

## 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.



**HarborChase**  
Assisted Living • Memory Care



*Celebrating  
Senior Living*

The HarborChase Wire: A Monthly Publication of HarborChase Villages Crossing AL

March 2018

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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).



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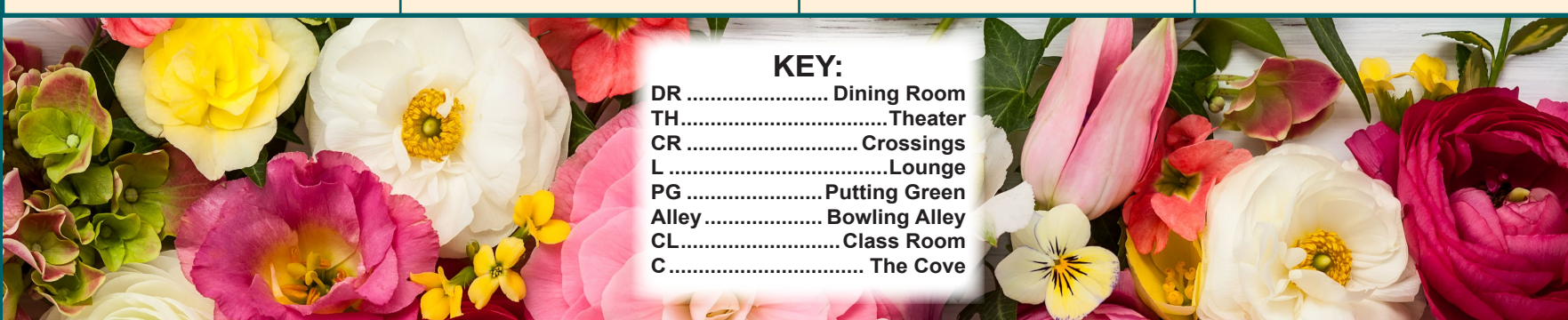
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# HarborChase of Villages Crossing AL

