Detect Glaucoma Early To Protect Vision

Glaucoma is a group of diseases that damage the eye's optic nerve, which carries visual signals from the eye to the brain. If left untreated, glaucoma can lead to vision loss or blindness. But many people with early-stage glaucoma have no symptoms. By the time they're diagnosed, they may have already noticed changes to their side or peripheral vision.

"Studies show that at least half of all people with glaucoma don't know they have this potentially blinding eye disease," says Dr. Paul Sieving, director of NIH's National Eye Institute. "The good news is that glaucoma can be detected in its early stages through a comprehensive dilated eye exam."

With early detection, glaucoma can be controlled through medications or surgery. Early treatment can protect the eyes against serious vision loss.

newsinhealth.nih.gov

Join the Fight Against Superbugs

Can you imagine a world where antibiotics didn't work anymore? You shouldn't have to. But over the past few decades, they've been losing their punch. Bacterial strains that are resistant to many types of antibiotics are called superbugs. Sadly, our excessive use of antibiotics is partly to blame.

Superbugs infect over 2 million people across the U.S. each year and kill more than 23,000. Common forms of superbugs include types of tuberculosis, staph infections like MRSA, and gonorrhea.

You can help in the fight against superbugs. First, there's prevention. Try not to spread infectious bacteria. Wash your hands often. Promote healthy bacteria in your body through exercise and healthy eating.

Your second line of defense is using antibiotics properly. Don't ask for antibiotics if your doctor doesn't recommend them—they should only be taken when necessary. Be sure to take them exactly as directed and finish all your medication, even if you feel better.

We can win this fight with prevention, proper antibiotic use, and research.

HarborChase
Independent & Assisted Living
Memory Care

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HarborChase
Independent & Assisted Living
Memory Care

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Executive Director

Angie Johnson
BOM/Administrator

Shannon Key
RCC

Mary Holley
Director of Sales

Brent Keeton
Director of Maintenance

Darlene Hubbard
Director of Life Enrichment

Happy Birthday!

Jan M./AL.....April 7th
Lillie Key.....April 9th
Amon D./AL.....April 26th

Earth Day Every Day

Earth Day has become a regular fixture on the calendar since 1970. Cities worldwide celebrate with festivals and fundraisers and green community events. April 22 is a day of global environmental appreciation and action, and this year's theme is "Trees for the Earth." The Earth Day Network aims to plant a tree for each of Earth's inhabitants by 2020. Being involved in this initiative is easy enough, so why stop there? Why not celebrate Earth Day every day and effect change on a larger scale? Start a recycling drive in your neighborhood or retirement complex. Plant a community garden. Lead your friends and neighbors in a clean parks initiative and keep your local park or stomping ground green and litter-free. Motivate loved ones to be environmentally conscious. The options are endless.

Consider how often you clean your house. It's one of those things you do regularly, at least to some degree, even when you don't want to. So why not do the same for your home, Earth?

Make New Friends All Through Your Life

Building friendships and creating thriving social circles is a key component of good health throughout your entire life. From Mayo Clinic's HealthQuest newsletter come these suggestions for making new friends no matter how old you are:

- Take your pet for walks. Make conversation with folks who stop to chat.
- Join a hobby group.
- Volunteer in community groups or at a hospital, church or school.
- Take a course at your local community college.
- Shape up while meeting new people in an exercise class.
- Get active in a social cause or goal.
- Go out to lunch with a work or social acquaintance at least once a month.
- Ask a small favor of a neighbor, and do the same for him or her.
- Volunteer to usher at your local community theater.

