Happy Birthday!

Harold H. 4/8
Felicia B. 4/10
Carola N. 4/15
Carlynn C. 4/16
Katerina V. 4/19
Donald H. 4/21
Julie D. 4/23
Cecylia R. 4/25
Ruby P. 4/25
Robert K. 4/25

Welcome!

Laura M. 212
Angelina O. 242

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
Assisted Living • Skilled Nursing

7801 Airport Pulling Rd N.
Naples, FL 34109
239-494-8682

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HarborChase
Assisted Living • Skilled Nursing

The HarborChase Wire: A Monthly Publication of HarborChase Naples HC April 2018

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Barbara Peterson
Director of Nursing AL

Diana Frana
Director of Life Enrichment

Jasmine Matias
Business Office Manager

Kristi Lykos
Sales and Marketing

Cheryl Holderfield
Director of Nursing SNF

Tony Topollaj
Director of Hospitality

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 Naples HC

April 2018

HarborChase

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:30 Daily Scoop 10:00 Prayer Meeting with Al 10:15 East Fun Facts 11:30 Annual Easter Egg Hunt 1:30 Michael Monroe Easter Performance 2:00 Bridge Club 3:00 HarborBuck Bingo 4:15 Front Porch Chatter 6:30 Western Movie Night	**2** 9:30 News Current 10:00 Mind, Body, Soul 10:00 Mental Floss 11:00 Spiritual Conversation With Jim 1:30 Blackjack Tourney 1:30 Name that Tune Group Challenge 2:00 Sunshine Committee 3:00 Bingo with Marge 5:30 The Puzzler	**3** 9:30 Information Central 10:30 Ageless Fitness 11:00 Card Sharks 11:30 Giant Tic Tac Toe Tourny 1:30 Giant Horse Shoe Touney 1:30 Creating With Clay 1:30 Pals With Paws 2:45 Bridge Club 3:00 Bingo with Marge 5:30 The Puzzlers	**4** 9:30 Hot Off The Press 10:00 Group Exercise Class 10:00 Yahtzee 11:00 Its Never Too Late Game 1:30 Where In The World Am I? 2:30 What Would You Do for a Klondike Bar 3:00 Bingo with Marge 5:30 Jenga Tournament	**5** 9:30 Hot Off The Press 9:50 Catholic Communion 10:30 Stretch & Be Fit 11:00 Bible Instruction Class 11:15 Price is Right 1:30 Calling All Card Players 3:00 Bingo with Marge 4:15 Uno Group 6:30 Bridge Club	**6** 9:30 Good News 9:45 Bible Stories With AL 10:30 Music with Rick & Becky 11:00 Front Porch Chatter 11:30 Word Teaser 1:30 Bingo with Marge 3:00 Happy Hour With Glenn Williams 6:30 ESPN Sports Wrap Up	**7** 9:30 News Update 10:00 Cross Word Galore 10:00 Fit Xpress 11:00 Apples to Apples 1:30 New Month Trivia 3:00 Bingo With Marge 4:15 Patio Chatter 5:30 Board Game Galoor 6:30 College Football: Cheer for your School
8 9:30 Daily Scoop 10:00 Prayer Meeting with Al 10:15 Hollywood Actress Quiz 11:30 Would You Rather 1:30 Gregg Clemons Music Performance 2:00 Bridge Club 3:00 HarborBuck Bingo 4:15 Front Porch Chatter 6:30 NFL Super bowl Sunday	**9** 9:30 News Current 10:00 National Cherish An Antique Day 10:30 Mind, Body, Soul 11:00 Spiritual Conversation With Jim 1:30 Blackjack Tourney 1:30 Name that Tune Group Challenge 3:00 Bingo with Marge 5:30 The Puzzler	**10** 9:30 Information Central 10:30 Ageless Fitness 11:00 Card Sharks 11:30 Giant Tic Tac Toe Tourny 1:30 Whos Line Is It Anyways 1:30 Creating With Clay 1:30 Pals With Paws 2:45 Bridge Club 3:00 Bingo with Marge 5:30 The Puzzlers	**11** 9:30 Hot Off The Press 10:00 Group Exercise Class 10:00 Password 11:00 Giant Crossword 1:30 World Parkinson's Disease Day 2:30 What Would You Do for a Klondike Bar 3:00 Bingo with Marge 5:30 Jenga Tournament	**12** 9:30 News Update 9:50 Catholic Communion 10:00 Uno Group 10:30 Stretch & Be Fit 11:00 Bible Instruction Class 11:15 Price is Right 1:30 Laughter Is The Best Medicine Hour 3:00 Bingo with Marge 6:30 Bridge Club	**13** 9:30 News Flash 9:45 Bible Stories With AL 10:30 Music with Rick & Becky 11:00 Thomas Jefferson Day 11:30 Are you smarter than a 5th grader 1:30 Bingo with Marge 3:00 Blue Tones Live Entertainment 6:30 Sports Wrap Up	**14** 9:30 Headline News 10:00 Violin Performance by Sarah 11:30 Pop Up Trivia 1:30 Who Are We? 3:00 Bingo for Bucks 4:15 Scattergories Game 5:30 Movie Cub 6:30 College Basketball Game Day
