

HAPPY BIRTHDAY!

March Birthdays

- Joyce M.....March 1
Joyce M..... March 12
Paula R..... March 17
Ethel M. March 26

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.



HarborChase
Assisted Living • Memory Care



Celebrating Senior Living

The HarborChase Wire: A Monthly Publication of HarborChase Palm Beach Gardens MC

March 2018

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Kevin Carroll

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Director of Life Enrichment

Lauren Ragonese

Director of Nursing

Pam Sloan

Director of Memory Care

Bernadean Dozier

Business Office Manager



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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Assisted Living • Memory Care

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div data-bbox="127 358 450 600" style="border: 1px solid black; padding: 5px;"> <p>Color Code: Brown.....Outings Blue.....Activities Red.....Entertainment Green.....Fitness Purple.....IN2L</p> </div>				PeanutButter LoverDay 1 10:00 Today's News 11:00 Conductorcise 1:00 Dancing to the Oldies 2:00 Creating Cards for Caregivers 3:00 PB&J sandwich & PB Cookies 4:00 Sit and Chat in the Garden 6:00 Memory Bio's - Sports & Exercise	Associates 2 1:00 Appreciation Day 10:00 Chair Yoga Yogi's 11:00 Painting on Canvas to Music 1:00 Card Sharks - War! 2:00 Ice Cream and Karaoke for STAFF! 3:00 Music with Laurie 4:00 Google Earth 6:00 'Singing in the Rain' NetFlix	10:00 Today's News 3 11:00 Word Search Wizards 1:00 Craft Corner - Canvas Painters 2:00 Bingo BLITZ 3:00 Simon Says.... 4:00 Happy Hour - Karaoke 6:00 'Steel Magnolias' Netflix
Academy Awards 4 9:00 Bible Study 10:00 Bend and Stretch 11:00 Rosary - Ascension 1:00 Outdoor Golfers 3:00 Academy Award Trivia 4:00 Best Movie Winners 6:00 Relax in the Garden 8:00 Academy Awards Show	10:00 Today's News 5 11:00 Movie Critics Outing with Lunch 1:00 Let's Dance 2:00 Word Game Guru's 3:00 Crazy Commercials 4:00 Happy Hour - Silly Sing-Along 6:30 Let's Visit Switzerland with Cheese Fondue	10:00 Today's News 6 11:00 Coffee and Conversation in the Garden 1:00 Chair Yoga Yogi's 2:00 Learning about Psalms 3:00 Sing along with Susie! 4:00 Jenga Junkies 6:00 Palm Beach Music Institute	10:00 Today's News 7 11:00 Conductorcise 1:00 Brain Aerobics 2:00 Chef Club - Cupcake Cuties 3:00 Music with Lauren 4:00 Card Sharks 6:00 'The Sons of Katie Elder' NetFlix	10:00 Chair Yoga Yogi's 8 11:00 Puppy Love with Rascal 1:00 Silly Seniors 2:00 Hangman Challenge 3:00 Today's News 4:00 Movie Memories - Subway Singers 6:30 Pajama Party with Cookies and Milk 7:00 Warm Towel Hand Massage	10:00 Today's News 9 11:00 Conductorcise 1:00 Creative Coloring 2:00 Bowling Beauties at Jupiter Lanes 3:00 Movie Memories - Pancake Breakfast 4:00 History Club - Washington 6:00 'Happy Feet' NetFlix	10:00 Sip and Chat 10 11:00 Simon Says 'Exercise' 1:00 Who are you? Genealogy search 2:00 Bingo Blitz 3:00 Silly Sentences 4:00 Movie Trivia 6:00 Walk & Talk in the Garden 7:00 Celebrate Girl Scout Month with GS Cookies!
Spring Forward 11 10:00 Sunday Funnies 11:00 Memory Bio - School Days 1:00 Loggerhead Marine Life Center 2:00 Creative Coloring 3:00 Golf Hackers 4:00 Green Thumb Club 6:00 'Herbie' NetFlix	9:30 Do Wop Project at Kravis Center with lunch at Paddy Mac's 12 10:00 Coffee and Conversation 11:00 Chair Yoga Yogi's 1:00 Sports Trivia 2:00 Plant a Flower Day 4:00 Sing along w/Susie! 