

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.



March Birthdays!

John H.	3/9
Melanie K.	3/20
Mary I.	3/26
June P.	3/30
Deloris B.	3/31



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The HarborChase Wire: A Monthly Publication of HarborChase Sterling Heights Magnolia+Dahlia

March 2018



Celebrating
Senior Living

Administrative List

- Daniela Soave**
Executive Director
- Nicole Schloemer**
Director of Sales
- Matthew Sufnar**
Business Office Manager
- Jevanna Wiater**
Director of LE-Activities
- Chester Haberski**
Director of Hospitality
- Sam Holderbaum**
Director of Maintenance

Welcome New Friends!

Lilly D.
Beverly S.
Joan W.



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.



HarborChase of Sterling Heights Magnolia-Dahlia

March 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:00 The Painted Pot 1 10:00 Totally Trivia Thursday 10:30 March Monthly Gazette & IQ 11:00 Categories: March 1:30 Apples to Apples 2:30 All Things Peanut Butter 3:30 Travelogue: Ohio 6:00 Leslie Science Center: Understanding Owls 7:00 Sentimental Sing-A-Long	9:30 Stretch & Tone 2 10:00 Discuss & Recall All About Owls 10:30 Pastor Mark Service 11:00 Process of Elimination 1:30 Place Your Bets! 2:30 Gratitude w/Attitude 3:30 Categories: Owls 6:00 Lantern Festival Release 7:00 Scrambled Squares	9:30 Sit N Fit Exercise 3 10:00 Joyce Meyer Ministries 10:30 Remember When? 11:00 News Currents 1:30 Word Association: Discombobulated 2:30 Disk Bocce Ball 3:30 Wheel of Fortune 6:00 The Golden Girls 7:00 What is Mad Libs?
9:00 Live w/Joel Osteen 4 9:30 Life Power Yoga 10:00 Utica Church of Christ 10:30 What's On My Head? 11:00 Categories: Leprechaun 1:30 Oreo's Bunny Habitat 2:30 Famous Marching Bands 3:30 Manis & Memories 6:00 Lawrence Welk Hour 7:00 I Love Lucy	9:30 Strength Training 5 10:00 Bottle Knock Down 10:30 Finish The Phrase 11:00 Tennis A Sport? 1:30 Paint By Design 2:30 No Bake Chocolate Pretzels 3:30 Balloon Net Tennis 6:00 Wheel of Fortune 7:00 Crunching Numbers	9:30 Tai Chi Masters 6 10:00 Name 3 Toss & Talk 10:30 Name That Silhouette? 11:00 Bowl Me Over! 1:30 Jack Pott Casino 2:30 Beyond The Book 3:30 Red Hot Bingo Hour 6:00 Music Appreciation 7:00 Junk Drawer Detectives	9:30 Terri Savelle Foy 7 10:00 Prop'ercise 10:30 History Behind Plaid 11:00 What's The Cost? 1:30 Categories:Plaid 2:30 Mad for Plaid w/Dorothy 3:30 Manis & Memories 6:00 Scrambled Squares 7:00 7 Action News!	9:30 Ball Fitness 8 10:00 Discuss & Recall Women Trailblazers 10:30 Red Hatter's Tea 11:00 Live Animal Webcams 1:30 Hand Written Inspirations 2:30 America's Most Funniest Videos 3:30 A to Z Alphabetics 6:00 Similar Twin Words 7:00 Hallmark Classic Movie	9:15 Going for the Gold 9 10:00 Battle of The Brains 10:30 Pastor Mark Service 11:00 Double Exposure 1:30 Who Am I Genealogy 2:30 Chip Chat History Behind Chips 3:30 Smokin' Aces Club 6:00 Family Tree Documents 7:00 Cranium Wacky Words	9:15 Sit N Fit Exercise 10 10:00 Joyce Meyer Ministries 10:30 300 Bowling Terms 11:00 News Currents 1:30 Word Association: Let's Go Bowling 2:30 Hymn Scramblers! 3:30 Place Your Bets! Horseracing! 6:00 Lawrence Welk 7:00 Group Solitaire
Daylight Savings Time 11 9:00 Live w/Joel Osteen 10:00 Laughter Yoga 10:30 Complete The Cliché© 11:00 St. Matthias Service 1:30 Oreo's Bunny Habitat 2:30 Crafter's Corner Shamrock Wreaths 3:30 Manis & Memories 6:00 Name That Tune 7:00 The Little Rascals	9:30 Stretch & Tone 12 10:30 Devotional Tid Bits 10:45 Cranium Crunches 11:00 HarborChase Book Buddies 1:30 Exotic Zoo! Cute & Cuddly Show 2:30 Scrambled Letter Tiles 3:30 Bottle Cap Darts 6:00 Karaoke Sing-A-Long 7:00 Fill-It In Word Search	9:30 Catholic Mass 13 10:30 Tai Chi Masters 10:45 Sock it 2 Me! 11:00 March Madness Basketball Terms 1:30 Can You Hoop It? 2:30 UNO Players Club 3:30 Red Hot Bingo Hour 6:00 Music Appreciation 7:00 Finish The Line	9:30 Terri Savelle Foy 14 10:00 Prop'ercise 10:30 70 Things to do @ 70! 11:00 Pi Day Crunching #'s 1:30 What's Yours Like? 2:30 It's Family Feud 3:30 Manis & Memories 6:00 Amazing Maze Puzzles 7:00 7 Action News!	9:15 Ball Fitness 15 10:00 Stories In A Bag 10:30 Travelogue: Maine 11:00 Weaving-A-Tale 1:30 Webber Wildlife Museum 2:30 Corn Hole Tournament 3:30 Roll, Number, Score! 