15 9:30 Information Central 10:00 Devotional with Al 10:15 Numero Uno 11:00 Jackie Robinson Day 1:30 The Best of Times Performance 2:00 Bridge Club 3:00 Bingo for Bucks 4:15 Front Porch Sittin' 6:30 NFL Sunday Fan Club	**16** 9:30 Hot Off the Press 10:00 National Orchid Day 10:30 Ageless Fitness 11:30 Spiritual Conversation with Jim 1:30 An Oldie But A Goodie 1:30 Blackjack Tourney 2:00 Sunshine Committee 3:00 Bingo with Marge 5:30 TV show Classics	**17** 9:30 News Flash 10:00 National Ford Mustang Day 10:00 Stretch & Be Fit 10:15 Resident Store 11:00 Wheel of Fortune 1:30 Pals With Paws 1:30 Uno Card Group 1:30 Creating With Clay 3:00 Bingo with Marge 5:30 HarborChase Card Players	**18** 9:30 Daily Scoop 10:00 Getting to Know You Exercise 10:00 Twister Touney 11:00 Great American Trivia 2:30 Get the Scoop Ice Cream Social 3:00 Bingo with Marge 4:15 Front Porch Talk 5:30 Romance Movie Night	**19** 9:30 News Update 9:50 Catholic Communion 10:00 Surfing for Balance 11:00 Bible Instruction Class 11:30 Whos Line Is It Anyways 1:30 Stress Busters 2:00 Giant Tic Tac Toe Tourney 3:00 Bingo with Marge 4:15 Patio Talk 6:30 Bridge Club	**20** 9:30 News Summary 9:45 Bible Stories With AL 10:30 Music w/ Rick & Becky 10:30 Password 1:30 Bingo with Marge 3:00 Happy Hour With AJ and Carla 3:15 Get Your Board Game On 6:30 ESPN Sports Wrap Up	**21** 9:30 Good News 10:00 Caravan of Love Music Performance 10:30 Its Never Too Late Game 11:30 Get Crafty 1:30 The Brain Game 3:00 Bingo With Marge 5:30 Smell the Flowers 6:30 College Basketball Game Day
22 9:30 Bulletin Update 10:00 Prayer Service with Al 10:15 Who Would Have Thought 11:30 Test Your Memory Bank 1:30 The Book Of Answers 2:00 Bridge Club 2:45 Calling All Card Players 3:00 Bingo Bash 6:30 NFL Sunday Fan Club	**23** 9:30 Daily Scoop 10:00 Tic Tac Toe Touney 11:00 Spiritual Conversation with Jim 1:30 Blackjack Tourney 1:30 Movie Theater Day 2:00 Sunshine Committee 3:00 Bingo with Marge 4:15 Patio Talk 5:30 The Puzzle Hour	**24** 9:30 Hot Off The Press 10:15 Resident Store 10:30 Strength & Balance 11:00 Beads and Buttons Craft 11:30 Giant Jenga 1:30 Pals With Paws 1:30 Questions Unlimited 3:00 Bingo with Marge 5:30 Sorry Board Game Challenge	**25** 9:30 News Current 10:00 Calling All Card Players 11:00 Its Never Too Late Game 11:45 Resident Council 1:30 Red Hat Society Day 2:30 I Scream You Scream Ice Cream Social 3:00 Bingo with Marge 5:30 Make a Friend Board Games 8:00 Comedy Movie Night	**26** 9:30 News Flash 10:30 Move to the Music 11:00 Bible Instruction Class 11:30 Poem In Your Pocket 1:30 Yahtzee 3:00 Bingo with Marge 4:15 Courtyard Strolls 6:30 Bridge Club 11:00 Calling All Card Players	**27** 9:30 Information Central 9:45 Bible Stories 10:30 Music w/ Rick & Becky 11:30 National Babe Ruth Day 11:30 National Cross Word Day 1:30 Bingo with Marge 3:00 Happy Hour With DJ Stevenson 4:15 Puzzle Time 5:30 Classic Movie Showing	**28** 9:30 News Update 10:00 Destiny Church Visit 11:00 Mental Floss 11:30 Team Jeopardy 1:30 National Superhero Day 3:00 Bingo for Bucks 4:15 Patio Talk 6:30 Support Your College Football Team
29 9:30 Information Central 10:00 Joy Fellowship with Al 10:15 Walking Club 11:30 Bean Bag Twister 1:30 Michael Monroe Performance 2:00 Bridge Club 3:00 Bonus Bingo 5:30 Games Galore 6:30 NFL Sunday Fan Club	**30** 9:30 Hot Off The Press 10:00 Stretch & Be Fit 10:00 Mind Games 11:00 Spiritual Conversation With Jim 1:30 Blackjack Tourney 1:30 International Jazz Day 2:00 Sunshine Committee 3:00 Bingo Buzz 4:15 Courtyard Strolls 5:30 Comedy Movie Night					

KEY

AL ..... Assisted Living
IRR..... In Resident's Rooms
HCDR..... Health Care Dining
DR..... Day Room
2..... Second Floor AL

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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.