

## 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](http://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*

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## 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.

[www.HarborChase.com/Naperville.htm](http://www.HarborChase.com/Naperville.htm)





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Easter Sunday</b> 1 9:30 Sunday News (B24) 10:00 Rise & Praise (CLA) <b>10:30 Easter Brunch</b> 11:00 Sunday Stretch (CLA) 2:00 Easter Egg Hunt (CL) 3:00 April Fools & Laughs (CLA) 4:00 Easter Traditions (CLA) 6:00 Cinema Feature: The Unsinkable Molly Brown (CLA)	<b>NCAA Championship</b> 2 9:30 Who Am I? (B24) 10:00 Yoga Stretch (CLA) 11:00 Day at the Spa (CLA) 2:00 Beverly Hillbillies Hoedown (CLA) 3:00 B-Ball Puzzlers (CL) 4:00 Through the Years: NCAA Final Four (CLA) 6:00 NCAA Championship Game (CLA)	<b>Find a Rainbow Day</b> 3 9:30 Wake Up Riddles (B24) 10:15 Be Well Exercise (WC) 11:00 Rainy Crafting (WB) 2:00 Hospitality Meeting (CLA) 3:00 Singing in the Rain Tea (CL) 4:00 Chinese Checker Challenge (CLA) 6:30 BINGO Blitz (CLA)	9:30 Remember When (B24) 4 10:00 Bible Talk (WB) 11:00 Walk it Out (Lobby) 1:30 Live Music w/ Nicole (TC) 2:30 Bunco Bonanza! (CL) <b>3:00 Trip to Target (Lobby)</b> 4:00 A Day Four Fun (CLA) 6:30 Bingo Blitz (CLA)	<b>PGA Master's Begin</b> 5 9:30 Noteworthy News (B24) 10:00 Energizing Exercise (CLA) 11:00 Rummikub Club (CLA) 1:30 PGA Master's Kick Off (CR) 2:00 Crafty Creations: Dandelion Art (CLA) 3:00 Trivia VS Shorewood (CL) 4:00 Floral Design (CL) 6:30 Mini Golf Challenge (CLA)	9:30 Morning Chat (B24) 6 10:30 Catholic Communion 11:00 Morning Stretches (CLA) <b>11:30 Lunch Outing: Jason's Deli (Lobby)</b> 2:00 Culinary Kitchen: Caramel Corn (CLA) 3:00 Wii Golf Tournament (WB) 4:00 Master's Mocktail Hour (CL) 6:30 Cinema Feature: Too Young the Hero	9:30 Wake & Meditate (CLA) 7 10:00 Refreshing Exercise (CLA) 11:00 Refreshing Exercise (CLA) 2:00 Master's Viewing Party (CR) 2:00 Wordsworth Art Hour (WB) 3:00 Love Your Lawn Games (Courtyard) 4:00 Wellness Chat (CLA) 6:30 Cinema Feature: Pillow Talk (CLA)
9:30 Sunday News (B24) 8 10:00 Rise & Praise (CLA) 11:00 Sunday Stretch (CLA) 2:00 Movie Matinee: Caddyshack (CLA) 3:00 Artists' Corner: Draw a Bird Day Creations (WB) 4:00 Karaoke Madness (CLA) 6:30 Cinema Feature: The Caddy (CLA)	9:30 Who Am I? (B24) 9 10:00 Yoga Stretch (CLA) 11:00 Giggles & Guffaws (CLA) 2:00 Passport to the Galapagos Islands (CLA) 3:00 Adventures in Antiquing (CLA) 4:00 Remembering Jumbo the Elephant (CLA) 6:30 Family Feud (CLA)	<b>Rain Forest Day</b> 10 9:30 AM Puzzlers (B24) 10:15 Be Well Exercise (WC) 11:00 Did You Know? All Things Rain Forest (CLA) 2:00 