6:00 Sentimental Sing-A-Long 7:00 Catch Phrase 3	9:15 Stretch & Tone 16 10:00 It's Not Easy Being Green 10:30 Pastor Mark Service 11:00 Benefits of Sleep 1:30 Categories: Moose 2:30 St. Patrick's Day Bash 3:30 Lucky Strike Bowling 6:00 Lawrence Welk Hour 7:00 Focus! Concentration	St. Patrick's Day 17 9:15 Sit N Fit Exercise 10:00 Joyce Meyer Ministries 10:30 Truth or Blarney 11:00 News Currents 1:30 Leprechaun Gold Rush 2:30 Categories: Saint 3:30 Can You Putt Putt? 6:00 Karaoke Sing-A-Long 7:00 What is Mad Libs?
9:00 Live w/Joel Osteen 18 9:30 Life Power Yoga 10:00 Utica Church of Christ 10:30 Who, What, When? 11:00 Large Crossword Puzzles 1:30 No Bake: Chocolate Chip Cookies 2:30 Manis & Memories 3:30 Oreo's Bunny Habitat 6:00 Scrambled Squares 7:00 I Love Lucy	9:30 Strength Training 19 10:00 The Chemistry of Happiness 10:30 Greek Mythology Monday 11:00 Left, Right, Stories 12:00 Olive Garden 1:30 Flip Flop Card Game 2:30 Shuffle Board 3:30 Scrambled Squares 6:00 Wheel of Fortune 7:00 Crunching Numbers	First Day of Spring 20 9:30 Tai Chi Martial Art 10:00 Who Am I? 10:30 Spot The Difference 11:00 Fly Swatter Ping Pong 1:30 Cookie Cutter Bird Feeders 2:30 Beyond The Book 3:30 Red Hot Bingo Hour 6:00 Wheel of Fortune TV 7:00 Magazine Scavenger Hunt	9:30 Terri Savelle Foy 21 10:00 Low Intensity Zumba! 10:30 Complete The Cliché© 11:00 Pet-A-Pet 1:30 What's My Line? 2:30 Follow Your Nose 3:30 Manis & Memories 6:00 What Year Was It? 7:00 7 Action News!	9:15 Ball Fitness 22 10:00 50 Ways to Save Water 10:30 3 of A Kind 11:00 Discuss & Recall Water Conservation 1:30 Relax Your Battery 2:30 Who Wants to Be A Millionaire 3:30 Shuffleboard 6:00 Wheel of Fortune TV 7:00 Hallmark Classic Movie	9:15 Strength Training 23 10:00 Junk Drawer Detectives 10:30 Pastor Mark Service 11:00 Who Am I? 1:30 Don't Get Hung! Hangman 2:30 Tenzi Dice Craze 3:30 Play On Words 6:00 After Hours Club 7:00 I Dream of Jeannie	9:15 Sit N' Fit Exercise 24 10:00 Joyce Meyer Ministries 10:45 5 Fun Facts About Raisins 11:00 News Currents 1:30 Hit The Target! 2:30 Can You Picture This? 3:30 No Bake: Chocolate Covered Raisins 6:00 Red Skeleton Hour 7:00 Group Solitaire
Palm Sunday 25 9:00 Live w/Joel Osteen 10:00 Sit N' Fit Exercise 10:30 3 of Kind 11:00 St. Matthias Service 1:30 Oreo Bunny Habitat 2:30 Palm Folded Crosses 3:30 Manis & Memories 6:00 Hidden in Plain Sight 7:00 Dick Van Dyke Show	9:30 Stretch & Tone 26 10:00 30 Random Trivia 10:30 What Year Was it? 11:00 HarborChase Book Buddies 1:30 Aqua Paints! 2:30 Travelogue: Tennessee 3:30 Giant LCR Dice 6:00 Karaoke Sing-A-Long 7:00 Fill-It In Search	9:30 Tai Chi Masters 27 10:00 Let's Get Dicey 10:30 Tea Trivia Pursuit 11:00 Would You Rather? 1:00 Dr. Seuss Event @ Graebner Elementary 2:30 Magnetic Darts 3:30 Flip Flop Card Game 6:00 Wheel of Fortune TV 7:00 Color Your World w/Art	9:30 Terri Savelle Foy 28 10:00 Prop'ercise 10:30 100 Things On A Stick 11:00 No-Brainer Teasers 1:30 Place Your Bet! Horseracing 2:30 Floral Art Design 3:30 Manis & Memories 6:00 Amazing Maze Puzzles 7:00 7 Action News!	9:30 Ball Fitness 29 10:00 35 Odd Facts 10:30 Batter Up! Mixed Up Terms 11:00 Test Your Coke IQ 1:30 Three Strikes Out! 2:30 No Bake: Cola Cupcakes 3:30 Karaoke Sing-A-Long 6:00 Wheel of Fortune TV 7:00 Hallmark Classic Movie	Good Friday 30 9:15 Strength Training 10:00 Comic Strips-Peanuts 10:30 Pastor Mark Service 11:00 Who Am I? 1:30 Don't Get Hung! Hangman 2:30 Jeopardy! 3:30 Van Gogh Night Caf� Virtual Tour 6:00 After Hours Club 7:00 I Dream of Jeannie	9:15 Sit N' Fit Exercise 31 10:00 Joyce Meyer Ministries 10:45 3 of A Kind 11:00 News Currents 1:30 Word Association: Coffee 2:30 Can You Picture This? 3:30 Corn Hole Challenge 6:00 Red Skeleton Hour 7:00 Group Solitaire

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
1	6					2	
9	5				8		3
	3			5	9		8

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
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.