HarborChase of Jasper AL

April 2018

HarborChase

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **EASTER!** 9:00 Easter History & Traditions 10:00 Silver Sneaker Walkers 2:00 Church Of Christ Easter Service 3:30 April Fools Day Humor 6:30 Person, Place Or Thing? 7:30 Rabbit Characters 8:30 Evening Pilates 10:00 Nightline News	**2** 9:00 Community Coffee 10:30 Sit & Be Fit 2:00 What's Cooking In Darlene's Kitchen? 3:30 Peanut Butter & Jelly Masterpiece 6:30 Mental Aerobics 7:30 Name That Tune 8:30 World News Tonight 9:30 Tranquil YOGA	**3** 9:00 Energizing Yoga 10:00 Share The Colors Of The Rainbow 2:00 Sunday School Lesson with Mr. Matthews 3:30 Fun With Fans & Dancing 6:30 Pedometer Pals 7:30 Person, Place Or Thing 9:00 Late Night Dominoes 10:00 Slumber Stretch	**4** **NATIONAL WALKING DAY** 9:30 Hometown News 10:30 Walk This Way! 2:00 Reading Road Maps vs. GPS 3:30 Walking & Talking 6:30 Wheel Of Fortune Marathon 7:30 Brain Bafflers 8:30 Poker Face 9:30 Stress Buster Tai Chi	**5** 9:00 Coffee Chat/News Currents 10:00 Name The ... Trivia 2:00 Bingo Bonanza 3:30 Walk Fit 6:30 Golfing Greats 7:30 Golf/Who's In It To Win It? 8:30 Share A Smile/Smile Quotes 10:00 Slumber Stretch	**6** 9:00 National News 10:30 Zumba Gold 2:00 Master's Golf Tournament Party 3:30 Celebrate Teflon 6:30 Minute To Win It! 7:30 Hour Of Prayer & Meditation 8:30 Mental Aerobics 10:00 The Chimes of Tai Chi	**7** 9:00 Hometown News 10:00 Walk Fit 2:00 Slinky's Birthday Fun Facts 3:30 Time Magazine Review 4:30 Wisdom Of Aging 6:30 Mexican Train/Dominoes 8:30 Poker Face 9:00 Tone & Stretch YOGA
8 **NATIONAL LIBRARY WEEK** 9:00 Zip 35501 News 10:00 Silver Sneaker Walkers 2:00 Faith & Revival Hour w/Church Of Christ 3:30 Draw A Bird Challenge 6:30 Person, Place Or Thing? 7:00 Buddha Fast Facts 8:30 Evening Pilates 10:00 Nightline News	**9** 9:00 Community Coffee 10:30 Resident Council Meeting 2:00 What's Cooking In Darlene's Kitchen? 3:30 What's In A Name?/Fun Facts About Names 6:30 Mental Aerobics 7:30 Name That Tune 8:30 World News Tonight 9:30 Tranquil YOGA	**10** **NATIONAL LIBRARY DAY** 9:00 Energizing Yoga 10:00 Cover2Cover & Wall2Wall/The Library Experience 2:00 Sunday School Lesson 3:30 Safety Pin Fun Facts 6:30 Pedometer Pals 7:30 Person, Place Or Thing 9:00 Late Night Dominoes 10:00 Slumber Stretch	**11** **WALKING DAY** 9:30 Hometown News 10:30 Cha Cha In Your Chair 2:00 Favorite Pets Follies 3:30 Step It! Step In Strength 6:30 Celebrity Birthday Bio/Richard Barry 7:30 Brain Bafflers 8:30 Poker Face 9:30 Stress Buster Tai Chi	**12** 9:00 News Currents 10:00 Todd Hunter Prayer Service 2:00 Bingo Bonanza 3:30 Celebrating Humor Trivia 6:30 Name That Tune 7:30 Laughing Yoga 8:30 Good Humor Days 10:00 Slumber Stretch	**13** 9:00 Scrabble Day Trivia 10:30 Zumba Gold 2:00 The Power Of Superstition 3:30 13 Fun Facts About Friday The 13th 7:30 Name That Tune 9:00 Mexican Train/Dominoes 10:00 Relaxing Yoga	**14** 9:00 Dolphin Fun Facts 10:00 Trail Blazers 2:00 Person, Place Or Thing 3:30 Minute To Win It! 6:30 Benefits Of Laughter 7:30 Celebrity Birthday Bio/Loretta Lynn 9:00 April In History 10:00 Slumber Stretch
