:00 Red or White? Wine Tasting 3:15 Finish the Phrase... 3:30 Live Music on the Piano 7:00 Magazines and Coffee	9:00 TCM-A Man Escaped! 10:00 Country Music Trivia 1:30 Front Page Current Events 2:00 Pictionary Champions 2:45 Anatomy Discussion 3:30 Bird Watching 3:30 Nursing Memories 6:15 Dancing to 50s Music 7:00 Romance Novel Reading	First Day of Spring! 10:00 Morning Stretch! 10:30 Bird Watching 1:00 Spiritual Sing-Along 2:00 Yoga Poses 2:30 Spring Crafting 3:00 Planting Flowers in the Garden 4:00 Tea for Two 6:15 Letters to Family 8:00 The Graduate-Movie	9:00 Morning Stretch! 10:00 Sit and Be Fit Exercise! 10:30 Lunch Outing: Red Lobster! 11:00 Daily Devotional 1:00 Bowling Champs! 2:30 Fancy Fingernails 3:00 Knitting Circle 4:00 Household Chores 6:00 Coffee Clutch	9:30 Morning Stretch and Exercise! 10:30 Dear Abby... 11:00 Football Trivia 1:30 Putting Practice 2:15 Fancy Fingernails! 3:00 Life as a Pilot 3:30 Cold Beers Happy Hour! 4:00 Afternoon Stretch 6:30 Foosball Challenge! 7:00 Sunset Boulevard-Movie	10:00 Morning Exercise 10:30 Big Word, Little Word 11:30 Band Practice 1:00 Putting Practice 2:45 Let's Bingo! 3:00 Afternoon Romantic Movie 4:00 Ping Pong Challenge 6:00 Daily Devotional 7:00 Word Scrambles	10:00 Sit and Be Fit 10:30 Musical Trivia 11:00 Front Page Current Events 1:00 Bowling Competition 2:00 Card Sharks 3:00 Iced Tea in the Garden 3:30 Giant Crossword 4:00 Free-Hand Painting 6:00 Spiritual Sing-Along 8:00 The Odd Couple-Movie
9:00 Stride and Stroll 10:00 Sittercise 11:00 Mega Jenga 1:30 Magazines and Coffee 2:00 Ice Cream Waffle Sundae Social 3:30 Live Music on the Piano 4:00 Aerobic Exercise 6:00 Evening Prayer Circle 7:00 Yoga Poses	9:00 Morning Garden Visit 9:30 Sit and Be Fit Exercise 10:00 Family Feud 10:30 Spiritual Sing-Along 1:00 Riddle Me This... 2:00 Clay Creations 3:30 Mystery Novel Reading Circle 4:00 Daily Devotional 8:00 The Incredible Shrinking Man-Movie	10:00 Silver Sneakers Exercise 11:00 Front Page Current Events 1:00 Bible Study 2:30 Afternoon Action Movie 2:30 Learning Tagalog with Fe 3:00 Medical Marvels! 4:00 Guided Tour of the Philippines 6:30 Word of the Day 8:00 Wagon Master-Movie	10:00 Morning Exercise 10:30 Trip to the Nail Salon! 10:45 Who was Dr. Seuss? 1:30 Let's Take a Trip to Suessville! 2:00 Wine and Social Hour! 3:30 Floral Paintings 4:00 Manicures in the Garden 5:30 Let's Bingo! 7:00 Romantic Poetry Reading	9:30 Morning Stretch and Exercise! 10:30 Bible Study 11:00 Dear Abby... 1:30 Porch Rockers 2:15 Foosball Competition 3:00 Trivia Talk 3:30 How We Met... 4:00 Afternoon Walking Club 6:30 Let's Bingo 7:00 The Golden Touch-Movie	10:00 Morning Exercise 10:30 Horoscope Reading 11:30 Daily Devotional 1:00 Finish the Phrase... 2:45 Oldies Sing-Along 3:00 Hangman Challenge 4:00 TGIF Happy Hour! 6:00 Meditative Arts 7:00 Late Night Charades	10:00 Sit and Be Fit 10:30 Big Word, Little Word 11:00 Dear Abby... 1:00 Giant Crossword Challenge 2:00 Painting Partners 3:00 Putting Practice 3:30 Pictionary Challenge 4:00 Let's Bingo 6:00 Fancy Fingernails 8:00 The Greatest Story Ever Told-Movie

Kiss Me, I'm Irish!



