

Technology and Society

Alexander Graham Bell opened the door to a whole new world of technological opportunities when he made the very first phone call on March 10, 1876, to his assistant Thomas Watson, who was waiting for the call in a nearby room in Boston. Following the phone's invention came the photophone, invented by Bell in 1880, and then the first long distance call in 1915, which Bell made from New York to Watson in San Francisco. Soon landlines, or home phones, became popular, and were found in the majority of homes nationwide. However, the intrigue of home phones and pay phones soon passed, as cellular phones became the wave of the future.

These days, it is rare if you can walk a block without passing someone on a cell phone. Likely they are busy tweeting or texting, using Instagram or Facebook. In a society that is more than just a little dependent on technology, you have to wonder if this is what Alexander Graham Bell had in mind when he wrote his father after the phone's invention, describing a society where "friends converse with each other without leaving home." It seems pretty unlikely.

Happy Birthday to You!

Doris W.....March 19
Robert (Bob) T.....March 22

Welcome Home

Diana D
Marion T.
Larry P.



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Celebrating Senior Living

The HarborChase Wire: A Monthly Publication of HarborChase North Collier MC

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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.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			<p align="center">** Calendar Subject to Change**</p> <p>Breakfast8:00am Lunch.....12:00pm Dinner5:00pm</p>		<p>9:00 Chair Yoga 1</p> <p>10:00 Catholic Rosary</p> <p>11:00 News Currents</p> <p>1:00 Reading with Jodie</p> <p>2:00 Trivia Testers</p> <p>3:00 Green Thumb Club</p> <p>4:00 Are You Puzzled?</p> <p>6:00 Classical Guitar Concert</p> <p>7:00 Remember When</p>	<p>9:00 Gratitude w/ Attitude:Staff Appreciation Day 2</p> <p>9:00 Use It or Lose It</p> <p>10:00 Cupcake Bake Off</p> <p>11:00 Men's Club</p> <p>1:00 Ballroom Dance</p> <p>2:00 Magical Music</p> <p>3:00 Reminiscing: Kids</p> <p>4:00 Leprechaun Rainbows</p> <p>6:00 Flute Follies</p>	<p>9:00 Sunrise Stretch 3</p> <p>10:00 News Currents</p> <p>11:00 Pen Pal Pros</p> <p>1:00 Girl Scout Visit</p> <p>2:00 Picasso Painting</p> <p>3:00 Golden Retriever Kisses Available</p> <p>3:00 Karaoke Hour: Elvis</p> <p>4:00 Puzzle Explorers</p> <p>6:00 Spin The Wheel</p> <p>7:00 Movie: Casablanca</p>
<p>9:00 Sunrise Yoga 4</p> <p>10:00 Joy Spiritual Gathering</p> <p>11:00 The Price is Right</p> <p>2:00 Painting Party</p> <p>3:00 Reminisce-Weddings</p> <p>4:00 Scrapbooking Surprise</p> <p>6:00 Giant Jenga Tournament</p> <p>7:00 Word Detective</p>	<p>9:00 Jazzercise 5</p> <p>10:00 News Currents</p> <p>11:00 Zoo Outing/Picnic</p> <p>1:00 Read-A-Long Book Club</p> <p>2:00 Men's Woodworking</p> <p>3:00 Crazy Card Matching</p> <p>4:00 Who Am I?</p> <p>5:00 Brain Buster Challenge</p> <p>6:00 Frank Sinatra's Best</p>	<p>9:00 Moovin' N' Groovin' 6</p> <p>10:00 Crafting w/ Alyssa</p> <p>10:00 Puppy Parade</p> <p>11:00 African Lions On The Web</p> <p>1:00 Give Back Gang - Firefighters</p> <p>2:00 Sentence Sequence</p> <p>3:00 Classical Piano Concert</p> <p>4:00 Lucy, I'm Home!