

## 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.

## 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.

  
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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](http://www.internationalwomensday.com).





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:00 Rise & Shine Exercise <b>10:00 Texas Winds Performance</b> 11:00 Floral Arrangements 1:00 Cinemaholics 1:00 Purim Puzzlers 2:00 March IQ 3:00 Baking Bliss-Hamantaschen 3:00 Crafty Corner-Gragger 4:00 Ante Up- Blackjack 6:30 TED Talks 7:30 Sleepless Scrabble	9:00 Pilates 10:00 US Scenic Routes <b>11:00 Fashionable Friday Mall Outing</b> 1:00 Mahjong Maddness 2:00 Mosaic Masterpieces <b>2:30 Gratitude w/ Attitude Associate Karaoke Party</b> 3:00 Opinionation 4:00 Paper Lantern Party 6:30 Heads Up	9:00 Online Games 10:00 What Was There 11:00 Jewelry Making <b>1:00 Piano w/ Richard</b> 2:00 Go For Life 3:00 TED Talks 4:00 Mocktail Happy Hour 7:30 Rack Em' Up Billiards 8:30 Best of SNL
9:00 Rise & Shine Exercise 10:00 Morning Edition 10:00 Sudoku Showdown 11:00 Wii Bowling League <b>1:00 Oscar Hangman/ Movie Quote Mix &amp; Match</b> 2:00 Bingo Bonanza <b>3:30 Praise &amp; Worship</b> 4:00 Red Carpet Happy Hour/ Oscars Ballot Box 6:00 Oscars Watch Party	9:00 Stretch & Tone 10:00 Wii Sports 11:00 HC Players Rehearsal <b>1:00 Know Your Name Game</b> <b>2:00 Calligraphy 101</b> <b>2:00 Meandering Monday Outing</b> 3:00 Cool Collections 4:00 Around The World Happy Hour 6:30 Clay Crafting	9:00 Go for Life 10:00 Bridge Club <b>10:30 Chef Chat</b> 11:00 Poetry Exchange 1:00 Remember The Alamo Retrospective 2:00 Name That Tune 3:00 Geodes Discovery 4:00 Trivia Tuesday 6:30 Today In History 7:30 Meditations In Color	9:00 Tai Chi <b>10:00 Shopping Outing- Target</b> 11:00 LunchTime Trivia <b>12:00 Hump Day Lunch Outing</b> 1:00 NewsCurrents 2:00 Pokeno 3:00 Five Second Rule 6:30 Animal Kingdom 7:30 Classic Andy Griffith	9:00 Puzzle Me This 10:00 Cinemaholics 11:00 Floral Arrangements 1:00 Floor Basketball 2:00 Pen Pall Letters 3:00 Ante Up- Texas Hold Em 4:00 Mocktail Happy Hour 6:30 Game On-Rummicub 7:30 Online Games	9:00 Strength Training 10:00 What Did It Cost 11:00 Make Your Own Pizza Day <b>11:00 Studio Movie Grill Outing</b> 1:00 Friday Funnies 2:00 Pond Toss 3:00 Junk Drawer Detective 4:00 Opinionation <b>6:30 Shabbat Services</b>	9:00 Rise & Shine Exercise 10:00 Facebooking 1:00 Happy Neuron 3:00 Gardening Club <b>4:00 Saturday Night Fever (Disco DJ Performance)</b> 6:30 Paper Quilling 7:30 Casino Games
9:00 Chair Chi 10:00 Sun Tea Sunday 10:00 Pastimes 11:00 SATM Radio Show 1:00 Smarter Than A 5th Grader 2:00 Bingo Bonanza <b>3:30 Praise &amp; Worship</b> 4:00 Finish The Phrase 6:30 Game On Yahtzee 7:30 Car Talk	9:00 Core Workout 10:00 Woodworking 11:00 Bible Stories 1:00 Where In The World <b>2:00 Meandering Monday Outing</b> 2:00 Still Life Sketching 3:00 Cooking w/ Chocolate Chips 4:00 Name That Tune 6:30 Outdoor Life: Fishing 7:30 Wheel Of Fortune	9:00 Chair Yoga 10:00 Bridge Club <b>10:30 Memories In The Making</b> 11:00 Lucky Strikes Bowling <b>1:00 Floor Basketball</b> <b>2:00 March Madness Brackets</b> <b>3:00 Basketball Puzzlers</b> <b>4:00 30 for 30 Happy Hour</b> <b>6:30 Tournament Watch Party</b> 7:30 Classic ESPN	9:00 Pilates 10:00 Pictionary <b>10:00 Shopping Outing-Walmart</b> 11:00 Game On! Uno <b>12:00 Hump Day Lunch Outing</b> 1:00 NewsCurrents 2:00 Potato Chip Tasting 3:00 BrainBuzz Countdown 4:00 Pi Day Party 6:30 Nerf Skeet Shooting	9:00 Walking Warriors 10:00 Cinemaholics 11:00 Floral Arrangement 1:00 Game On! Rummicub 2:00 Charades 3:00 Ante Up-7 Card Stud 4:00 Ides of March Toga Party <b>6:00 Common Bonds Support Group</b> 6:30 Armchair Concert 7:30 Meditation In Color	9:00 Go For Life 10:00 A Look Back <b>10:30 Dallas World Aquarium Outing</b> 11:00 Ask Abby 2:00 Crossword Club 3:00 Opinionation <b>4:00 Songs You Love Happy Hour w/ Anne</b> 6:30 Sunset Stroll 7:30 Cool Collections	9:00 Louie The Leprechaun Hunt 11:00 Bakers Bliss-Shamrock Cookies <b>1:00 Frankie Piano Live</b> 2:00 Charades 3:00 Irish Sing-a-long 4:00 Green Happy Hour 6:30 St Paddy Puzzlers 7:30 Price Is Right 8:30 Dominoes Duel