15 **VOLUNTEER WEEK** 9:00 World Art Day/DaVinci Fast Facts 10:00 Trail Blazers 2:00 Church Of Christ 3:30 McDonald's History 6:30 Mental Aerobics 7:30 Domino's Competition 8:30 Old Testament Trivia Team Up 10:00 Laughing YOGA	**16** 9:00 April Quick Quiz 10:30 Sit & Be Fit 2:00 Celebrity Dish 3:30 Boston Marathon/26 Miles Of Agony Of The Feet! 6:30 Laughing Yoga 7:30 Card Sharks/UNO 8:30 Name The ... Trivia 9:00 Zen Meditation	**17** **$$$ TAX DAY $$$** 9:00 Coffee Chat/Whose Picture On MONEY? 10:00 Trail Blazers 2:00 Sunday School Lesson with Mr. Matthews 3:30 Muscle Cars/Ford Mustang 6:30 Checkers Competition 7:30 Tuesday Tunes & Trivia 8:30 Daffy Duck Fast Facts 10:00 Tranquil YOGA	**18** **WALKING DAY** 9:00 Country Crosswords 10:30 Step It! Step In Strength 2:00 Polish Me Pretty Manicures 3:30 Monuments & Sites/Thrilling Delights! 6:30 Trail Blazers 7:30 Person, Place Or Thing? 9:00 Mexican Dominoes 10:00 Chimes Of Tai Chi	**19** 9:00 Coffee Chat/News Currents 10:00 Trail Blazers 2:00 Bingo Bonanza 3:30 Person, Place or Thing 6:30 Back In Time/1st Bicycle 7:30 Invention Of The Bicycle 8:30 Tranquil Stretch 10:00 Sleepless Scrabble	**20** 9:00 USA Today Review 10:30 Zumba Gold 2:00 Party Like A Frog! 3:30 It's Not Easy Being Green/Famous Frogs 6:30 Dice Blackjack 7:30 Mental Aerobics 9:00 Stress Buster Tai Chi 10:00 Sleepless Scrabble	**21** 9:00 Astronomy Fast Facts 10:00 Step In Strength 2:00 Auctioneer's Competition 3:30 Garden Tools Word Search Challenge 6:30 Poetry Pals 7:30 Name That Tune 8:30 Colors Of Spring 9:30 Relaxing YOGA
22 **EARTH DAY** 9:00 Tai Chi Tone Up 10:00 Earth Day/Tree Trivia 2:00 Church Of Christ Service 3:30 Pedometer Pals 6:30 Name The ... Trivia 7:30 National Jelly Bean Day Guess How Many 8:30 Dominoes Challenge 10:00 ESPN News	**23** 9:00 Person, Place Or Thing 10:30 Sittercise w/Darlene 2:00 HarborChase Best Bites 3:30 Talk Like Shakespeare Competition 6:30 Silver Sneakers 7:30 Checkers Competition 8:30 Movie Theatre Magic/Roger Rabbit 10:00 Zen Meditation	**24** 9:00 Person, Place Or Thing 10:00 Bluegrass Pilgrims 2:00 Sunday School Lesson 3:30 Pedometer Pals 6:30 Card Sharks 7:00 Community Crosswords 8:30 Tuesday Tabloids 10:00 Tai Chi & Me	**25** **WALKING DAY** 9:00 Poetry Match Ups 10:30 Chair Cha Cha 2:00 World Penguin Day Fun Facts 3:30 Walk Fit 6:30 Mental Aerobics 7:30 Dominoes Challenge 8:30 Golf Humor 10:00 Tranquil YOGA	**26** **AUDUBON DAY** 9:00 News Currents 10:00 Step In Strength 2:00 Bargain Bingo 3:30 Birds Of America Presentation 6:30 Wheel Of Fortune Marathon 7:30 Mexican Train/Dominoes 8:30 Mystery Quotes Team Up 9:00 Tranquil YOGA	**27** **ARBOR DAY** 9:00 Arbor Day History 10:30 Zumba Gold 2:00 Happy Hour Birthday Celebration 3:30 Friday Funnies 7:30 Circle Of Friends Prayer Circle 8:30 Brain Games Trivial Quiz 10:00 Tranquil YOGA	**28** **NATIONAL DANCE DAY** 9:00 Java Jolt 10:00 Eeyore Fast Facts 2:00 Dancing In Your Seat Challenge 3:30 Person, Place Or Thing 6:30 Superhero Day/Hero's Among Us 8:00 Name That Tune 9:00 Slumber Stretch 10:00 Late Night Dominoes
29 **FULL MOON** 9:00 Recipe For A HAPPY DAY 10:00 Walk Fit 2:00 Faith & Revival Hour 3:30 Brain Bafflers 6:30 Poetry Pals 7:30 Guess The Decade 8:30 Nightline News 9:00 Tone & Stretch Yoga	**30** 9:00 Circle of Friends Prayer & Devotion 10:30 Sittercise w/Darlene 2:00 Gourmet Adventures 3:30 Bugs Bunny Quotes & Fun Facts 6:30 Dice Blackjack 7:00 Puzzling Adventures 8:30 Music Moments/Jazz Greats 9:00 Tranquil YOGA					