March 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>9:30 Young Hearted Yoga-TH 4</p> <p>10:00 Church Your Way Transport</p> <p>10:00 Coffee Social-CR</p> <p>11:00 Sunday Paper-CR</p> <p>2:00 Bingo Bonanza-CR</p> <p>3:00 Worship With Us-TH</p> <p>4:00 Blackjack &amp; Cocktails-L</p> <p>6:00 Mexican Train-L</p> <p>7:00 Cribbage Crow-CR</p>	<p>9:45 Read All About it News-L 5</p> <p>10:30 A World of Color-CR</p> <p>10:30 Putt Putting- PG</p> <p>11:00 Steak &amp; Shake-Bus</p> <p>1:30 Painting by U-CL</p> <p>2:00 History Buffs Trivia-L</p> <p>4:00 Cocktail Hour-L</p> <p>4:00 HarborChase Store-CL</p> <p>6:00 Can You TABOO-L</p> <p>7:00 Reading by the Fire-CR</p>	<p><b>Peace Corps Day</b> 6</p> <p>9:45 Red Hot News-CR</p> <p>10:30 Coffee Chat w/Michael</p> <p>1:30 Aromatherapy Hand Massages-CR</p> <p>2:30 Jackpot Bingo-CL</p> <p>3:30 Peace Corps Trivia-L</p> <p>4:00 Be Happy Hour-L</p> <p>6:00 Resident Choice Cards-L</p> <p>7:00 Do you JENGA-CR</p>	<p>1:30 Bridge Players-L 7</p> <p>9:45 Read all about it-CR</p> <p>10:30 Bunco for Bucks- L</p> <p>10:30 Bryan's Chat-CR</p> <p>2:00 Call Me Lucky Bingo-CL</p> <p>3:30 Music w/Last Tyme Out-CR</p> <p>4:00 60 Minute Sip Down-L</p> <p>6:00 Connect all 4!</p>	<p>9:45 Read all about it-L 1</p> <p>10:00 Movin w/Michelle-C</p> <p>10:30 Aromatic Hand Messages-CR</p> <p>1:30 Let's Bunco-L</p> <p>1:30 Mexican Train-CL</p> <p>3:00 Bingo Bananza-CL</p> <p>4:00 Let's Happy Hour-L</p> <p>6:00 Night out to BonWorth-Bus</p> <p>7:00 Check'n out Checkers-L</p>	<p><b>Dress in Blue Day</b> 2</p> <p>9:45 Morning News-CR</p> <p>10:30 Chair Zumba-CR</p> <p>10:30 Let's walk-CR</p> <p>1:30 Cornhole Time-Alley</p> <p>2:30 Bingo Bananza -CL</p> <p>2:30 It's March Trivia-L</p> <p>3:30 Music w/Karen Hall Trio-CR</p> <p>6:00 Bridge Players-CR</p> <p>7:00 Let's play 21-L</p>	<p>9:30 Chair Stretching-TH 3</p> <p>10:00 Pokeno for Pennies-CL</p> <p>1:00 Resident Choice Card Game-CR</p> <p>2:00 Big Bucks Bingo-CL</p> <p>3:30 Black Jack-L</p> <p>4:00 60 Minute Sip Down-L</p> <p>6:00 Adventures in Reading by the Fire-CR</p> <p>7:00 Scrabble Scramble-L</p>
<p>9:30 Sit &amp; Stretch-TH 11</p> <p>10:00 Church Your Way-Bus</p> <p>10:00 Coffee &amp; Conversation-CR</p> <p>10:30 Sunday Paper-CR</p> <p>1:30 Bingo Challenge-CR</p> <p>3:00 Worship With Us-TH</p> <p>4:00 Blackjack Happy Hour-L</p> <p>6:00 Card Fest-L</p> <p>7:00 Bridge Players-CR</p>	<p>9:45 Starting the day w/News-L 12</p> <p>10:30 Four! Putting-PG</p> <p>10:30 Shades of Life-L</p> <p>11:00 Johnny Rockets-Bus</p> <p>1:30 Paper Crafts w/Freda</p> <p>2:00 Pokeno Players-L</p> <p>4:00 Conversation &amp; Cocktails-L</p> <p>6:00 Enjoy the Fireplace -CR</p> <p>7:00 Double Down Poker Tiles-L</p>	<p>9:45 Off the Press News 13</p> <p>10:00 Moovin &amp; Groovin-C</p> <p>10:30 Aromatherapy Hand Massages-L</p> <p>10:30 Coffee Chat w/Michael</p> <p>1:30 Walmart Shopping by Bus-CR</p> <p>2:30 Blazing Bingo-CL</p> <p>4:00 Sixty Minute Sip Down-L</p> <p>6:00 Lets Play the Game of 13-L</p> <p>7:00 Is it TABOO-CR</p>	<p><b>Nat'l Pie Day</b> 14</p> <p>9:45 Read All About It News-CR</p> <p>10:30 Bunco for Bucks- L</p> <p>10:30 Fact or Fiction-CR</p> <p>1:30 Bridge Players-L</p> <p>2:00 Call Me Lucky Bingo-CL</p> <p>3:30 Friends &amp; Family St. Patricks Day Preview-CR</p> <p>6:00 Scrabble Scramble-CR</p> <p>7:00 Puzzled Puzzles-Alley</p>	<p>9:45 Red Hot News 15</p> <p>10:00 It's All in the Moves-C</p> <p>10:00 Movie Matinee-TH</p> <p>1:30 Bunco Buffs-L</p> <p>1:30 Organ Sounds w/Jean- CL</p> <p>2:30 Bingo Bonanza-CL</p> <p>4:00 Circle Of Friends Happy Hour-L</p> <p>6:00 Night Out To Mystic Ice Cream-Bus</p> <p>7:00 Cribbage Crowd</p>	<p>9:45 Off the Press News-CR 16</p> <p>10:30 Trivia Nerds-L</p> <p>10:30 Chair Zumba-CR</p> <p>11:00 Bean Bag Toss- Alley</p> <p>1:30 Strike a pin- Alley</p> <p>2:30 Bingo for Bucks-CR</p> <p>3:30 Music w/Butterbean Band-CR</p> <p>6:00 Adventures in Reading-CR</p> <p>7:00 Can You Connect 4-L</p>	<p><b>St. Patrick's Day</b> 17</p> <p>9:30 Young Hearted Yoga-TH</p> <p>10:00 Play Pokeno For Pennies-CL</p> <p>1:00 Resident Card Game-CR</p> <p>1:30 Irish History-L</p> <p>2:00 Coverall Bingo-CL</p> <p>6:00 Monopoly Mania-CR</p> <p>7:00 Skip on Down to Skip Bo- L</p>