9:00 Rise & Shine Exercise 10:00 Jewelry Making 11:00 Folktales And Fables 1:00 Ice Cream Creations 2:00 Bingo Bonanza <b>3:30 Praise &amp; Worship</b> 4:00 Finish The Phrase 6:30 Tech Time 7:30 Big Game Hunting 8:30 Late Night Sermon	9:00 Chair Chi 10:00 Women's Month Highlight 11:00 HC Players Rehearsal 11:00 Ask Abby 1:00 You Be The Judge <b>2:00 Meandering Monday Outing</b> 3:00 Cooking Corner-Creative Cakes 4:00 Charades 7:00 Antiques Roadshow	9:00 Stretch & Tone 10:00 Bridge Club <b>10:00 Chef Chat</b> 11:00 Game On! Scrabble 1:00 Trivia Tuesday 2:00 What Did It Cost <b>2:00 Resident Ambassador Mtg</b> <b>3:30 March Birthday Bash w/ Doc Gibbs</b> 6:30 Classic Commercials	9:00 Core Workout <b>10:00 Shopping Outing-Target</b> 11:00 Gardening Club <b>12:00 Hump Day Lunch Outing</b> 1:00 News Currents 2:00 Word Puzzle Wednesday 3:00 Storycorp Interviews 4:00 BuzzTime Countdown 6:30 Music & Memories 8:30 Wheel Of Fortune	9:00 Rise & Shine Exercise 10:00 Cinemaholics 11:00 Floral Arrangement 1:00 Serves Up Chair Volleyball 2:00 Gardening Club 3:00 Trivial Pursuit 4:00 Ante Up- 5 Card Draw 6:30 30 For 30 7:30 You & YouTube	9:00 Rise & Shine Exercise 10:00 Crafty Corner <b>10:30 Bush Library Outing</b> 11:00 Walking Warriors 1:00 Dominoes Duel 3:00 Sweet Treats 4:00 Opinionation 6:30 Meditations In Color 7:30 Late Night TED Talks	9:00 Dancersize 10:00 Morning Mad-Libs 11:00 Happy Neuron 1:00 Crazy About Crafts Day 2:00 Basket Weaving 3:00 Kindness Rocks <b>4:00 Saturday Night Fever (Disco DJ Performance)</b> 6:30 Wheel Of Fortune 7:30 Best Of SNL
9:00 Morning Mad-libs 10:00 Crochet Club 11:00 Sudoku Showdown 1:00 Guided Meditation 2:00 Bingo Bonaza <b>3:30 Praise &amp; Worship</b> 4:00 Ping Pong Players 7:30 Bible Stories 8:30 Game On! Solitaire	9:00 Stretch & Tone 10:00 Serves Up Chair Vollyball 11:00 National Park Series 1:00 Walking Warriors <b>2:00 Meandering Monday Outing</b> 2:00 Puzzle Me This 3:00 Waffle Day Creations 4:00 Pub Night 6:30 Wii Sports 7:30 Armchair Concert	9:00 Walking Warriors 10:00 Bridge Club <b>10:30 Memories In The Making</b> 11:00 Collage Creations 1:00 Ping Pong Players 3:00 Where In The World 4:00 Trivia Tuesday 6:30 PBS Newshour 7:30 Aces Wii Golf	9:00 Chair Yoga <b>10:00 Shopping Outing-Walmart</b> 11:00 Writing Club <b>12:00 New Resident Luncheon</b> 1:00 News Currents 2:00 Ask Abby 3:00 HC Players Performance <b>4:00 Sherlock Holmes Family Mystery Night</b> <b>5:30 Family Night Performance w/ Bill G</b>	9:00 Rise & Shine Exercise <b>10:00 Dr Seuss Day Celebration</b> 1:00 Baseball Trivia 1:00 Floral Arrangements 2:00 Wii Sports 3:00 Ante Up- 5 Card Draw 4:00 Home Run Happy Hour 6:30 30 For 30 7:30 Baseball Puzzlers	<b>8:00 Breakfast Outing</b> 9:00 Rise & Shine Exercise 11:00 Walking Warriors 1:00 Dominoes Duel <b>2:00 Resident Council</b> 4:00 Opinionation <b>4:00 Soul Music Happy Hour w/ Mike Perkins</b> 6:30 Meditations In Color 7:30 Late Night TED Talks	9:00 Crossword Club 10:00 Mens Roundtable 11:00 Facebooking 1:00 Guided Meditation 2:00 Gardening Club 3:00 Crayola Day Art 4:00 IN2L Karaoke 6:30 Smarter Than A Fifth Grader 7:30 Book Nook Readers 8:30 Classic Commercials



# 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.

