

# NEWS You Can Use

Retire Village

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## St. Patrick's Day

### Fun Facts

Saint Patrick's Day, also known as the Feast of Saint Patrick, is a cultural and religious celebration held on March 17th - the traditional death date of Saint Patrick in the fifth century.

### St. Patrick:

The Declaration, thought to have been penned by Patrick himself, says that he spent many years evangelising in the northern half of Ireland and converted "thousands". Patrick's efforts against the druids were eventually turned into an allegory in which he drove "snakes" out of Ireland (Ireland never had any snakes).<sup>1</sup>

### The 4-Leaf Clover Symbol:

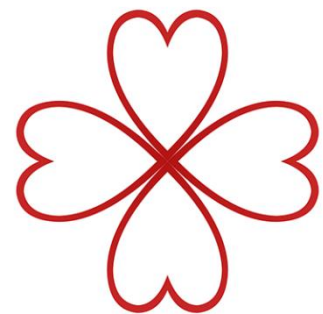
According to legend, the leaves of the 4-leaf clover symbolize hope, faith, love, and luck (although some claim the leaves mean fame, wealth, love, and health). Different cultures share different perceptions of what the 4-leaf clover means, but



all agree that it's a powerful and lucky symbol.<sup>2</sup>

### The Color Green:

Did you know that the color associated with St. Patrick's day wasn't always green? Before the 17th century, it was traditional to wear blue. The holiday's primary association with Ireland, "The Emerald Isle", is likely responsible for this change from blue to green.<sup>3</sup>



1 - [https://en.wikipedia.org/wiki/Saint\\_Patrick%27s\\_Day](https://en.wikipedia.org/wiki/Saint_Patrick%27s_Day)

2 - <https://goodlucksymbols.com/four-leaf-clover/>

3 - <https://www.livescience.com/27957-st-patricks-day-5-facts.html/>

## Considering a Phased Retirement



Phased retirement is a slow step-down from full-time to part-time or otherwise less demanding work rather than an abrupt transition to retirement.

### Social, Emotional, and Personal Benefits

A phased retirement gives retirees a chance to experiment with having free time without having to give up their normal work routine entirely. Many companies value the wisdom of long-term employees and can work with them in a less structured manner while still enjoying free-time to partake in new interests.

### Spending Less Retirement Savings

Enjoying the social benefits of continuing to work part-time can also allow you to hold onto or even grow your retirement savings.

<https://blog.careerminds.com/phased-retirement>

<https://www.desmoinesregister.com/story/money/business/columnists/2016/05/02/reasons-consider-phased-retirement/83827516/>

## Green Recipes for the First Month of Spring

**Nothing beats a fresh, green, vibrantly dressed salad filled with fruits, veggies, and plenty of zing.**

**Delicious strawberries, crunchy pecans, and a tangy vinaigrette dressing make this spicy salad a tasty introduction to Spring 2019.**

### Salad:

8 cups Mixed Baby Greens – try spinach, arugula, baby kale and chard, as well as baby red and green romaine work well.  
1 ½ cups Fresh Mushrooms, sliced  
1 ½ cups Pecans, chopped  
4 cups Strawberries, sliced

### Dressing:

¾ cup Olive Oil  
½ cup Balsamic Vinegar  
¼ cup Honey  
1 TBSP Poppyseeds  
1 ½ tsp Garlic Powder  
1 tsp Mustard Powder

### Preparation Instructions:

Use a whisk or a fork to mix together the dressing ingredients. Refrigerate for 15 minutes to allow it to set.



Toss the greens, mushrooms, strawberries, and pecans together in a large salad bowl.

Shake the chilled dressing well. Pour into salad mixture and toss again to coat everything evenly with the dressing.

To serve, sprinkle extra pecans on top of the salad or garnish with some strawberry slice.



### Optional:

Add finely chopped red onions and sweet red bell peppers for an extra kick.

<https://www.allrecipes.com/recipe/14388/spicy-strawberry-salad/>

## Advantages of Downsizing Your Home to Prepare for Retirement



There are many advantages to downsizing your home, even if you own it outright:

### Lower Utility Bills:

A large property means big utility bills. You can reduce this cost by living in smaller home.

### Unlock Equity:

If your home is bigger than necessary in retirement, with rooms that you never use or extra spaces that you don't need, you're losing money by heating, cooling, and maintaining these spaces. Selling a large home unlocks equity that can be used in important ways and choose a home that better fits your needs.