Rain Forest Tea (CL) 3:00 Armchair Travel to the Amazon (CLA) 4:00 100th Day Chat (B24) 6:30 Evening Cards (B24)	9:30 Remember When (B24) 11 10:00 Bible Talk (CLA) 11:00 Refreshing Exercise (CLA) 2:00 Life Enrichment Meeting (CLA) 3:00 Jenga Challenge (CLA) <b>3:00 Trip to Jewel</b> 4:00 Jumbo Crosswords (CLA) 6:30 Cinema Feature: Singing in the Rain (CLA)	9:30 Noteworthy News (CLA) 12 10:00 Chair Chi (CLA) 11:00 Remembering Roosevelt (CLA) 2:00 French Quarter Festival (CL) 3:00 Trivia VS Shorewood (CL) 3:30 Name That Tune! (CLA) 4:00 Floral Design (CLA) 6:00 Love on a Leash (B24)	9:30 Morning Talk (B24) 13 10:30 Catholic Communion (CLA) <b>11:00 Lunch Outing: Omega (Lobby)</b> 11:00 Wake & Stretch (CLA) 2:00 Crafty Creations: Umbrella Door Art (CLA) 3:00 Friday the 13th Social (CL) 4:00 It's 5:00 Somewhere! Scrabble Scramble (CL) 6:30 Cinema Feature: 42 (CLA)	<b>Moments of Laughter</b> 14 9:30 Wake & Meditate (CLA) 10:00 Laughter Yoga (CLA) 11:00 Things That Make You Smile (CLA) 2:00 Wellness Chat: Benefits of Laughter (CLA) 3:00 Art Appreciation Hour (CLA) 4:00 Apples to Apples (CLA) 6:30 Classic TV: Colgate Comedy Hour (CLA)
9:30 Sunday News (B24) 15 10:00 Rise & Praise (CLA) 11:00 Sunday Stretch (CLA) 2:00 Biography of Jackie Robinson (CLA) 3:00 Culinary Kitchen: Fig Newton Creations (CLA) 4:00 Virtual Tour of the Titanic (CLA) 6:30 Documentary Feature: The Titanic (CLA)	9:30 Who Am I? (B24) 16 10:00 Refreshing Exercises (CLA) 11:00 Paper Airplane Contest (CLA) 2:00 Crafty Creations: Orchid Art (CLA) 3:00 Bingo Blitz (CLA) 4:00 Cranium Crunches (CLA) 6:30 Fireside Chats (Courtyard)	<b>Fly a Kite Tuesday</b> 17 9:30 Morning Riddles (B24) 10:15 Be Well Exercise (WC) 11:00 Crafty Creations: Kite Art (WB) 2:00 Fly a Kite Tea (CL) 3:00 Kite Experimentation (Courtyard) 4:00 Merry Melodies (CLA) 6:30 New Resident Mingle (B24)	9:30 Remember When (B24) 18 10:00 Bible Talk (CLA) 10:00 Kiddie Campus Crafters (B24) 11:00 Wake & Stretch (CLA) <b>2:00 Trip to Target</b> 3:00 Did You Know? Animal Cracker History (CL) 4:00 Dragnet Radio Hour (CLA) 6:30 Dynamic Dice Games (CLA)	9:30 Noteworthy News (B24) 19 10:00 Morning Stretch (CLA) 11:00 Dogwood Creations (CLA) 2:00 Resident Council (CLA) 3:00 Trivia VS HC Shorewood 4:00 Floral Design (CL) 6:30 Would You Rather? (B24)	9:30 Morning Chat (B24) 20 10:30 Catholic Communion 11:00 Chair Chi (CLA) <b>11:00 Lunch Outing: Maggiano's (Lobby)</b> 2:00 Live Music w/ Babette (CL) 3:00 Just Rollin' Along Marbles Tournament (CLA) 4:00 Rummikub Challenge (CLA) 6:30 Cinema Feature: On the Town (CLA)	<b>Let's Dance Day</b> 21 9:30 Wake & Meditate (CLA) 10:00 Stretch It Out (CLA) 10:30 Love on a Leash (CLA) 11:00 History of Dance (CLA) 2:00 Arthur Murray Dancing (TC) 3:00 Reach for the Stars Astronomy (CLA) 4:00 Skillful Skip-Bo (CL) 6:30 Cinema Feature: Care Free