Across

- 2. A lively Irish folk dance
- 4. "Top of the _____ to ya!"
- 5. A popular Irish dish where a combination of meat and vegetables are simmered in a broth (2 wds)
- 9. These are often created by the Irish as a form of poetry
- 10. An Irish Fairy
- 12. St. Patrick was thought to have banished all of these creatures from Ireland
- 13. You might drink this colorful brew on St. Patrick's Day (2 wds)
- 15. The most popular Irish sport
- 20. A popular place of worship located in Manhattan, New York (3 wds)
- 22. Brings you good luck

Down

- 1. Northern Ireland is part of the United _____
- 3. A popular Irish stout
- 6. Ireland's capital
- 7. What month does St. Patrick's Day fall in?
- 8. Wear this color to pay tribute to Ireland
- 11. Saint Patrick added the sun onto the Christian cross to create what is now called a _____ cross
- 14. Irish potatoes are also called "_____ apples"
- 16. St. Patrick's nickname
- 17. An ancient musical instrument often seen held by the Irish Fairy
- 18. What type of liquor is added to coffee to make it "Irish Coffee"
- 19. Corned beef & _____
- 21. The day of the month to wear green

Celebrating Senior Living!

HarborChase of Gainesville Celebrating Senior Living



Charles and his brother from Buffalo, New York catch up with a visit!



Red Lobster is a favorite lunch destination for Mary and Joyce!



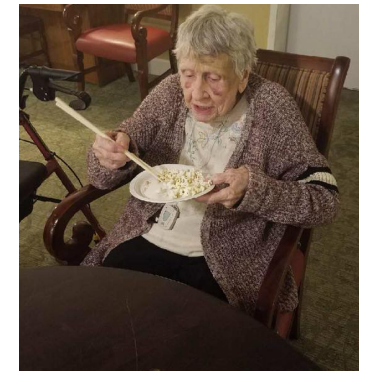
Sue tries her hand at abstract painting!



Australia Day was bloomin' fun!



Alvera and Jim enjoy the mild weather!



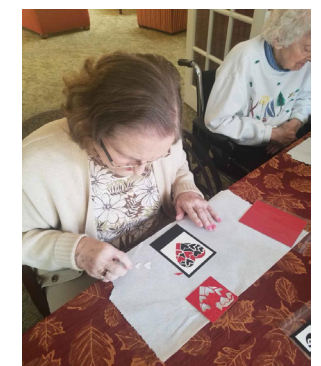
National Chopsticks day challenge-eating popcorn was a breeze for Eleanor!



Phyllis is ready for the outback on Aussie Day!



Tis' the season....to craft valentines!



Margery and Dorothy focus on their projects in craft class!

TECHNOLOGY IS CHANGING OUR TV HABITS

THE AVERAGE AMERICAN WATCHES

5 HOURS & 4 MINUTES

TELEVISION PER DAY!

The days of the whole family sitting around the TV watching the same show are over. We're still watching programming, but the options have boomed. According to The New York Times, the average American adult watches five hours and four minutes of TV per day, most of it live programming—about four-and-a-half hours, with another 30 minutes coming from DVRs. That sounds like a lot, but it's actually down by 19 minutes from two years ago.

Most live programming is watched by people over 50. People 24 and under view about two fewer hours of live TV and DVR programming per week than they did in 2015. Millennials (25- to 34-year-olds) watch an hour less per week than that, down from 27.5 hours to 26.5. Viewers between 35 and 49 now mostly watch about 22 minutes less live programming per week.

Approximately 50 percent of U.S. households have subscriptions to online streaming services like Netflix or Hulu. With tablets increasingly common—58 percent of U.S. homes have at least one—time spent consuming media on them has risen 63 percent from 2015.



