

## Please Join Us For

Please join us the third Wednesday of every month for our Dementia Support Group. This Month it is on the 21st at 2:00pm. Light Appetizers and refreshments will be provided. We look forward to seeing you! For more information or to RSVP please call us at 904-821-5247



## March Birthdays!

Millie M.....	3/4
Edith S.....	3/13
Marion H.....	3/14
Eugene F.....	3/18
Leo B.....	3/24
Jeanette M.....	3/26
John C.....	3/26
Jean M.....	3/28
Bill E.....	3/30



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*Celebrating Senior Living*

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March 2018

## Administrative List

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**Ann Friar**

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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.

## March Happenings!

**Mark your calendar and plan to join us at Harbor Chase.**

- **3/2-** We will be entertained by the Recycles Band at 2:15
- **3/5-** Star Celebration- Residents have nominated the deserving and winners will be announced starting at 3PM
- **3/7-** CapTel Presentation- Information for residents that find it difficult to hear on the telephone.
- **3/14-** Genealogy Basics-Information on basic genealogy and resources so residents can leave their legacy information.
- **3/17-** We will celebrate the capture of Louie the Leprechaun who will arrive the first of the week.
- **3/28-** Children from Almanconi Elem. will join us for Dr. Seuss Day. Donations of Dr. Seuss books are appreciated and will be donated to the school library after residents have shared them with the children.

[www.HarborChase.com/Jacksonville.htm](http://www.HarborChase.com/Jacksonville.htm)





