

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



Celebrating Senior Living

The HarborChase Wire: A Monthly Publication of HarborChase Jasper MC

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BOM/Administrator

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RCC

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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.



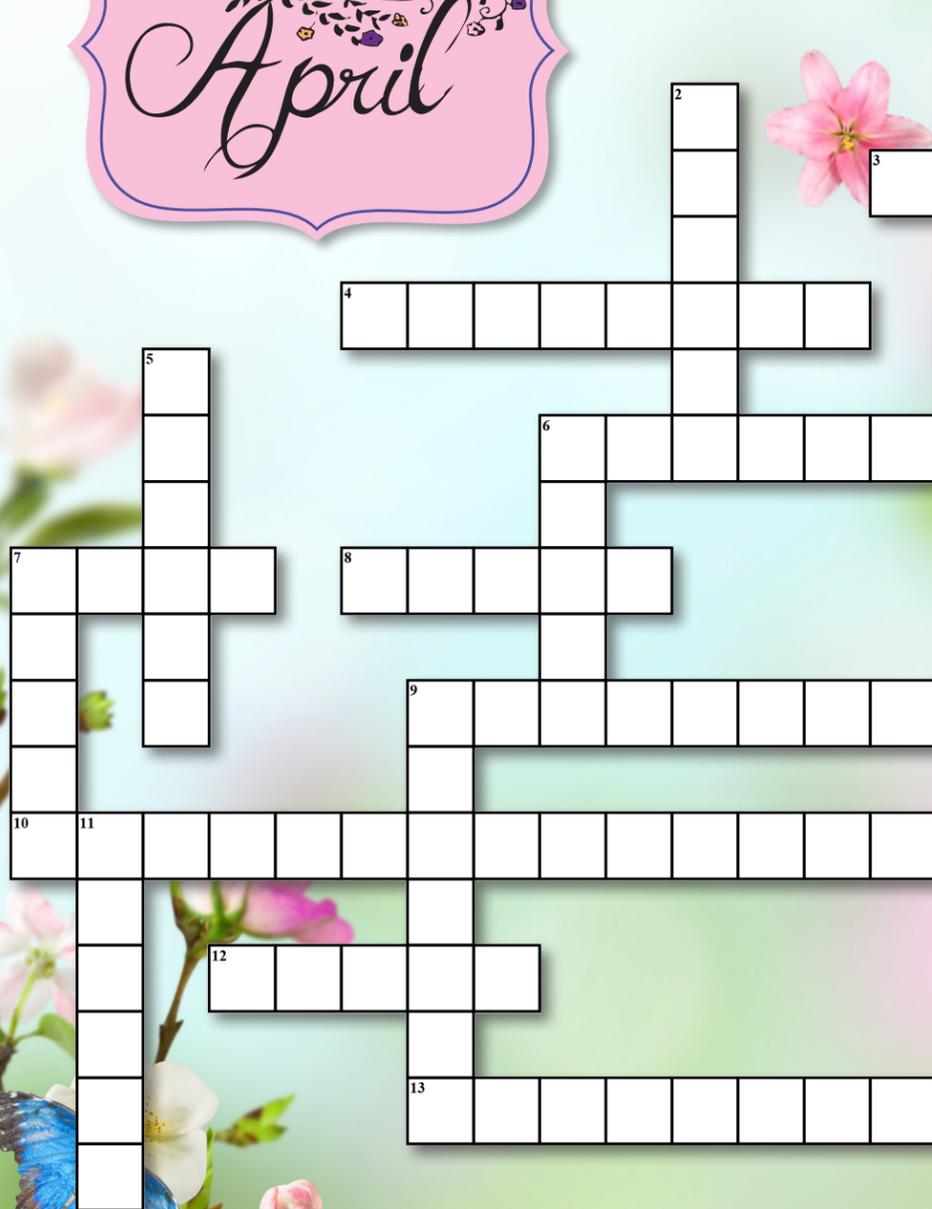
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
EASTER 1 9:00 Easter History & Traditions 10:00 Fit4Life Stretches 2:00 Church Of Christ Easter Services 3:30 Daily Mt. Eagle Review 6:30 April's Fools Day Humor 7:00 Rabbit Characters 8:00 Nightline News 9:00 Soulful Sounds Of Sunset	2 9:00 Community Coffee 10:00 Fit4Life Stretches 2:00 Bargain Bingo 3:30 Peanut Butter & Jelly Masterpiece 6:30 Brain Bafflers 7:30 Checkers Competition 9:00 World News Tonight 10:00 Meditation & Relaxation	3 9:00 Headlines & Horoscopes 10:00 Music & Muscle 2:00 Share The Colors Of The Rainbow 3:30 Memory Lane/Fan Dancing 6:30 Vintage TV/Petticoat Junction 7:30 TV Shows Trivia 8:30 Cool Color Art 10:00 Slumber Stretch	NATIONAL WALKING DAY 4 9:00 Inspirational Reading/Psalms 10:30 Walk This Way! 2:00 Favorite Pet Follies 3:30 Ring Toss Competition 6:30 Reading Road Maps vs. GPS 7:30 Southern Gospel 8:30 Daily Mt. Eagle Review 9:00 Inner Rhythm Yoga	5 9:00 Jasper Hometown News 10:00 Cha Cha In Your Chair 2:00 Golf/Who's In It To Win It?!? 3:30 Golfing Greats 6:30 News Currents Review 7:30 Name The ... Trivia 8:30 Share A Smile/Smile Quotes 10:00 Slumber Stretch	6 9:00 Coffee Chat/News Currents 10:00 Music & Muscle 2:00 Master's Golf Tournament Party 3:30 Celebrate Teflon 6:30 Minute To Win It! 7:30 National Geographic News 8:30 Inner Peace YOGA 9:00 Classic TV/The Golden Girls	7 9:00 Headlines & Horoscopes 10:00 Chair Cha Cha 2:00 Slinky's Birthday Fun Facts 3:30 Color My world 6:30 Diamonds & Gems Trivia Challenge 7:30 Brain Bafflers 8:30 Laughter Is The Best Medicine 9:00 Relaxing Yoga	
NATIONAL LIBRARY WEEK 8 9:00 Bible Humor 10:00 Fit4Life Stretches 11:00 Person, Place Or Thing 2:00 Church Of Christ 3:30 Daily Mt. Eagle Review 6:30 Draw A Bird Challenge 7:00 Buddha Fast Facts 8:00 Nightline News 9:00 Soulful Sounds Of Sunset	9 9:00 Community Coffee 10:00 Fit4Life Stretches 2:00 Bargain Bingo 3:30 What's In A Name?