

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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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 Sunday 1 9:30 Faith and Fitness 10:00 Praise and Worship 10:30 Easter Bonnet's and Boutonniere's 12:00 Happy Easter Brunch 1:30 Prank Buddy Game 2:00 Easter Basket Treats 3:00 Fun With Words 6:00 Now Showing: The 10 Commandments	2 9:00 Bowling Bonanza 9:30 Special Events: Easter Egg Toss 10:30 Canvas Creations: Charcoal Project 1:00 See It Smell It Taste It 2:00 PBJ & Smoothies Social 3:30 Personal Pace 6:00 Musical Manicures	3 9:00 Rainbow Parachute Review 9:30 Jewelry 101: Rainbow Brooches 10:30 Daily Devotional 1:00 Watercolor Wonders: Fans 2:00 Hey Isn't That..... 3:00 Can you Kerplunk 4:00 Coffee Table Conversations 6:00 Racing Rainbow Colors	4 9:00 Count Your Steps 9:30 Sing a Long With Susie 10:30 Crafting Corner: Pine Cone Roses 10:30 Mass for all 1:00 Yarn Barn: Koala Balls 2:00 Baking Club: Pretzel Turtles 3:30 Puzzle Power 6:00 Fireplace Funnies	Master's Golf Day 5 9:00 Backyard Tee Off 9:30 Pretty Painting: Lady Bugs 10:30 Table Hockey Tournament 1:00 Beautiful Ship Art 2:00 Now Showing: Masters Tournament 3:30 TEE and Sandwiches Social 6:00 Mini Golf Challenge	6 9:00 Chair Yoga 9:30 Blindfold Art Fun 10:30 Occupational Game Time 10:30 Our Daily Bread 1:00 Weird and Wonderful Landmarks 2:00 Snow Cone Social 3:00 Dough Dough: Birds 6:00 Puzzle Power	7 1:00 Lets Play Ball 9:00 Pillow Fight Volleyball 9:30 Gardening Galore:Composting Pots 10:30 Baking Club: Beer Cupcakes 2:00 Baseball Beer and Buns Fun 3:30 Musical Memories 6:00 Now Showing: Sandlot
8 9:00 Pitching Horseshoes 9:30 Praise and Worship 10:00 Our Favorite Hymns 10:30 Flower Festival: Hanging Flower Balls 1:00 First Thing That Comes to Mind 2:00 What's an Impanada 3:00 Musical Manicures 6:00 Finish the Phrase	9 9:00 Spring Stretch 9:30 Comic Strip Guessing Game 10:30 Noodle Kaboodle 1:00 Pet Portraits 2:00 The Cookie Challenge 3:00 Antique Road Show 4:00 Personal Pace 6:00 Now Showing: Carousel	10 9:00 Shoot the Hoops 9:30 Sewing Circle: Basic Blankets 10:30 Funny Sibling Photo's 1:00 Book Art: Shaving Cream Books 2:00 Baseball Hotdogs and More 3:00 Can you Kerplunk 4:00 Coffee and Conversation 6:00 Best of Lawrence Welk	11 9:00 Walking Warriors 9:30 Spring Decor: Candy Dishes 10:30 Domino Demolition 10:30 Mass for all 1:00 Quartet Sing Along 2:00 Can You Fondue? 3:30 Tye Dye Art: Spring Scarf's 6:00 Fireplace Funnies	12 9:00 Simon Says Fitness 9:30 Hey did I Do That? 10:30 Space Art Creations 1:00 Spelling Bee Champions 2:00 Grilled Cheese and Licorice Samplings 3:00 Card Sharks: Uno 3:00 Silly Sing a Long 4:00 Personal Ponderings 6:00 Now Showing: The King and I	Friday the 13th 13 9:00 Target Practice 9:30 Mystery Box Game 10:30 Our Daily Bread 1:00 Calling all Stress Balls 2:00 Lets Celebrate Friday the 13th 3:00 Games Galore: Scramble 6:00 What's in the Bag 10:30 Black Cat Silhouettes	Laughter Day 14 9:00 Laughter Yoga 10:30 Best of Funniest Videos 1:00 Fireplace Funnies 2:00 Roll the Dice and Break the Ice 3:00 Beach Volleyball 4:30 What's My Line 6:00 Tell Me Your Best Joke
