

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.

www.HarborChase.com/VeroBeach.htm



HarborChase of Vero Beach • The Cove

March 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:15 Morning Coffee & News 9:30 Sit & Be Fit 10:00 Zeus Story Talk 10:45 St Helen's Communion 11:00 Patio Charades 1:00 Favorite Book to Read 2:00 How to make Peanut Brittle 3:00 Music by Julie Stone 4:00 Peanut Brittle Social 6:30 Movie: Paint Your Wagon	Dress in Blue Day! 9:30 Morning Inspiration 10:00 Morning Garden Walk w/Zeus 11:00 Biography: Dr Seuss 1:00 Talk; Martha Washington 2:00 Men vs. Women Volleyball Challenge 3:00 Favorite Story Ever Heard 4:00 Wii Golf for HC Bucks 6:30 Movie: Laverne & Shirley	9:30 Treasure Coast News 10:00 Simplify Your Life 10:30 Baby Names & Meaning 11:00 About the National Anthem 1:00 Riding the Rollercoaster; IN2L 2:00 Stroll & Roll 3:00 Bingo Bonanza Challenge 4:00 Trivia & Cocktail Hour 7:00 Movie: Happy Days
9:30 World News 10:00 Sunday Worship 10:30 Who is the 23rd President? 11:00 Pastor Ken Visits 11:30 Hug A GI Day 1:00 Checkers Challenge Men vs. Women 2:00 Nutrition: Best Fruits 3:00 What is Spiritual Wellness? 4:00 Cards & Cocktails 7:00 Movie: Calamity Jane	9:30 News & Views 10:00 Tone Up The Body 10:30 40's Hollywood Stars 11:00 Qi-Gong w/Janet 11:30 Talk: Funny Names 1:00 Twister With A Twist 2:00 Strolling the Garden 3:00 Wii Tennis 4:00 Bingo Cocktail Hour 6:30 Movie: South Pacific	9:30 Walk With Friends 10:00 Morning News 10:30 Floral Arranging 11:00 Wii Bowling for Dollars 1:00 Uno Challenge 2:00 Oreo Cookie Milkshakes 3:00 60's Sing-A-Long w/Staff 4:00 Cotton Candy Martini Social 6:30 Movie: Fried Green Tomatoes	9:30 Vero Beach News 10:00 Garden Stroll 10:30 Trivia w/Shanniece 11:00 Simon Says Challenge 1:30 IN2L: Safari Watch 2:00 Health Talk w/Genesis 3:00 Expressive Art w/May 4:00 Traveling to Barbados 6:30 Movie: Cheaper By The Dozen	9:30 USA Today News 10:00 Seaside Travels 10:45 St. Helen's Communion 11:00 Talk: Women's History 1:00 Men vs Women Bocce Ball 2:00 Rhythm Nation Challenge 3:00 Name That Tune 4:00 Upside Down Pineapple Cake Recipe Social 6:30 Movie: The Pajama Game	9:30 Community News 10:00 Bodies in Motion 10:30 IN2L: Beach Destinations 11:00 Chess Challenge 1:00 Crocheting w/Gwen 2:00 Word Scrambler Extravaganza 3:00 Talk: Favorite Barbie Doll 4:00 Wine & Cheese Social 7:00 Movie: Sound of Music	9:30 Treasure Coast News 10:00 All About Bagpipes 10:30 Nature Stroll 11:00 Talk: Your Family History 1:00 Tic-Tac-Toe Challenge 2:00 Making Picture Frames 3:00 Around the World: Cayman Islands 4:00 Coconut Cocktail Hour 6:30 Movie: Grumpy Old Men
9:30 Sunday News 10:00 Sunday Worship 11:00 Let's Make Candy Apples 1:00 Couponing w/Kia 2:00 Talk: Johnny Appleseed 3:00 Famous Artists 4:00 Candy Apple Social 6:30 Movie: Grumpier Old Men	9:30 Wake-Up News 10:00 Food Habits Good or Bad 11:00 Qi-Gong with Janet 11:30 Pick Your Garden Plants 1:30 Speak Out Challenge 2:00 Who Am I? 3:00 Fun Facts: Girl Scouts 4:00 Girl Scout Cookie Social 7:00 Movie: Bonanza	9:30 Tuesday News 10:00 Building Muscle 10:30 Fun Facts: Donald Duck 11:00 What Are Earmuffs? 1:30 Good Samaritan Moments 2:00 Patio Trivia 3:00 Nerf Volleyball Challenge 4:00 Rootbeer Float Social 6:30 Movie: The Waltons	9:30 News Day 10:00 Trivia w/Shanniece 10:30 Talk: Exotic Butterflies 11:00 Travel: The Tropics 1:30 Garden Stroll 2:00 Quilting with Gwen 3:00 Let's Dance & Shake 4:00 Chip & Dip Social 6:30 Movie: Guys & Dolls	9:30 Today's News 10:00 Range of Motion Stretch 10:45 Communion w/Carol 11:00 Talk: Settling Debts 1:30 IN2L: Bodies of Water 2:00 Crocheting w/Gwen 3:00 Expressive Art w/May 4:00 Ice Cream Cookie Social 6:30 Movie: Camelot	9:30 USA Today News 10:00 Dance-in-Motion 10:30 A Trip to New York 11:00 Discussion: Central Park 1:30 Grand Canyon National Park 2:00 Table Tennis Challenge 3:00 Wii Baseball 4:00 Caramel Sundae Social 6:30 Movie: Fiddler On The Roof	St Patrick's Day 9:30 Jump Start w/News 10:00 Fit Warriors 11:00 Learn Irish Dancing 1:00 Talk: Four Leaf Clovers 2:00 IN2L: Travel to Dublin 3:00 St Patrick Day Flowers 4:00 Shamrock Juice Social 6:30 Movie: The Luck of The Irish