6:00 Joke of the Day 6:30 Cookies, Milk and Hand Massage	10:00 Today's News 13 11:00 Bend and Stretch 1:00 Hangman Challenge 2:00 Adult Creative Coloring 3:00 Music with Nanci 4:00 Warm Towel Hand Massages 6:00 Palm Beach Music Institute	National Pie Day! 14 10:00 Simon Says 'Exercise' 11:00 Pie Baking Galore 1:00 Memory Bio - Hobbies 2:00 Pie Tasting Challenge in the Garden 5:00 Hoe-Down Cook-out, Country music and Games	10:00 Today's News 15 11:00 Puppy Love with Rascal 1:00 Artist Studio - Colorful Creations 2:00 Golf Trivia 3:00 Walk in the Garden 4:00 Baseball Trivia 6:00 Reminisce with Paul Harvey	10:00 Today's News 16 11:00 Lunch Bunch at Waterway Cafe 1:00 Dancing to the Oldies 2:00 Card Sharks 3:00 Music with Carl 4:00 History Club - Adams 6:00 Sit and Chat by the Fire	St. Patrick's Day 17 10:00 Today's News 11:00 Golf Course Hackers 12:45 Leprechaun Melody 1:00 Irish Celtic Dancers 2:00 Bingo Blitz! 3:00 'Tales of Irish Castles' NetFlix 4:00 Dancing the Irish Jig! 6:00 Tour of Ireland
9:00 Bible Study 18 10:00 Bend and Stretch 11:00 Funny Seniors 1:00 Golf Hackers 2:00 Ahhh...Spa Day 3:00 Animal Trivia 4:00 Sit and Sip in the Garden 6:00 'Abbot and Costello Meet the Invisible Man' - Netflix	Lets Laugh Day! 19 10:00 Simon Says 'Exercise' 11:00 Movie Critics Outing with Lunch 1:00 Puzzlers Challenge 2:00 Silly Seniors 3:00 Red Skelton 4:00 Word Search Wizards 6:00 'Grumpy Old Men' - Netflix	1st Day of Spring 20 10:00 Today's News 11:00 Chair Yoga Yogi's 1:00 Classic Radio Shows 2:00 Green Thumb Club 3:00 Short Stories - Mysteries 4:00 Game On - Checkers 6:00 Palm Beach Music Institute	10:00 Chef Club - French Bread Day! 21 11:00 Tai Chi Stress Busters 1:00 Sing along with Susie 2:00 Sit and Sip in the Garden 3:00 Let's Tour France with Fondue tasting 4:00 Game on - Family Feud 6:30 Warm towel foot soak massages	10:00 Coffee and Conversation 22 11:00 Bend and Stretch 1:00 Chef Club - Puppy Biscuits 2:00 Making Puppy Goodie Bags 3:00 Dancing to the Oldies 4:00 Crazy Crosswords 6:00 'Girl Happy' With Elvis - NetFlix	National Puppy Day 23 10:00 Bend and Stretch 11:00 Connect Four 1:00 Word Puzzlers 2:00 Puppy Party! Bring in your puppy for treats! 3:00 Music with Phil 4:00 History Club - Jefferson 6:00 '101 Dalmations' Netflix	10:00 Artists Corner - Watercolors 24 11:00 Chair Yoga Yogi's 1:00 Price is Right 2:00 Bingo BLITZ 3:00 Walk in the Garden 4:00 Hot Chocolate Bar & Chicken Soup for the Soul 6:00 Inspiration - Ballroom Dancer
Palm Sunday 25 1:00 Sunday Funnies 10:00 Palm Sunday Service 11:00 Bible Study 2:00 Game On - War 3:00 Inspiration - Art Class 4:00 Happy Hour on the Golf Course 6:00 Memory Bio - Jobs and Careers	10:00 Today's News 26 11:00 Adult Creative Coloring 1:00 Word Seekers 2:00 Walk in The Garden 3:00 Family Fun Day - Easter Bunny party 4:00 Karaoke Kraziness 6:00 Pastimes - Reminisce with TV Commercials	10:00 Coffee and Conversation 27 11:00 Word Game Challenge 1:00 Chair Dancing 2:00 Family Feud 3:00 Connect Four Fun 4:00 Pastel Creations 6:00 Palm Beach Music Institute	Barnum & Bailey Day! 28 10:00 Today's News 11:00 Simon Says Exercise! 1:00 Animal Crackers and 'Under the Big Top' NetFlix 3:00 Memory Magic Birthdays w/Jacky 4:00 Word Searchers 7:00 Campfire/Smores w/Kim & Mike	10:00 Coffee and Conversation 29 11:00 Bend and Stretch 1:00 Scenic Drive on the Coast 2:00 Dancing to the Oldies 3:00 Hangman Challenge 4:00 Classic Radio Shows 6:00 Brain Games	Good Friday 30 10:00 Bend and Stretch 11:00 Connect Four 1:00 Word Puzzlers 2:00 Good Friday Service 3:00 Music with Carl 4:00 History Club - Monroe 6:00 Virtual Vacation Day - National Parks	10:00 Today's News 31 11:00 Simon Says 'Exercise' 1:00 Price is Right 2:00 Bingo BLITZ 3:00 Walk in the Garden 4:00 Jenga Junkies 6:00 'Jesus of Nazareth' Netflix

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!



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.