15 9:00 Faith and Fitness 9:30 Devine Devotions 10:00 My Favorite Hymns 10:30 Stationary Station: Spring Cards 1:00 Penny Pitch Challenge 2:00 Take a Wild Guess 3:00 Art Adventures: Dot to Dot Art 4:00 Personal Pace 6:00 Musical Manicures	16 9:00 Harbor Chase Marathon 9:30 Travel Log: Runway Landings 10:30 Jewelry 101: Spring Necklace 1:00 Catching Some Sun Catchers 2:00 Finish the Phrase 3:00 Lets Play I Spy 4:00 Puzzling Fun 6:00 Movie Mania: Sister Act	17 9:00 Bend and Stretch 9:30 Original Origami 10:30 Door Decor: Spring Wreaths 1:00 Game Time: Play or Pay 2:00 Can you Karaoke? 3:00 Spring Tea and Sandwiches 4:00 Personal Pace 6:00 Trivia Challenge	18 9:00 Backyard Baseball 9:30 Chalk Art: City Scapes 10:30 Candle Creations: Votive Holders 10:30 Mass For All 1:00 Garden Prep: Painted Flower Pots 2:00 Animal Crackers and Milk Get Together 3:30 Musical Memories 6:00 Animal Planet Marathon	19 9:00 Clothes Pin Ring Toss 9:30 Creative Corner: Pineapple Lamps 10:30 Watercolor Wonders 1:00 High Five Competition 2:00 Build Yourself: Clothespin Dolls 3:00 Personalized Pinatas 4:00 Pinata Break 6:00 T.V. Classics: Andy Griffith	20 9:00 Walking Warriors 9:30 Stick Tricks: Twig Art 9:30 Personalized Piggy Banks 10:30 Brainy Boost 1:00 Senory Sensation: Sand and Clay 2:00 Cookies and Coffee 3:00 Personal Pace 6:00 Residents Choice: Move Time	Let's Dance Day 21 9:00 Get up and Dance 9:30 Dancing with the Stars 10:30 Name that Tune 1:00 Musical Note Cards 2:30 Arthur Murray Dance Lessons 4:00 Personal Pace 6:00 Now Showing: Top Hat
22 9:00 Praise and Worship 9:30 Our Favorite Hymns 10:00 Earth Day Planning 10:30 Around the World: Paper Globes 1:00 Trivia Challenge 2:00 Testing the Jellybean 3:00 Celebrating Planet Earth 4:00 In the News 6:00 Plantet Earth Marathon	23 9:00 Let's Get Hopping 9:30 Wonderful Watercolors 10:30 No Sew Chicks 1:00 Noodle Kaboodle 2:00 Egg-spressions 3:30 What is the meaning of Idioms 4:00 Coloring Creations 6:00 Musical Manicures	24 9:00 Parachute Walk 9:30 Spring Garland Art 10:30 Create Your Own Coaster 1:00 Get to Know Your Weather Forecaster 2:00 April Showers Bring May Flowers 3:30 finish the Phrase 4:00 Stress Free Coloring 6:30 Wheel of Fortune	25 9:00 Exercise to Rhythm 9:30 Outside Cloud Gazing 10:30 Clip Art: Pom Pom Paper Clips 10:30 Mass for all 1:00 Make our Own Bouncy Balls 2:00 Rain or Shine Art Day 3:30 Make Your Own Sundaes 6:00 Puzzle Ponderings	26 9:00 Simple Stretches 9:30 Twig Art: Spring Trees 10:30 Tie-Dye Art: Flowers 1:00 Culinary Corner: Pretzels 2:30 Pretzels and Pop Social 3:30 Finish the Phrase 6:00 Turner Movie Classics	27 9:00 Flying Frisbees 9:30 Nature Prints: Leaf Trees 10:00 Poetry101 10:30 Our Daily Bread 11:00 Garden Galore: Musical Wind Chimes 1:00 Best of Baking: Tree Cupcakes 2:00 Cupcakes and Coffee 3:00 Games Galore 6:00 Family Feud	Super Hero Day 28 9:30 Superman Stretch 10:30 Super Hero Trivia 1:00 Mask Art: Make Yourself a Superhero 2:00 Who's Your Favorite Superhero? 2:30 Superhero Social Gathering 4:00 Puzzle Ponderings 6:00 Now Showing: Spider Man
29 9:00 My Favorite Hymns 9:30 Praise and Worship 10:00 Bend and Stretch 10:30 Build Your Own Birdhouse 1:00 Garden Grooming 2:00 Banana Split Boats 3:00 Textile Treasures: Sand Sculptures 4:30 Personal Pace 6:00 Musical Memories	30 9:00 Backyard Ping Pong 9:30 Painting Yourself: Silhouettes 10:30 Bugs Bunny Trivia 1:00 Baking 101: Oatmeal Raisin Cookies 2:00 Cookies and Coffee 3:30 Personal Pace 6:00 Musical Manicures					

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).

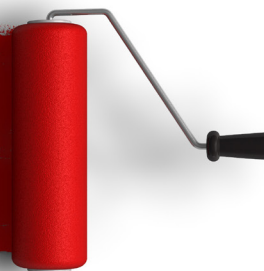
Here are some other sources of artistic inspiration:

- 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.