9:30 Sunday News 10:00 Garden Walk-A-Thon 10:30 Sunday Worship w/Song 11:00 Worship w/Ken 1:00 Talk: Safety 2:00 Favorite Sport 2:30 Team Bowl Challenge 4:00 Chocolate Martini Social 6:30 Movie: The Quiet Man	9:30 Strolling With Friends 10:00 IN2L: Travel to Puerto Rico 11:00 Qi-Gong w/Janet 11:30 Talk: Being Neighborly 1:00 Ring Toss Challenge 2:00 Puppy Power w/Zeus 3:00 Art by Pablo Picasso 4:00 Snow Cone Social 6:30 Movie: Far and Away	9:30 Daily News Highlights 10:00 Lower Body Stretch 10:30 Eye On The Sparrow 11:00 Mens Group: Tie A Tie 11:00 Women Group: Beauty Tips 1:00 Truth About Astrology 2:00 Drum Circle w/Kevin 3:00 Favorite Story Tellers? 4:00 Fruit Smoothie Social 6:30 Movie: Andy Griffith Show	9:30 Sunshine News 10:00 Trivia w/Shanniece 10:30 Sit & Be Fit 11:00 World Renowned Poets 11:30 Checkers Challenge 1:00 Puppet Making 2:00 Travel: Russia 3:00 Expressive Art w/May 4:00 Cocktail & Conversation 6:30 Movie: Carol Burnett Show	9:30 Inspiration Information 10:00 Fit to Be Fit 10:45 St. Helen's Communion 11:00 As Young As You Feel 1:30 Patio Sing-A-Long w/Dee 2:00 Card Shark Game 3:00 Music w/Julie Stone 3:30 Speak Out Social 4:00 Cocktail Hour 6:30 Movie: I Love Lucy	9:30 Daily News 10:00 Garden Stride 10:30 Talk: Catahoula Hound Breed 11:00 Ball Toss w/Zeus 1:30 Eye Spy Challenge 2:00 What Am I? 3:00 Tai Chi 4:00 Smores and Cocktail 6:30 Movie: West Side Story	9:30 Vero Beach News 10:00 Speed Walking 10:30 Talk: What Does Love Mean To You? 11:00 Popcorn Social 1:30 Patio Charades 2:30 IN2L: Travel to Finland 3:00 Planting A Tree 4:00 Cocktail Hour w/Kia 6:30 Movie: Grease
9:30 Inspirational News 10:00 Songs of Praise 10:30 Morning Devotional 11:00 Reading of the Word 1:30 Word In A Word 2:00 Awkward Moments Remembered 3:00 Learning How To Basket Weave 4:00 Chocolatini Social 6:30 Movie: It's A Wonderful Life	9:30 World News 10:00 Aerobics To Music 11:00 Qi-Gong w/Janet 11:30 IN2L: Travel To Rome 1:30 Bingo Bonanza 2:30 Living Long and Prosperous 3:00 Patio Trivia 4:00 Making Milkshakes Social 6:30 Movie: Singing In The Rain	9:30 Morning News w/Dee 10:00 Stride & Stroll 11:00 Talk: Ponce De Leon 1:30 IN2L: Florida Parks 2:30 First Successful Blood Transfusion 3:00 Spelling Bee Challenge 4:00 Graham Cracker & Ice Cream Social 6:30 Movie: A Matter of Faith	9:30 Wake Up News 10:00 Jazzercise 11:00 Exotic Birds 1:30 Talk: Remembering The Circus 2:00 All About Barnum & Bailey 2:30 Zumba w/Lori 3:00 Water Color w/May 4:00 Cocktail Hour & Trivia 6:30 Movie: Leave It To Beaver	9:30 Inspiration Information 10:00 Sit & Be Fit 10:45 St. Helen's Communion 11:00 Dart Challenge 1:30 Planting In The Garden 2:00 Talk: Vietnam Veterans 3:00 Music w/Julie Stone 4:00 Strawberry Lemonade Social 6:30 Movie: Stagecoach	9:30 USA Today News 10:00 Working Up A Sweat 10:30 Talk: Spring Cleaning 11:00 IN2L: Spring Around the World 1:30 What Is Good Friday? 2:00 Facts About Halley's Comet 3:00 The Body & Its Systems 4:00 Peach Schnapps Cocktail Hour 6:30 Movie: Big Jake	9:30 Treasure Coast News 10:00 Chair Yoga 11:00 Talk: Queen Isabella 1:30 March Madness: Final Four 2:30 IN2L: Travel To England 3:00 Nerf Target Practice 4:00 Pina Colada Social 6:30 Movie: Fort Apache

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!

Great Times at HarborChase of Vero Beach



Special Moments at HarborChase of Vero Beach

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.