/Fun Facts About Names 6:30 Brain Bafflers 7:30 Checkers Competition 9:00 World News Tonight 10:00 Meditation & Relaxation	10 9:00 Headlines & Horoscopes 10:00 Music & Muscle 2:00 The Library Experience 3:30 Memory Lane/School Liberian's 6:30 Kite History 7:30 TV Shows Trivia 8:30 Cool Color Art 10:00 Slumber Stretch	WALKING DAY 11 9:00 Inspirational Reading/Psalms 10:30 Step In Strength 2:00 Celebrity Birthday Bio/Richard Barry 3:30 Ring Toss Competition 6:30 Name That Tune 7:30 Southern Gospel 8:30 Daily Mt. Eagle Review 9:00 Inner Rhythm Yoga	12 9:00 Jasper Hometown News 10:00 Cha Cha In Your Chair 2:00 Bingo Bogo 3:30 Ring Toss Competition 6:30 Celebrating Humor Trivia 7:30 Good Humor Days 8:30 Name That Tune 9:30 Laughing Yoga	13 9:00 Scrabble Day Trivia 10:00 Music & Muscle 2:00 The Power Of Superstition 3:30 Friday Funnies 6:30 Checkers Competition 7:30 News Currents Review 8:30 Inner Peace YOGA 9:00 Classic TV/Green Acres	14 9:00 Dolphin Fun Facts 10:00 Tone & Stretch 11:00 Person, Place Or Thing 2:00 Celebrity Birthday Bio/Loretta Lynn 3:30 Historic Trees 6:30 Color Me Happy 7:30 It All Happened In April 8:30 Inner Rhythm's Yoga	
VOLUNTEER WEEK 15 9:00 World Art Day/DaVinci Fast Facts 10:00 Trail Blazers 11:00 Daily Mt. Eagle Review 2:00 Church Of Christ Service 3:30 McDonald's History 6:30 Old Testament Trivia 7:00 Domino's Challenge 8:30 Slumber Stretches	16 9:00 Daily Guideposts Bible Scriptures 10:00 Cha Cha In Your Chair 2:00 April Quick Quiz 3:30 Boston Marathon/26 Miles of Agony Of The Feet 6:30 Wheel Of Fortune 7:30 Ring Toss Challenge 9:00 Name The...Trivia 10:00 Slumber Stretches	\$\$\$ TAX DAY \$\$\$ 17 9:00 Magazine Scavenger Hunt 10:00 Music & Muscle 2:00 Coffee Chat/Whose Picture On MONEY? 3:30 Ring Toss Competition 6:30 Checkers Competition 7:30 Muscle Cars/Ford Mustangs 8:30 Nightline News 9:00 YOGA Stretch	WALKING DAY 18 9:00 Country Crosswords 10:00 Step It! Step In Strength 2:00 Monuments & Sites/Thrilling Delights 3:30 Person, Place or Thing? 6:30 Mexican Dominoes 7:30 Classic TV/I Love Lucy 8:30 Daily Mt. Eagle Review 9:30 Slumber Stretches	19 9:00 Upper Room Devotions 10:00 Brain Builders 2:00 Dance Fitness 3:30 Person, Place Or Thing 6:30 Back In Time/First Bicycle 7:30 Great Inventions/The Bicycle 8:30 Classic TV/Hee Haw 9:30 Tranquil YOGA	20 9:00 News Currents Review 10:00 Cha Cha In My Chair 2:00 Party Like A Frog! 3:30 It's Not Easy Being Green/Famous Frogs 6:30 Magazine Scavenger Hunt 7:30 Mental Aerobics 8:30 Fluff & Fold 9:30 Stress Buster Tai Chi	21 9:00 Walk Fit 10:00 News Currents Review 11:00 Name That Tune 2:00 Auctioneer's Competition 3:30 Garden Tools Word Search Challenge 6:30 Chess & Checker Challenge 7:30 Poetry Pals 8:30 Colors Of Spring	
