

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

March 2018



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Senior Living*

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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.


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March 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>KEY: BBistro AR.....Activity Room DRDining Room CY.....Court Yard BTBus Trip RP.....Royal Palms Dining Room</div>				National Pig Day 1 9:30 News Time... 10:00 Movin' w/Michele 1:30 Look Pot-Bellied Pigs! 2:00 Circle of Friends Trivia Time 3:00 Who's Your Favorite Singer? 4:00 Find the Words 6:00 Managing Manicures 6:15 'Babe'	Gratitude Day 2 9:30 Let's think this through... 10:30 Chair Zumba w/Barbara 11:00 Thank You! 1:30 Singing w/Melody 2:30 Appreciation Thru Art 3:00 Big Bingo Blast 3:30 Karen Hall Trio-CR 6:00 Must Manicures 6:15 'Annie'	Happy Days Day 3 9:30 News Crew 10:00 Fresh Air Stretch 10:30 Sounds of the 40's 1:30 Crazy Card Games 2:00 Puzzle Connection 3:00 'Happy Days' TV 6:00 Masterful Hand Massages 6:15 'Guys & Dolls'
Hug a GI Day 4 9:30 March and Move... 10:30 Gomer Pyle Show 11:00 Karaoke Standards Songs 1:30 Balloon Batting 3:00 HarborChase Worship-AL 3:45 Let's Travel to South Carolina 6:15 'Roman Holiday'	Facts About Names 5 9:30 News Chat 10:00 Strike Zone Bowling 11:00 Memories & Meditation 1:30 Parachute Pause 2:00 Let's See... Your Name Means? 3:00 Calling All Artists! 4:00 Music, Music, Music 6:00 Bob Hope in 'Off Limits'	Dentist Day 6 9:30 News of the day 10:00 Movin' w/Michelle 10:45 Here's the Facts! Teeth? 1:30 Bedazzled Nails & Music 2:30 Barbers as Dentists? The Old West 3:15 Bowling Alley 4:00 Cranial Craze 6:00 'That Funny Feeling'	Alexander Bell Day 7 9:30 This is Puzzling 10:30 Aim High Volley-CR 1:30 Famous Inventors Remembered 2:00 Finish Song Titles 3:30 Music w/LTO - CR 6:00 Sensational Manicures 6:15 Story of, 'Alexander Graham Bell'	Proofreading Day 8 9:30 News Time... 10:00 Movin' w/Michelle 1:30 Match Game 2:00 Spiritual Moments w/Griff 3:15 Writer's & Reader's 4:00 Bingo Blast! 6:00 Managing Manicures 6:15 'Come September'	Barbie Day 9 9:30 Let's think this through... 10:30 Chair Zumba w/Barbara 1:30 Finish Line 2:00 Singing w/Melody 3:00 Balloon Bat Bunch 3:30 Live Music, Ray & Kay 6:00 Let's Get a Manicure 6:00 Ed Sullivan Show	Who Are You... 10 10:00 What's the News? 10:30 Noodle Hockey & Hydrate 1:30 Table Challenges! 2:15 Show and Share Photos 3:00 Marvelous Manicures 3:30 Sing Talent Contest 6:00 Massage Nite 6:15 'The African Queen'
Johnny Appleseed 11 9:30 Remember When... 10:00 Flex Those Muscles! 10:45 Art across the globe. 1:30 Johnny Appleseed Story 3:00 Praise & Worship-AL 4:00 Apple Recipes 6:00 Magnificent Massages 6:15 Tribute to 50's TV	Plant a Flower Day 12 9:30 Chair Dancing 10:00 Friends & Flower Hobbies 1:30 Sounds of Glen Campbell 2:30 Noodles & Balloons 3:45 Spiritual Thoughts- 6:00 Sensational Hands 6:15 Please Don't Eat the Daisies	Jewel Day 13 10:00 Movin' w/Michelle 10:30 What's Your Line? 11:00 'Carrabba's'- Bus 2:00 Mining Gemstones 2:30 March Birthday Fun w/Kelly and Friends 3:30 Bingo Blast 6:00 Facial Time- Relax 6:15 Show Tunes Nite	Study Butterflies 14 9:30 Pets and Tales Therapy 10:30 Golf Tee Time Gang 11:00 Find words in Butterflies 1:30 Magnificent Matches! 2:00 Tell Me About 'Butterflies' 2:45 March- In Like a Lion! 3:30 Music w/Mark Raisch - CR 6:00 'The Quiet Man'	Incredible Kid Day 15 9:30 Keeping Informed 10:00 Movin' w/Michelle 11:00 What instrument is it? 1:30 Talented Incredible Kids 2:30 Bowling for Title- King Pin! 3:30 Petrina Entertains- AL 6:00 Card Game Challenge 6:15 Your Movie Pick	Sherlock Holmes 16 9:30 Hot off the press! 10:30 Chair Zumba 1:30 Singing w/Melody 2:30 Tales of Sherlock Holmes 3:30 Butter Bean Band-CR 6:00 Must Have Manicures 7:00 MGM Tribute	St. Patrick's Day 17 9:30 Morning Moves 10:30 Shamrocks and Leprechauns Design 1:30 Challenging Card Games 2:00 Daniel Oâ€™Donnell Sings, Social 2:00 Erin Go Braugh, Means 4:00 Mind Games Fun! 6:00 Manicure Must Time 6:15 'Touched By an Angel'