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All programs are subject to change due to circumstances beyond our control. Thank you for your understanding.

April

ACROSS

1. April _____ Day
3. Visit animals and their habitats at the _____
4. Plant a tree on this day
6. Let fresh air in by opening your _____
7. Go on a road _____
8. Cook outside on the _____
9. Major League _____ begins
10. Time to tidy up the house
12. Sand and ocean
13. Day dedicated to our planet

DOWN

1. April showers bring May _____
2. Vegetables and flowers grow in the _____
5. A break in April
6. Take your dog out for more _____
7. Time to file your _____
9. Enjoy the outdoors via 2 wheels
11. Take a blanket and basket of food on a _____

Spring

8	3	5	1		4	2	7	
6		7		8			5	
2	9		5			4		3
			6	7		3	2	8
							6	5
			8		2	9	4	
	6	3				5	1	
		8	4		9	6	3	7
1	7		3		6			2

Easy

4		6		1				
2	1						7	
	8				5			1
	9			5			1	4
	4	2		3				
	5			9	2	8		
	3		1				4	9
								7
	2	4			7	1		

Medium

		5		9	4		1	
		9	1		2			
6		7		8		4		
4				6				
7			8					
1	2	8			7			
						6		
8		1	9	4	6			
				1	8		7	

Difficult

Why do we
Make Art?
the Reasons are Endless

The urge to create art—a story or novel, a painting or sculpture, a song or a symphony—seems innate. We do it for any number of reasons, regardless of whether we're likely to become rich or famous for the work.

Children, for example, tend to paint pictures that reflect their individual experience or observations, or else impose order (through designs, patterns and repetition).

Here are some other sources of artistic inspiration:

- To communicate thoughts and feelings with other people
- To construct a more pleasant or favorable environment
- To help other people see ideas more clearly
- To record a specific time, place, person or subject
- To commemorate important people or events
- To reinforce cultural traditions
- To spur social change
- To decorate surroundings (or oneself)
- To explain the unknown
- To challenge oneself

Try this experiment with friends:

Display a few examples of artwork from different cultures and time periods, and ask people to speculate on what inspired their creators. Their answers should give you added insight into what art is all about.

"happiness is a warm puppy."

– Charles M. Schulz

Animal Lovers Unite

April is National Dog Appreciation Month!

America is a country of animal lovers. Many of us, at one time or another, have had at least one pet in our lives. Their companionship and level of devotion is unwavering, solidifying our animal friends as members of our families. We offer them unconditional love, just as they offer the same to us. Mankind's realization of this information helped lead to the creation of the American Society for the Prevention of Cruelty to Animals, or ASPCA, which was founded by Henry Bergh, a well-known diplomat and philanthropist, on April 10, 1866, in New York City. Bergh lobbied for the creation of this organization, explaining to political officials that protecting animals was an important issue relevant to all parties and classes everywhere. He relayed accounts of animal cruelty and easily convinced the New York legislature to sign and pass a document on April 10, 1866, that allowed for the incorporation of the ASPCA. Much thanks to Mr. Bergh for his impassioned pleas, as this organization is vital to the protection of our animals.

BE PATIENT WHEN SEEKING GREAT IDEAS

Whether you're brainstorming on your own or with a team, your goal is to naturally generate creative ideas and solutions as quickly as possible. But don't stop looking for answers too soon. Sometimes an idea will catch everyone's attention early in the discussion, and an immediate consensus will form around it. But further discussion will frequently yield more ideas, some of them better, so you don't want to cut off the flow too soon. Allow your idea-generation process to run its full course, then take a look at your results. The initial winners will still be there, along with some possibly great late arrivals.

HELP SAVE OUR PLANET

Earth Day is an international celebration of the environment, recognized in countries around the world every year on April 22.

The first Earth Day was observed in the U.S. on April 22, 1970, the result of efforts by former Wisconsin senator Gaylord Nelson to bring national attention to the state of the environment. Nelson set out to raise environmental consciousness by staging a country-wide "teach-in."

His idea took off like a rocket. The following spring, more than 20 million people rallied in the largest grassroots mobilization in American history. The first Earth Day helped create the modern environmental movement, as well as the first environmental legislation — the Clean Air Act and the Clean Water Act.

In 2014, more than 1 billion people in 141 countries celebrated Earth Day. This year's observance will similarly be marked with activities from the local to the national level in countries throughout the world.