</p> <p>5:00 Patio News Chat</p> <p>6:00 Movie Madness</p>	<p>9:00 Shape Up Shimmy 7</p> <p>10:00 Front Porch Chit Chat</p> <p>11:00 Cooking Club - Flan Cake</p> <p>1:00 Dance Frenzy</p> <p>2:00 Passionate Potters</p> <p>3:00 Ticky Tacky Toe</p> <p>4:00 Myriad of Mosaics</p> <p>6:00 Fishtank Floorshow</p> <p>7:00 Easy Listening Wind Down</p>	<p>9:00 Fit and Fabulous 8</p> <p>10:00 Catholic Rosary</p> <p>11:00 Sheriff Roundup</p> <p>1:00 Reading With Jodie</p> <p>2:00 Travelogue - China</p> <p>3:00 Patio Mix & Mingle</p> <p>4:00 iPad Apps</p> <p>6:00 Who Am I?</p> <p>7:00 Dean Martin Concert</p>	<p>9:00 Laughing Yoga 9</p> <p>10:00 Herb Buddies</p> <p>11:00 Naples Bus Tour</p> <p>1:00 Tricky Trivia</p> <p>2:00 Men's Club</p> <p>3:00 Saxophone Sounds w/ Rick</p> <p>4:00 Beatlemania</p> <p>6:00 Hollywood Highlight</p> <p>7:00 Neighborhood Chat</p>	<p>Who Are You? 10</p> <p>10:00 Crossword Challenge-Naples</p> <p>11:00 Cooking Club - Sweet Surprise</p> <p>1:00 Tic Tac Whoa!</p> <p>2:00 Courtyard Chat</p> <p>3:00 Popcorn and Puzzles</p> <p>4:00 Tricky Trivia</p> <p>6:00 Jerry Lewis Laughter</p> <p>7:00 Mix and Mingle</p>	
<p>9:00 Simple Stretching 11</p> <p>10:00 Joy Spiritual Fellowship</p> <p>11:00 Dance Performance</p> <p>1:00 Puzzling Puzzles</p> <p>2:00 Super Singalong</p> <p>3:00 Mind Joggers</p> <p>4:00 Travelogue - Australia</p> <p>6:00 Funny Finicky Animals</p> <p>7:00 Bing Crosby Hits</p>	<p>9:00 Stretch and Tone 12</p> <p>10:00 Limericks and Laughs</p> <p>11:00 Who's Line is it?</p> <p>1:00 Mani Monday</p> <p>2:00 Baker's Dozen - Lemon Cookies</p> <p>3:00 News Current</p> <p>4:00 Domino Dash</p> <p>6:00 Piano Classics</p> <p>7:00 Meditation Moment</p>	<p>9:00 Fitness Fun 13</p> <p>10:00 News You Can Use</p> <p>11:00 Crafting w/ Julie</p> <p>1:00 Blou the Dog Visit</p> <p>2:00 Trip to Orchard Supply</p> <p>3:00 Karaoke: Sweetheart Songs</p> <p>4:00 Reminisce - Jobs</p> <p>6:00 Read Along Book Club</p> <p>7:00 Cinema: Some Like It Hot</p>	<p>9:00 Moves to Music 14</p> <p>10:00 News Currents on the Patio</p> <p>11:00 A Day With Joy</p> <p>1:00 Men's Club</p> <p>2:00 Tablet Techie Time</p> <p>3:00 Perfect Park Picnic</p> <p>4:00 Sentence Sequence</p> <p>6:00 Who Wants to be a Millionaire?</p> <p>7:00 Comedy Movie: Bringing Up Baby</p>	<p>9:00 Sunrise Yoga 15</p> <p>10:00 Catholic Rosary</p> <p>11:00 Exploring Art w/ Linda</p> <p>1:00 Birdfeeders for Feathered Friends</p> <p>2:00 Reading with Jodie</p> <p>3:00 Naples Bus Tour - Olde Naples</p> <p>4:00 Ice Cream Flavor Fest</p> <p>6:00 Family Fued</p> <p>7:00 Mix and Mingle</p>	<p>9:00 Mind, Body, Soul 16</p> <p>10:00 'We Care' Club - Dr. Seuss Books</p> <p>11:00 Broadway Trivia</p> <p>1:00 Men's Club</p> <p>2:00 Gizmo Board Fun</p> <p>3:00 Center Stage Entertainment</p> <p>4:00 Ballroom Dance Expo</p> <p>6:00 Mindful Meditation</p> <p>7:00 Sunset Chat</p>	<p>ST. PATRICK'S DAY 17</p> <p>9:00 Fit and Fabulous</p> <p>10:00 Riveting Riverdance Show</p> <p>1:00 Travelogue - Ireland</p> <p>2:00 Shamrock Shenanigans</p> <p>3:00 Leprechaun Limericks</p> <p>6:00 Irish Film Fest: The Guard</p> <p>7:00 Mix and Mingle</p> <p>11:00 St. Patrick's Day Parade Downtown</p>	
<p>9:00 Wake Up Workout 18</p> <p>10:00 Joy Spiritual Fellowship</p> <p>11:00 Boy Scout Buddies</p> <p>1:00 Sparkling Stained Glass</p> <p>2:00 Six Degrees of Seperation</p> <p>3:00 Lively Lawn Games</p> <p>4:00 Green Thumb Club</p> <p>6:00 Flowerpot Painting Frenzy</p> <p>7:00 Mellow Music</p>	<p>HAPPY BIRTHDAY DORIS 19</p> <p>10:00 Morning Moves</p> <p>11:00 Picasso Prodigies</p> <p>1:00 Bustling Bingo</p> <p>2:00 News Currents on the Patio</p> <p>3:00 Wild Words</p> <p>4:00 Bead It!</p> <p>6:00 Fact or Fiction?