Awkward Moments Day 18 9:30 What's Happening? 10:00 Limbering Up 11:30 Give each other a Hug 1:30 Awkward Moments! w/Roadrunner and Coyote 2:00 Gospel Hymn Sing 3:00 Sunday Service-AL 4:00 Dean Martin Moments 6:00 Fancy Fingernails 6:30 Lawrence Welk Show	Let's Laugh Day 19 9:30 Courtyard Stretches 10:30 Countryside Sites 1:30 Cards, Puzzles & Books 2:00 Sew 'n Sew Club 2:15 Let's Laugh, Abbott & Costello 3:15 Moves to Music 6:00 Sensational Hand Massages 6:15 'MacGyver'	Intrn'l Astrology Day 20 9:15 What's going on here? 10:00 Movin' w/Michelle 11:00 Music Brain Teasers 1:30 Humane Society 2:00 Your 2018 Horoscope, Revealed! 3:00 Rock Karaoke Time 3:30 Hangman Challenge 5:45 Traveling- Switzerland 6:30 'Beethoven'	Poetry Day 21 9:30 Goof Off Gang Reviews 10:00 Laughter & Yoga Time 11:00 Mind over Matter 1:30 Creative Souls Poetry 2:15 Disney Love Quotes 3:30 Music w/Buddy Mitchell-CR 6:00 Great Massage Nite! 6:15 Doris Day Secret Love 1953	Feel Young Day 22 9:30 Coffee & News Chat 10:00 Movin' w/Michelle 10:45 Feel Young Facials by Pat 1:30 A Puzzling Time... 2:15 Fred Astaire & Ginger Roger 3:15 March Hangman 4:00 Member Old Nursery Rhymes 6:00 Bedazzled Nails 6:15 'Grumpy Old Men'	Nat'l Puppy Day 23 9:30 Let's find out? 10:00 Just a Sip of Flavor? 10:30 Chair Zumba - AL 1:00 Res' & 'Oreo' Walk 2:00 Singing w/Melody 3:00 Jestng & Stretching Toss 3:30 Music, Music, Music - CR 6:00 Magnificent Manicures 6:15 'Lassie'	Chocolate Raisins Day 24 10:00 Parachute Toss Up 10:30 'The Finish Line' 1:30 Top Table Games 2:15 Move Your Feet Kickball! 3:15 Cool Sips in Courtyard 4:00 Bingo, Chocolate Raisins Prizes! 6:00 Soft Hands Massages 6:15 'The Case of the Musical Murder'
Palm Sunday 25 9:30 Coffee Chat & Opposites Match 10:15 Zoom Balloons! 10:45 Competition Craze 1:30 Spiritual Talk on Holy Week 2:00 Ukulele Sounds 3:00 Worship with Us 6:00 Best Times Chat & Nails Done 6:30 Listen, Lawrence Welk	Spinach Day 26 9:00 Bend & Stretch 10:00 Coffee Break Chat 10:30 Crossword puzzle Group 1:15 Trivia Time 2:15 Your Heart with Art Time! 2:30 Hangman Hang-ups 3:30 Carol Burnett 6:00 'Popeye' movie clips	National Joe Day 27 9:30 What's in the News? 10:00 Movin' w/Michelle 11:00 Denny's- Bus 1:30 Famous Joe's 2:00 Bingo Blast! 3:30 Guinness Book Records 6:00 Marvelous Massage 6:15 Traveling to the mountains	Barnum & Bailey Day 28 9:30 Pets and Tales Therapy 10:00 Goof Off Gang Games 11:00 Mind over Matter 1:30 Table of Variety 2:15 Backward Balloons 3:30 Music w/Kurtis May 6:00 Poetry Pause 6:15 'Toby Tyler' at the circus	Smoke & Mirrors 29 9:30 Coffee & News Chat 10:00 Movin' w/Michelle 11:00 Mirror, Mirror... smiles 1:30 Sequencing Puzzle 2:00 Dance w/June On The Cove 3:15 March Hangman 4:00 Old Standards Sing! 6:00 Bedazzled Nails 6:15 'Harry Houdini'	Walk in the Courtyard 30 9:30 Let's find out? 10:00 Just a Sip of Flavor? 10:30 Chair Zumba - AL 1:15 Res' Walk 'Oreo' 2:00 Singing w/Melody 3:00 Jestng & Stretching Toss 3:30 Music, Music, Music - CR 6:00 Magnificent Manicures 6:15 Natureâ€™s Secrets	Clam on Half Shell 31 10:00 Parachute Toss Up 10:45 'The Finish Line' 1:30 Top Table Games 2:15 Move Your Feet Kickball! 3:15 Martha Stewart: Stuffed Clams 4:00 Bingo, Chocolate Prizes! 6:00 Soft Hands Massages 6:15 'My Man Godfrey'

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.