<p>9:30 Get Moving Exercise-TH 18</p> <p>10:00 Church Your Way-Bus</p> <p>10:00 Gourmet Coffee-CR</p> <p>10:30 Social Hour-CR</p> <p>10:30 Sunday Paper-CR</p> <p>2:00 Bingo Challenge-CR</p> <p>3:00 Community Worship-TH</p> <p>4:00 Blackjack-L</p> <p>6:00 Cards Fest-L</p> <p>7:00 Mexican Train-L</p>	<p>9:45 Morning News-L 19</p> <p>10:30 A World of Color- CL</p> <p>10:30 Bean Bag Tossers-Alley</p> <p>11:00 Palmer Legends Country Club-Bus</p> <p>2:00 Jazzy Jewelry Making-CL</p> <p>4:00 Be Happy, Hour-L-L</p> <p>4:00 HarborChase Store-CL</p> <p>6:00 Monopoly Mania-L</p> <p>7:00 Can You Get a Sequence-CR</p>	<p>9:45 Morning News-CR 20</p> <p>10:00 All in the Moves-C</p> <p>10:30 Coffee Chat w/Michael</p> <p>1:30 Romance w/Rummicube-L</p> <p>2:00 Bingo Bonanza-CL</p> <p>3:00 History Buffs-CR</p> <p>4:00 Circle of Friends Happy Hour-L</p> <p>6:00 Checkers Champs-Alley</p> <p>7:00 Cribbage Crowd-CR</p>	<p><b>Poetry Day</b> 21</p> <p>9:45 News Review-CR</p> <p>11:00 Shades of Life-CL</p> <p>1:30 Poetry Hour-L</p> <p>1:30 Walmart Shopping by Bus-CR</p> <p>2:30 Be Lucky Bingo-CL</p> <p>3:30 Music w/Mark Raisch-CR</p> <p>6:00 Cribbage Crowd-CR</p>	<p>9:45 Hot off the Press-L 22</p> <p>10:00 Moovin &amp; Groovin-C</p> <p>10:00 Black Jack-L</p> <p>1:30 Sweet Organ Sounds w/Jean</p> <p>3:00 Bunco Time-L</p> <p>4:00 Happy Happy Hour-L</p> <p>5:45 Music w/Mark Seymour @The Square</p> <p>6:00 Bridge Players- CR</p> <p>7:00 Let's Play 21- L</p>	<p>9:45 All in the News- CR 23</p> <p>10:30 Chair Zumba-CR</p> <p>10:30 Trivia Time-L</p> <p>1:30 How's Your Aim Cornhole-Alley</p> <p>2:30 Hit it Big Bingo-CL</p> <p>3:30 Music w/Earl LeVier-CR</p> <p>4:00 Conversations &amp; Cocktails-L</p> <p>6:00 JENGA Laughs-Alley</p> <p>7:00 Puzzled Puzzles-CR</p>	<p>9:30 Chair Stretching-TH 24</p> <p>10:00 Pokeno For Pennies-CL</p> <p>1:00 Game Challenge-CR</p> <p>2:00 Wear a Hat to Bingo-CL</p> <p>3:30 BlackJack-L</p> <p>4:00 Be Happy, Hour</p> <p>6:00 Check out Checkers-L</p> <p>7:00 Calling All Poker Players-L</p>
<p>9:30 Young hearted Yoga-TH 25</p> <p>10:00 Gourmet Coffee-CR</p> <p>10:30 Sunday Paper Chat-CR</p> <p>11:00 Remembering When-CR</p> <p>2:00 Bingo Blast-CR</p> <p>3:00 Worship With Us-TH</p> <p>4:00 Blackjack-L</p> <p>6:00 Cards Fest-L</p> <p>7:00 Pool Sharks-Alley</p>	<p>9:45 Hot Off the Press-L 26</p> <p>10:30 Dynamic Dominos-CR</p> <p>10:30 Shades of Life-L</p> <p>11:00 Koyame Asian Express-Bus</p> <p>1:30 Science Buffs- CR</p> <p>3:00 Strike it Bowling-Alley</p> <p>4:00 Conversation &amp; Cocktails-L</p> <p>6:00 Its Jenga time-L</p> <p>7:00 Puzzled Puzzles</p>	<p><b>Nat'l Joe Day</b> 27</p> <p>9:45 News Time News-CR</p> <p>10:00 Moovin &amp; Groovin-MC</p> <p>10:30 Coffee Chat w/Michael</p> <p>1:30 Fact or Fiction-L</p> <p>2:00 Lucky Hand Bingo-CL</p> <p>3:00 History Buffs- CR</p> <p>4:00 Circle of Friends Happy Hour-L</p> <p>6:30 Monopoly Mania-CR</p>	<p>9:45 News Review-CR 28</p> <p>10:30 Shades of Life-CL</p> <p>1:30 Relaxing Hand Messages-CR</p> <p>1:30 Walmart Shopping-CR</p> <p>3:00 Crossword Champs-L</p> <p>3:30 Music w/Ray &amp; Kay-CR</p> <p>4:00 Conversation &amp; Cocktails-L</p> <p>6:00 Game of 13-CR</p> <p>7:00 Monopoly Mania- L</p>	<p>9:45 Morning News-L 29</p> <p>10:00 Moovin &amp; Groovin-C</p> <p>10:00 Out to See a Movie -Bus</p> <p>1:30 Sweet Organ Sounds w/Jean</p> <p>3:00 Bunco Time-L</p> <p>4:00 Let's be Happy Hour-L</p> <p>6:00 Bridge Players- CR</p> <p>7:00 Let's Play 21- L</p>	<p>9:45 Read All About It- CR 30</p> <p>10:30 Chair Zumba-CR</p> <p>10:30 Cornhole Time-Alley</p> <p>1:30 Trivia Junkies-L</p> <p>2:30 Hit it Big Bingo-CL</p> <p>3:30 Music w/Kurtis May-CR</p> <p>4:00 Conversations &amp; Cocktails-L</p> <p>6:00 JENGA Laughs-Alley</p> <p>7:00 Lots of Laughs w/Headbands-CR</p>	<p>9:30 Sit and be Fit-TH 31</p> <p>10:00 Pokeno For Pennies-CL</p> <p>1:00 Game Challenge-CR</p> <p>2:00 Wear a Hat to Bingo-CL</p> <p>3:30 BlackJack-L</p> <p>4:00 60 Minute Sip Down-L</p> <p>6:00 Scrabble Scramble-L</p> <p>7:00 Calling All Poker Players-L</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.