</p> <p>7:00 Dazzling Dominos</p>	<p>9:00 Music Movements 20</p> <p>10:00 Blou the Dog Visit</p> <p>11:00 Crafting with Alyssa</p> <p>1:00 Veteran's Museum Outing</p> <p>2:00 iPad Techie Training</p> <p>3:00 Sentimental Scrapbooking</p> <p>4:00 ROTC Visit</p> <p>6:00 Bakers Dozen - Classic Cakes</p> <p>7:00 Family Feud</p>	<p>9:00 Feeling Fit 21</p> <p>10:00 Men's Club</p> <p>11:00 What's Your Hobby?</p> <p>1:00 Card Crafting</p> <p>2:00 Working with Wood</p> <p>3:00 Cake Waffle Wednesday</p> <p>4:00 Art in the Park</p> <p>6:00 Scrabble Champs</p> <p>7:00 Music & Relaxation</p>	<p>HAPPY BIRTHDAY BOB 22</p> <p>9:00 Macarena Moves</p> <p>10:00 Catholic Rosary</p> <p>11:00 Word Search-Famous Places</p> <p>1:00 Reading with Jodie</p> <p>2:00 Colossal Crosswords</p> <p>3:00 Exploring Naples History</p> <p>4:00 High Fives to Firefighters</p> <p>6:00 Neighbor Chats</p> <p>7:00 Glen Miller Concert</p>	<p>9:00 Keep Fit! 23</p> <p>10:00 Spiritual Songfest</p> <p>11:00 Ripley's Believe It Or Not</p> <p>1:00 Matinee and Munchies</p> <p>2:00 Piano Concert by David</p> <p>3:00 Exploring the USA</p> <p>4:00 Fun Facts Friday</p> <p>6:00 Reach for the Stars</p> <p>7:00 Sunset Stories</p>	<p>9:00 Chair Yoga 24</p> <p>10:00 Shell Discoveries</p> <p>11:00 Perplexing Puzzling</p> <p>1:00 Putting Pros</p> <p>2:00 'We Care' Club - Dr. Seuss Books</p> <p>3:00 Broadway Trivia</p> <p>4:00 Fifty Years Ago...</p> <p>6:00 TV Classics-Andy Griffith Show</p> <p>7:00 Mix and Mingle</p>	
<p>9:00 Morning Moves 25</p> <p>10:00 Joy Spiritual Fellowship</p> <p>11:00 In the News Today</p> <p>1:00 Exploring the Everglades</p> <p>2:00 A Pop of Poetry- Tongue In Cheek</p> <p>3:00 Cooking Club - Choose Chocolate!</p> <p>4:00 Jazz Band Battle</p> <p>6:00 Fact or Fiction</p> <p>7:00 Evening OM</p>	<p>9:00 Fitness is Fun 26</p> <p>10:00 Community Crossword</p> <p>11:00 Gardener's Pick</p> <p>1:00 Singing to the Oldies</p> <p>2:00 Monday Mani</p> <p>3:00 Pub Trivia</p> <p>4:00 Bakers Dozen - Cobblers</p> <p>6:00 Family Feud</p> <p>7:00 Sunset Chit Chat</p>	<p>9:00 Getting Fit! 27</p> <p>10:00 Blou the Dog Visits</p> <p>11:00 Creative Crafting with Julie</p> <p>1:00 Tour Bus Tuesday</p> <p>2:00 Scoops and Sprinkles</p> <p>3:00 Men's Club</p> <p>4:00 20th Century Music</p> <p>6:00 Tea and Trivia</p> <p>7:00 Wind Down Jazz</p>	<p>Dr. Seuss Day 28</p> <p>9:00 News Currents</p> <p>10:00 Doily Delights</p> <p>11:00 Team Balloon Relay</p> <p>1:00 Florida Fishing</p> <p>2:00 Read-along and Root Beer Floats</p> <p>3:00 Cranium Crunches</p> <p>4:00 The Price Is Right</p> <p>6:00 Sharing My Day</p> <p>7:00 Relax & Reflect</p>	<p>9:00 Moovin' & Groovin' 29</p> <p>10:00 Catholic Rosary</p> <p>11:00 Reading with Jodie</p> <p>1:00 On This Date...</p> <p>2:00 Colossal Crosswords</p> <p>3:00 iPad Techies</p> <p>4:00 Underwater Exploration</p> <p>6:00 TV Classics - Ozzie and Harriett</p> <p>7:00 Sunset Patio Chat</p>	<p>9:00 Sunrise Stretches 30</p> <p>10:00 Morning in the Garden</p> <p>11:00 Puzzlemania</p> <p>1:00 Baker's Dozen - Cookies Galore</p> <p>2:00 Giant Jenga</p> <p>3:00 Name the Breed</p> <p>4:00 March Madness Basketball Trivia</p> <p>6:00 Fact or Fiction?</p> <p>7:00 Mix and Mingle</p>	<p>9:00 Music & Muscles 31</p> <p>10:00 Creating w/ Nature</p> <p>11:00 Crossword:The USA</p> <p>1:00 iPad Techies</p> <p>2:00 Celebrate Spring! Card Making</p> <p>3:00 Use Your 'Noodle'</p> <p>4:00 Travelogue- Amazing Places</p> <p>6:00 Sing-a-Long Classics</p> <p>7:00 Share My Day</p>	

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

				1			4	
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

				7			9	5
		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.