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>ASSOCIATE BREAKFAST</b> 1 9:15 AM Inspiration 9:30 Chronicle Time 10:30 Fun & Fitness 11:00 March IQ 1:00 Luck of the Draw 2:30 Music w/Dave Medvodofsky 3:00 Finish The Lyrics 4:00 Air of Relaxation 5:30 Evening Comedy	<b>SOUND OF A BAND</b> 2 9:15 Sunshine is Calling 9:30 Our Times Chronicled 10:30 March Gazette 1:00 Silly Card Challenge 2:15 Music w/Recycles Band 2:30 Brain Gym 4:00 Meditation Made Easy 6:00 Movie Classic	9:15 News of a Good Morning 3 9:30 Total Recall 10:30 Sit & Stretch 11:00 Up in the Air 1:00 Fun in Numbers 2:00 How's Your Aim? 3:00 Color & Conversation 4:00 Sounds of Calm 6:00 TV Classic: Bonanza
9:15 Words of Praise 4 10:30 Name '10' 11:00 Bible Trivia 1:00 Test Your Luck 2:15 Lemonade & Cookie Social 3:30 Wheel of Fortune 4:00 Breathe In- Breathe Out 6:00 Movie: Music Classic	9:15 What's New in News 5 9:30 Hangman Challenge 10:30 Just For Kicks! 11:00 Finish the Title 1:00 Chip Away 2:15 Soft Ball Bocce 4:00 Meditation on the Light Side 6:00 Comedy in the Afternoon	9:15 Morning Starter 6 9:30 Fit Express 10:00 Calling All Crafters 11:00 Capital Review 1:00 A Game of Chance 2:30 Travelogue: Ireland 3:30 Table Top Games! 6:00 John Wayne Western	9:15 Fellowship with Pastor Keith 7 10:00 Lets Talk Yesteryear 10:30 Moves to Stay Fit 1:00 A Taste of Sweetness 2:15 Synchronized Steps 3:00 Soothing Sounds & Nail Care 4:00 Relax the Mind Inspire the Soul 6:00 TV Classic: Western	9:15 Setting the Record Straight 8 9:30 Paul Harvey Remembered 10:00 Music Therapy w/ Jan Barbour 11:00 Hooked on Knowledge 1:00 Sweet Game of Chance 2:15 Drum Fun 3:30 Heroes & Heroines 4:00 Soft Mellow Sounds 6:00 Classic TV Viewing	9:15 Fanciful Morning Lyrics 9 9:30 All Sorts of Sorting 10:30 Conductorcise 11:00 Let's Do Opposites 1:00 Shout It Out 2:30 Music w/Jane Campedelli 3:30 Ring Toss Challenge 4:00 Calming Sounds 6:00 Movie: Petticoat Junction	9:15 AM Trilogy 10 9:30 Music Matters 10:30 Fitness Becomes You 11:00 The Nose Knows 1:00 Nail the Jackpot 2:15 Fresh Fruit on the Patio w/Friends 3:15 Splash of Color 6:00 Movie- Beverly Hillbillies
<b>DAYLIGHT SAVINGS TIME</b> 11 9:15 New Day Dawning 9:30 Bible Trivia 11:00 Feeling Fit w/Movement 1:00 Imagine the Win! 2:30 Matching Pictures 4:00 Imagery of Solace 6:00 TV: Your Movie Pick	<b>PLANTING A FLOWER</b> 12 9:15 AM Positive 9:30 Once Upon a Date 10:15 Fitness is a Friend 10:45 Pets of Fame 1:00 Luck of the Draw 2:30 Trivia Challenge 3:15 Time in the Garden 4:00 Calming the Senses 6:00 Movie: Little Rascals	<b>MARCH MADNESS</b> 13 9:15 Great Conversation & Easy Listening 10:30 Motion Detector 11:00 East Coast Travels 1:00 It's All in the Numbers 2:15 Sing Along 3:30 Shoot Hoops 4:00 Calming Moves 6:00 TV Classics: Andy Griffith	9:15 Words of Hope w/ Pastor Keith 14 9:30 The I(s) Have it 10:15 Sweating To The Oldies 1:00 Chance It Challenge 2:30 Nail Care & Music 3:00 Keep the Ball Rolling 4:00 Relaxing Moves 6:00 Movie: You Bet Your Life	9:15 Inspiration Plus 15 9:30 Casual Corners of the Mind 10:30 Yoga Laughter w Sunny Mathews 1:00 Luck of the Draw 2:15 Crafting Corner 3:30 Tossing Challenge 4:00 Guided Relaxation 6:00 TV Classic: Ozzy & Harriet	<b>EVERYTHING 'M'</b> 16 9:15 Now You Know 10:30 Fun Moves 11:00 Mass w/Father Kelly 1:00 Lucky Card Challenge 2:30 The Word Starts with 'M' 3:15 Lucky Strike! Bowling 4:00 The Heart of Meditation 6:00 Movie: My Little Margie	<b>ST. PATRICK'S DAY</b> 17 9:15 Welcoming a New Day 10:30 One Your Mark-Get Set-Move 11:00 Competition Rings 1:00 Say the Word and Win 2:00 St. Patrick Celebration 3:15 Color Me Beautiful 4:00 Calming Sounds of the Evening 6:00 Movie: The Quiet Man
