

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

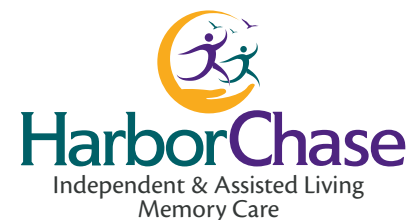
Can you imagine a world where antibiotics didn't work anymore? You shouldn't have to. But over the past few decades, they've been losing their punch. Bacterial strains that are resistant to many types of antibiotics are called superbugs. Sadly, our excessive use of antibiotics is partly to blame.

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.



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*Celebrating
Senior Living*

April 2018

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Happy Birthday!

Jan M./AL.....April 7th
Lillie KeyApril 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.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EASTER 1 9:00 Easter History & Traditions 10:00 Trail Blazers 2:00 Church Of Christ Service 3:30 Person, Place Or Thing 6:30 April Fools Day Humor 7:00 Rabbit Characters 8:00 Evening Pilates 9:00 Nightline News	9:00 Community Coffee 2 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 8:00 World News Tonight 9:30 Tranquil Yoga	8:30 Energizing Yoga 3 10:00 Share The Colors Of The Rainbow 2:00 Sunday School Lesson With Mr. Matthews 3:30 Fun With Fans 6:30 Minute To Win It! 7:30 Person, Place Or Thing 8:30 TV Comedy Trivia 10:00 Slumber Stretch	NATIONAL WALKING DAY 4 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 Mental Aerobics 8:30 Stress Buster Tai Chi 10:00 Sleepless Scrabble	9:00 Coffee Chat/News Currents 5 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 Sports Wrap Up	9:00 National News 6 10:30 Zumba Gold 2:00 Master's Golf Tournament Party 3:30 Celebrate Teflon 6:30 Hour Of Prayer & Meditation 7:30 Word Play Challenge 9:30 Meditation & Relaxation 10:00 Late Night Chess Challenge	9:00 Hometown News 7 10:00 Trail Blazers 2:00 Slinky's Birthday Fun Facts 3:30 Times Magazine Review 4:30 Wisdom Of Aging 6:30 Charades Challenge 7:30 Poker Face 8:30 Best Of SNL 10:00 Late Night Dominoes
NATIONAL LIBRARY WEEK 8 8:30 Read All About It News 10:00 Trail Blazers 2:00 Church Of Christ Service 3:30 Person, Place Or Thing 6:30 Draw A Bird Challenge 7:00 Buddha Fast Facts 8:00 Evening Pilates 9:00 Nightline News	9:00 Community Coffee 9 10:30 Sit & Be Fit 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 8:00 World News Tonight 9:30 Tranquil Yoga	NATIONAL LIBRARY DAY 10 8:30 Energizing Yoga 10:00 Cover2Cover & Wall2Wall/The Library Experience 2:00 Sunday School Lesson 3:30 Safety Pin Fun Facts 6:30 Minute To Win It! 7:30 Person, Place Or Thing 8:30 TV Comedy Trivia 10:00 Slumber Stretch	WALKING DAY 11 9:30 Hometown News 10:30 Chair ChaCha 2:00 Favorite Pets Follies 3:30 Step It! Step In Strength 6:30 Celebrity Birthday Bio/Richard Barry 7:30 Mental Aerobics 8:30 Stress Buster Tai Chi 10:00 Sleepless Scrabble	9:00 News Currents 12 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	9:00 Scrabble Day Trivia 13 10:00 Zumba Gold 2:00 The Power Of Superstition 6:30 13 Fun Facts about Friday The 13th 7:30 Name That Tune 9:00 Mexican Train/Dominoes 10:30 Meditation & Relaxation	9:00 Dolphin Fun Facts 14 10:00 Power Walkers 2:00 Person, Place Or Thing 3:30 Minute To Win It 6:30 Benefits Of Laughter 7:30 Celebrity Birthday Bio/Loretta Lynn 8:30 Best Of SNL 10:00 Slumber Stretch