### Lower Property Taxes:

Moving to a less expensive home saves on property taxes. Your savings will go farther as a result.

<https://www.money-rates.com/personal-finance/7-ways-to-downsizing-for-retirement.htm>

## Surprising Habits That Can Cut Cancer Risk

In the U.S., cancer is a major health issue. According to the American Cancer Society, the average American's lifetime risk of developing cancer is almost 40%.<sup>1</sup>

Read on for some surprising tips for reducing cancer risk:

### Apricot Kernels

These little seeds found inside



the apricot pit look almost exactly like almonds. They're consumed as a cancer preventative because they contain vitamin B17, also known as laetrile or amygdalin, a substance used in mega-doses in alternative cancer treatment facilities in other countries which don't use chemo or radiation therapies. These doctors and scientists consider deficiency in vitamin B17 to be a contributing factor to risk of cancer.<sup>2,7</sup>

### Iodine

In Japan, where people regularly consume food items like seaweed that contain high levels of iodine, reproductive cancers including breast cancer are rare. Some studies have

shown that other types of cancer can also be prevented by daily application of Lugol's iodine on the skin.<sup>3</sup>

### Fewer Animal Products, More Enzymes

A comprehensive nutrition study, The China Study suggests diets with lower rates of meat and dairy products can reduce cancer risk – some patients who consumed less than 5% animal products could reverse cancer. Why? Some scientists think less animal products in the body frees up pancreatic enzymes that digest animal products for purposes like eating through fibrin sheaths surrounding cancer cells, making them vulnerable to the immune system. Early 1900's research on pancreatic enzymes as a supplement and a stand-alone cancer treatment showed a 13% cure rate with Pancreatic enzyme therapy alone.<sup>4,5</sup>

1 - <https://www.cancer.org/cancer/cancer-basics/lifetime-probability-of-developing-or-dying-from-cancer.html>

2 - <https://thetruthaboutcancer.com/apricot-kernels-for-cancer/>

3 - <https://www.naturalmedicinejournal.com/journal/2014-06/iodine-and-cancer>

4 - <https://nutritionstudies.org/the-china-study/>

5 - <https://drjockers.com/systemic-enzymes-cancer/>

6 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4706056/>

7 - <https://hope4cancer.com/our-therapies/vitamin-b-17-iv-therapy/>

## It Happened In ...



## MARCH

### March 3<sup>rd</sup> 1847 –

Alexander Graham Bell (1847-1922), the inventor of the first telephone, was born in Edinburgh, Scotland to parents Alexander Melville Bell and Eliza Grace Symonds Bell.

### March 11<sup>th</sup> 1918 –

The Spanish Flu reaches America, infecting 107 soldiers stationed at Fort Riley, Kansas. Over the course of the next two years, one-quarter of the United States population becomes infected with the disease, resulting in nearly 500,000 deaths across the country.

### March 31<sup>st</sup> 1889 –

France's most iconic symbol, the Eiffel Tower, opens to the public for the first time. Visitors had to use stairs to climb to the levels of the tower, as the building wasn't finished and the lifts weren't yet functional.

<http://www.historyplace.com/specials/calendar/march.htm>

<https://www.historyextra.com/period/second-world-war/8-historical-events-that-happened-in-march/>

## Benefits of Planting Your Own Garden

Spring is here and that means it's time to go outside and enjoy the pleasant weather! What better way to usher in the season than to plant your own backyard garden? There are a number of benefits to planting fruits and vegetables, but flower gardening is also a worthwhile activity. So get your trowel and gardening gloves ready.

### Improve Health

Gardening can improve your health in a variety of ways. Spending time outdoors means sunshine which helps your body produce more vitamin D, essential for good health. Working with living things like plants is energizing. Research has shown that plants give off electrical energies our bodies need in order to be healthy. Growing your own fruits and vegetables delivers the freshest produce available.

### Exercise

Gardening provides not only aerobic exercise, but the natural motions involved improve flexibility as well as weight bearing work that can maintain bone strength. <sup>1</sup>

### Stress Relief

Being outdoors is a natural stress reliever, but often, people need motivation to go outside even when the weather is nice.

Gardening demands regular time outside and most people find that spending some time in the open air makes them feel more grounded and centered.

### Beautify Your Home

It doesn't matter whether you plant fruits and veggies or flowers, gardens make homes more beautiful. In fact, a mature garden can even increase the property value of your home.

<https://www.burke.org/blog/2016/4/the-benefits-of-growing-a-vegetable-garden/83>