GREAT PART-TIME JOBS FOR RETIREES

When you retire, you are done with work, right? There are actually numerous retirees that make the decision to get a part-time job. There are many reasons for this. Some retirees choose to get a part-time job because they are on a fixed income that is simply not covering their bills. There are other retirees who simply want a part-time job because they find retirement, well, boring. Here are some options that may appeal to you.

- Work for a nonprofit organization or a charity. Often, these types of jobs may not be able to pay very much, but they can offer great part-time opportunities.
- Mystery shopping. Did you know that people get paid to go out and shop? All you would need to do is visit the store, restaurant or other business requested and then write up a review of it. Not only will you get paid for your work, but you will also often get the items you were requested to purchase.
- Census workers. The United States government takes a census every ten years. They pay people very well to be a census worker. There are two different types of part-time jobs to consider. The census taker job will only be available every ten years.
- Temp agencies. Often, temp agencies are looking for workers who can take on short-term, part-time work. This is not the kind of job that young, working people need. For that reason, there could be part-time work just waiting for you.

If you are looking for a part-time job after your retirement, then there are plenty of great options to consider, no matter your reason for needing or wanting the work.

Sweet Stuff

How Sugars and Sweeteners Affect Your Health

Most of us love sweet foods and drinks. But after that short burst of sweetness, you may worry about how sweets affect your waistline and your overall health. Is sugar really bad for us? How about artificial or low-calorie sweeteners? What have scientists learned about the sweet things that most of us eat and drink every day?

Our bodies need one type of sugar, called glucose, to survive. "Glucose is the number one food for the brain, and it's an extremely important source of fuel throughout the body," says Dr. Kristina Rother, an NIH pediatrician and expert on sweeteners. But there's no need to add glucose to your diet, because your body can make the glucose it needs by breaking down food molecules like carbohydrates, proteins and fats.

Some sugars are found naturally in foods, such as fruits, vegetables and milk. "These are healthful additions to your diet," says Dr. Andrew Bremer, a pediatrician and NIH expert on sweeteners. "When you eat an orange, for instance, you're getting a lot of nutrients and dietary fiber along with the natural sugars."

Although sugar itself isn't bad, says Rother, "sugar has a bad reputation that's mostly deserved because we consume too much of it. It's now in just about every food we eat." Experts agree that Americans eat and drink way too much sugar, and it's contributing to the obesity epidemic. Much of the sugar we eat isn't found naturally in food but is added during processing or preparation. About 15% of the calories in the American adult diet come from added sugars. That's about 22 teaspoons of added sugar a day!

Over time, excess sweeteners can take a toll on your health. "Several studies have found a direct link between excess sugar consumption and obesity and cardiovascular problems worldwide," Bremer says.

Because of these harmful effects, many health organizations recommend that Americans cut back on added sugars. But added sugars can be hard to identify. On a list of ingredients, they may be listed as sucrose (table sugar), corn sweetener, high-fructose corn syrup, fruit-juice concentrates, nectars, raw sugar, malt syrup, maple syrup, fructose sweeteners, liquid fructose, honey, molasses, anhydrous dextrose, or other words ending in "-ose," the chemical suffix for sugars. If any of these words are among the first few ingredients on a food label, the food is likely high in sugar. The total amount of sugar in a food is listed under "Total Carbohydrate" on the Nutrition Facts label.

Many people try cutting back on calories by switching from sugar-sweetened to diet foods and drinks that contain low- or no-calorie sweeteners. These artificial sweeteners—also known as sugar substitutes—are many times sweeter than table sugar, so smaller amounts are needed to create the same level of sweetness.

"The part of the brain that mediates the 'I can't stop' kinds of behaviors seems to be especially sensitive to sugars and largely insensitive to artificial sweeteners," de Araujo says. "Our long-term goal is really to understand if sugars or caloric sweeteners drive persistent intake of food. If exposed to too much sugar, does the brain eventually change in ways that lead to excess consumption? That's what we'd like to know."

"In the long run, if you want to lose weight, you need to establish a healthy lifestyle that contains unprocessed foods, moderate calories and more exercise," Rother says. The key to good health is eating a well-balanced diet with a variety of foods and getting plenty of physical activity. Focus on nutrition-rich whole foods without added sugars.