VOLUNTEER WEEK 15 9:00 World Art Day/DaVinci Fast Facts 10:00 Trail Blazers 2:00 Church Of Christ Service 3:30 McDonald's History 6:30 Old Testament Trivia Team Up 7:30 Mexican Dominoes 8:30 Mental Aerobics 9:30 Laughing Yoga	9:00 April Quick Quiz 16 10:30 Body Rock Fitness 2:00 Celebrity Dish (Cooking) 3:30 Boston Marathon/26 Miles Of Agony Of The Feet! 6:30 Wheel Of Fortune Marathon 7:30 Mental Aerobics 8:30 Poker Face 10:00 Sleep Well Relaxation Tips	\$\$\$ TAX DAY \$\$\$ 17 9:00 Coffee Chat/Whose Picture On MONEY? 10:00 Power Walkers 2:00 Sunday School With Mr. Matthews 3:30 Muscle Cars/Ford Mustang 6:30 Card Sharks/Poker 7:30 Tuesday Tunes & Trivia 8:00 Daffy Duck Fast Facts 10:00 Relaxing Yoga	WALKING DAY 18 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 Mexican Dominoes 8:30 Person, Place Or Thing? 10:00 Stress Buster Stretch	9:00 Coffee Chat/News Currents 19 10:00 Trail Blazers 2:00 Bingo Bonanza 3:30 Person, Place Or Thing 6:30 Back In Time/First Bicycle 7:30 Invention Of The Bicycle 9:00 Tranquil Tai Chi 10:00 Sleepless Scrabble	9:00 USA Today Review 20 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	9:00 Astronomy Fast Facts 21 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 Best Of SNL 10:00 Slumber Stretch
EARTH DAY 22 9:00 Tai Chi Tone Up 10:00 Earth Day Tree Trivia 2:00 Church Of Christ Service 3:30 Heirloom Journals 6:30 Name The ... Trivia 8:30 Dominoes Challenge 9:00 ESPN News 10:00 Meditation For Relaxation	9:00 Person, Place Or Thing 23 10:30 Sittercise w/Darlene 2:00 HarborChase Best Bites 3:30 Talk Like Shakespeare Competition 6:30 Walk Fit 7:30 Checkers Competition 8:30 Movie Theatre Magic/Roger Rabbit 9:00 Zen Meditation	9:00 Step In Strength 24 10:00 Bluegrass Pilgrims 2:00 Sunday School Lesson 3:30 Pedometer Pals 6:30 Person, Place Or Thing 7:30 Card Sharks 8:30 Tuesday Tabloids 10:00 Tranquil YOGA	WALKING DAY 25 9:00 Poetry Match Ups 10:30 Chair ChaCha 2:00 Polish Me Pretty Manicures 3:30 Trail Blazers 6:30 April In History 7:30 Pastime Faces & Places 9:00 Late Night Dominoes 10:30 Zen Meditation	AUDUBON DAY 26 9:00 News Currents 10:00 Power Walkers 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 10:00 Relaxing Yoga	ARBOR DAY 27 9:00 Arbor Day History 10:30 Zumba Gold 2:00 Happy Hour Birthday Celebration 3:30 Friday Funnies 7:30 ESPN Sports Talk 8:30 Brain Games Trivial Quiz 10:00 Evening Pilates	NATIONAL DANCE DAY 28 9:00 Java Jolt/Eeyore Fast Facts 10:00 Mental Aerobics 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 Best Of SNL 10:00 Slumber Stretch
FULL MOON 29 9:00 Recipe For A HAPPY Day 10:00 Power Walkers 2:00 Church Of Christ Service 3:30 Brain Bafflers 6:30 Fireside Poetry 7:00 Guess The Decade 7:25 Night Time News 10:00 Evening Pilates	8:30 Circle Of Friends 30 Prayer Circle 10:30 Sittercise w/Darlene 2:00 Gourmet Adventures 3:30 Bugs Bunny Quotes & Fun Facts 6:30 Team Jenga 7:30 Puzzling Adventures 8:30 Dice Blackjack 10:00 Late Night News					

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).

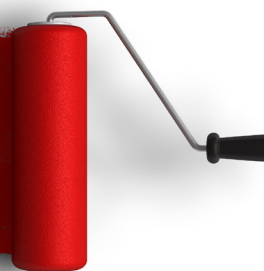
Here are some other sources of artistic inspiration:

- 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

April is National Dog Appreciation Month!

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.

Animal Lovers Unite

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.



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.