EARTH DAY 22 9:00 Earth Day/Tree Trivia 10:00 Moving To The Music 2:00 Church Of Christ Service 3:30 Guitar Player Greats 6:30 National Jelly Bean Day Guess How Many 7:30 Name The ... Trivia 8:00 Daily Mt. Eagle Review 10:00 Slumber Stretches	23 9:00 Home Town News 10:00 Chair Cha Cha 2:00 Bingo Blitz 3:30 Noon Tunes & Trivia 6:30 Power Steps 7:30 Checkers Competition 8:30 Movie Theatre Magic/Roger Rabbit 9:00 YOGA Stretch	24 9:00 Get Up & Crossword 10:00 Bluegrass Pilgrims 2:00 Manicures & Makeovers 3:30 Ribbon Chair Dancing 6:30 Community Crossroads 7:30 Astrology Facts & Myths 8:30 Tuesday Tabloids 9:00 Best Of Big Band Music	WALKING DAY 25 9:30 Mental Aerobics 10:30 Step It! Step In Strength 2:00 World Penguin Day Fun Facts 3:30 Golf Humor 6:30 Poetry Match Ups 7:30 Mexican Dominoes 8:30 Juke Box Heroes 9:00 Late Show w/Carol Burnette	AUDBON DAY 26 9:00 Upper Room Devotions 10:00 Moving To The Music 2:00 Birds Of America Presentation 3:30 Bird Brain Trivia 6:30 Mental Aerobics 7:30 Mystery Quotes Team Up 8:30 Checkers Competition 9:30 Slumber Stretches	ARBOR DAY 27 9:30 News Currents Review 10:00 Chair Dancing 2:00 Arbor Day History 3:30 Friday Funnies 7:30 April Zodiac 8:30 What's Your Line Trivia 9:00 Relaxing Yoga	NATIONAL DANCE DAY 28 9:00 Amazing Grace Devotion 10:00 Trail Blazers 2:00 Dancing In Your Seat Challenge 3:30 Music To Our Ears Sing Along 6:30 Guess The Proverbs 7:30 Eeyore Fast Facts 8:30 Person, Place Or Thing 9:00 Tranquil YOGA	
FULL MOON 29 9:00 Recipe For A HAPPY Day 10:30 Power Walkers 2:00 Church Of Christ Service 3:30 Cha Cha In Your Chair 6:30 Fireside Poetry 7:00 Guess The Decade 9:00 Nightline News 10:00 Meditation & Relaxation	30 9:00 Hometown News 10:00 Moving To The Music 2:00 Checkers/Dominoes Competition 3:30 Name That Tune 6:30 Puzzling Adventures 7:30 Memory Journal & Nifty Nibbles 8:30 Bugs Bunny Quotes & Fun Facts 9:00 Slumber Stretch						

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
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6		7		8			4	
4				6				
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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

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.