<b>Earth Day</b> 22 9:30 Sunday News (B24) 10:00 Rise & Praise (CLA) 11:00 Sunday Stretch (CLA) 2:00 Rainy Day Abstract Painting (CLA) 3:00 Karaoke Madness! (CLA) 4:00 Earthly Puzzlers (CLA) 6:30 Evening TV: Planet Earth	9:30 Who Am I? (B24) 23 10:00 Morning Stretch (CLA) 11:00 Talk Like Shakespeare Challenge (CLA) 2:00 Muffin Mixer (CL) 3:00 Wii Bowling League (WB) 4:00 Remembering America's Li'l Sweetheart: Shirley Temple (CLA) 6:30 Jeopardy (WB)	9:30 Wake Up Riddles (B24) 24 10:15 Be Well Exercise (WC) 11:00 Apples to Apples (CLA) 2:00 Culinary Kitchen: Pigs in a Blanket (CL) 3:00 Storytelling Hour (CLA) 4:00 Just for Laughs: Videos to Make You Smile (CLA) 6:30 A Game of Cards (B24)	<b>Red Hat Day</b> 25 9:30 Remember When (CL) 10:00 Bible Talk (CLA) 11:00 Refreshing Exercises (CLA) 2:00 Crafty Creations: Red Hats Galore (CLA) <b>2:00 Trip to Casey's (Lobby)</b> 3:00 Red Hat Soiree (CLA) 4:00 Kerplunk It! (CLA) 6:30 Rummikub Club (CLA)	<b>National Pretzel Day</b> 26 9:30 Noteworthy News (CLA) 10:00 In a Twist Stretches (CLA) 11:00 Artists' Corner: Watercolor Art (CLA) 2:00 Pretzel Party (CLA) 3:00 Trivia VS HC Shorewood 4:00 Floral Design (CLA) 6:30 Would You Rather? (B24)	<b>Arbor Day</b> 27 9:30 Morning Chat (B24) 10:30 Catholic Communion (CLA) <b>11:00 Lunch at On the Border (Lobby)</b> 11:00 Refreshing Exercise (CLA) 2:00 Branching Out Arbor Day Celebration (CLA) 3:00 Jumbo Crosswords (CL) 4:00 BrainBuzz Game Time (CL) 6:30 Cinema Feature: The Babe	<b>Super Hero Day</b> 28 9:30 Wake and Meditate (CLA) <b>10:00 American Legion (CLA)</b> 10:30 Love On A Leash (B24) 11:00 Super Exercises (CLA) 2:00 Super Mask Designs (CLA) 3:00 Heroic Photo Booth (CLA) 4:00 Super Heroes Through the Years (CLA) 6:30 Cinema Feature: The Avengers
9:30 Sunday News (B24) 29 10:00 Rise & Praise (CLA) 11:00 Sunday Stretch (CLA) 2:00 Duke Ellington Listening Party (CLA) 3:00 Wii Bowling League (WB) 4:00 Plastic Canvas Club (CLA) 6:30 Musical Feature: Oklahoma (CLA)	9:30 Who Am I? (B24) 30 10:00 Morning Stretch (CLA) 11:00 Toys of the Past (CLA) 2:00 Porky's Hare Hunt Social (CLA) 3:00 All That Jazz Trivia (CLA) 4:00 Family Feud (CLA) 4:30 Fact or False (B24) 6:30 Scrabble Scramble (CLA)					

## KEY

CL..... Capone's Lounge  
WB..... Wii Bowling  
CLA ..... Classroom  
CR ..... Clubroom  
WC..... Wellness Center  
TC..... The Cove  
LS..... LaSalle Dining Room







## 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).

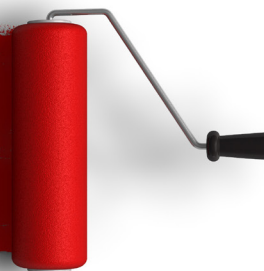
Here are some other sources of artistic inspiration:

- 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.