9:15 Power of Praise 18 10:30 Bible Trivia 11:00 Sharpen Your Senses w/Movement 1:00 Challenge the Odds 2:00 Walking with Purpose 2:45 Puzzles & Pondering 4:00 Mind Over Meditation 5:30 Movie: Trouble With Father	9:15 Hello World-The Wonder of it All 19 9:30 Couples that Fit 9:45 Silly Cycle 10:30 Flip It Challenge 11:00 Handcrafts and More 1:00 A Taste of Sweetness 4:00 Nature's Sounds 6:00 Show Time: Life With Elizabeth	<b>STORYTELLING DAY</b> 20 9:15 Inspired Energy 9:30 Brain Quest 10:30 Fitness for the Ages 11:00 Hooked on Questions 1:00 Afternoon Card Challenge 2:30 Now, For the Rest of the Story 3:30 Hooked on Color 4:00 Breathe In, Breathe Out 6:00 Classic TV: The Lucy Show	9:15 Music & Message w/Pastor Keith 21 10:30 Warm Up to Healthy Fitness 11:30 Password Challenge 1:00 Wise Choice 2:30 Music & Dance w/Sal Salgado 3:45 Travel to the 50(s) 4:00 Soothing Meditation 6:00 TV Series: John Wayne Western	9:15 Conversation & Coffee 22 10:00 Music Therapy w/ Jan Barbour 11:00 Pictionary 1:00 Challenge the Odds 2:30 Memory Lane Revisited 3:30 Chair Volleyball 4:00 Inhale/Exhale 6:00 Evening Reading Circle	<b>FAMOUS SPEECHES</b> 23 9:15 Life in the Know 9:30 Moves to Wake Up To 10:00 Name the Orator 11:00 Table Top Games 1:00 It's a Gamble 2:30 Debra Nichols on the Piano 4:00 Meditation & More 6:00 TV Series: Touched By An Angel	10:30 Fit & Fabulous 24 11:00 Color It Beautiful 1:00 Chance It Challenge 2:15 Entrainment w/Mikael Smith 3:30 Nail Spa Time 4:00 The Centered Me 6:00 Classic: Ghost
9:15 Words of Praise 25 10:30 Bible Trivia 11:00 Corn Hole Competition 1:00 Land Me A Winner 2:30 Family Feud 3:30 All Sorts of Sorting 4:00 Blissful Breaths 6:00 I Love Lucy Special	9:15 Coffee & Conversation 26 10:30 Movement Matters 11:00 Crafts Corner 1:00 Numbers With Friends 2:30 Popcorn Social On The Patio 3:15 Brain Quest 4:00 Soothing Moves 6:00 Movie: Forever 50's	9:15 Daily Chronicle 27 9:30 Twist and Shout To The Tunes 11:00 Recall Challenge 1:00 Win or Lose 2:15 Tickle Your Funny Bone 3:15 Color Me Beautiful 4:00 Relax & Be Calm 6:00 Movie: Field Of Dreams	9:15 Message in Song w/Pastor Keith 28 10:30 Who Am I? Challenge 11:00 Easy Does It Trivia 11:00 Men's Outing to Hooters 1:00 Taste of Sweetness 2:15 March Birthday Bash 3:00 Card Sharks- Uno! 4:00 Guided Meditation 6:00 Sounds of The Evening	9:15 Coffee & Conversation 29 10:15 Sit & Be Fit 11:00 Opposite Hangman Challenge 1:00 Land Me a Winner 2:30 Stroll Down Memory Lane 3:30 Chair Volleyball 4:00 Breath In Breath Out 6:00 Comedy in the Afternoon	9:15 Inspiration Plus 30 9:30 Wake Up & Move 10:00 Bus Outing- Sight Seeing 11:00 Table Top Ball 1:00 It's a Gamble of Fun 2:30 Virtue Tour To The Smokey Mountains 4:00 Mellow Meditation 6:00 Classic TV Viewing	9:15 Good News In The Morning 31 10:30 Fit & Fabulous 11:00 What Did It Cost? 1:00 Chance It Challenge 2:15 Entrainment w/Mikael Smith 3:30 Nail Spa Time 4:00 The Centered Me 6:00 Mind Bender Challenge



# 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

# MAY THE LUCK OF THE IRISH BE WITH YOU!



		5		2	7	9	8	
6	7		9			4	1	
	1		3		4	7		
			5			3	2	
4		3	8	7	6			
	9	1	4			8	7	6
1	6					2		
9	5				8		3	7
	3			5	9		8	4

Easy

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4	9				3			
				5	8	3		
5	7		3		1			
	3	6						
		2	6	9	7		5	
7	5					4	3	
3	8	1					5	2
6						1		

Medium

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		8					7	
7	9			1		8		4
	6			8				
	5		1	9	7	6		
3			5					
								6
			8			2	4	
2	1				6			7

Difficult



# 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.

