



Assisted Living Birthdays

Geneva F.....April 12
Janet S.....April 24
Sam M.....April 30

Cove Birthdays

Margaret M.....April 2
Jacquie G.....April 23
Ken N.....April 24

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 • Memory Care
12446 S Van Dyke Road
Plainfield, Illinois 60585
815-408-9893




HarborChase
Assisted Living • Memory Care



The HarborChase Wire: A Monthly Publication of HarborChase Plainfield AL

*Celebrating
Senior Living*

April 2018

Directors

Sandy Gourley
Executive Director

Rob Anderson
Business Office Manager

Yolanda Robbins
Resident Care Director

Jaclyn Minor
Memory Care Director

Kim Cook
Sales Director

Diane Taradejna
Life Enrichment Director

Joe Porretta
Hospitality Director

Dennis Vietoris
Maintenance Director

Linda Cole
Sales Director



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/Plainfield.htm



Designed/Printed by Corwin Design & Graphics Corp.
www.MyCorwinOnline.com • 1-877-CORWIN2



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EASTER SUNDAY 9:00 St. Mary Communion 9:30 TV Sunday Mass 10:00 Sit & Be Fit 10:45 Devotions, Egg-spressions 2:00 Snake Eyes 3:00 Easter Pictionary & Bunny Funnies 4:00 Glamour Nails 4:30 Jelly Bean Hangman 6:30 Cinema: Easter Parade	9:00 News at Nine 10:00 Lift Your Spirits 10:45 Spring GLEE CLUB PRACTICE with Jason 2:00 Roll 'Em 3:00 Crossword Titans 3:30 Time Lapse Travelers 4:00 All Aboard! Trains 6:30 Cinema: John Tucker Must Die	9:00 News in the Bistro 10:00 Body in Motion 10:45 Jeopardy Trivia 11:20 Senior News Currents 1:30 FOOD FORUM 2:00 BINGO Buddies 2:00 Wii Training Class 3:00 Putting for Par 3:30 Bunco Club 6:30 Cinema: What's Your Number?	9:00 News at Nine 10:00 Band Resistance 10:00 Meijer Madness 10:45 Worldly Wonders 2:00 Culinary Queens: Let's Bake! 2:00 Kings in the Corner 3:00 Women's History 3:30 Rosary & Reflection 4:15 Computer Crosswords 6:30 Cinema: A Good Woman	10:00 Sit & Get Fit 10:45 Wisdom Wonders 11:00 All Aboard for Aurelios! 2:00 Bunco 3:00 Kings in the Corner Club 3:30 Nuzzling Maggie 4:00 Wii Warriors 6:30 Cinema: The Other Woman	9:00 News at Nine 10:00 Sitter Fitters 10:45 TED Talk: Will we Teleport? 11:15 Just Saying 2:00 Howling Harborettes 3:00 Master's Golf Tournament Party! Arnold Palmers and Hitting Par 3:30 Nips & Nibbles & New Neighbors 6:30 Cinema: Le Week-End	9:00 News in the Bistro 10:00 Holy Spirit Comm. 10:00 Sit and Be Fit 10:45 Famous Names and a 'Go-With' 2:00 BUNCO! 3:00 Color Me Spring 4:00 Glamour Nails 6:30 Cinema: Little Boy
9:00 St. Mary Communion 9:30 TV Sunday Mass 10:00 Sit & Be Fit 10:45 Devotions, Chronicles, Quiz Me A to Z 2:00 Snake Eyes 3:00 April Pictionary 4:00 Glamour Nails 4:30 What Am I? 6:30 Cinema: Some Kind of Beautiful	9:00 News at Nine 10:00 Lift Your Spirits 11:00 Spring GLEE CLUB PRACTICE with Jason 1:30 YOGA with Julie 2:00 Roll 'Em 3:00 Crossword Titans 3:30 State Trivia & Puzzles 4:00 Inspiration: Unlikely Friends 6:30 Cinema: Firehouse Christmas	10:00 Body in Motion 10:00 CREATIVE WORLD! 10:45 Jeopardy Trivia 11:20 Me and My Shadow 11:20 Senior News Currents 2:00 BINGO Buddies 2:00 Wii Training Class 3:00 Putting for Par 3:30 Bunco Club 6:00 Angels Grace Hospice Sponsors Family BINGO	9:00 News at Nine 10:00 Band Resistance 10:00 Meijer Madness 10:45 Worldly Wonders 2:00 Sugar Cookie Cuties 2:00 Kings in the Corner 3:00 Visit Your Home State 3:30 Rosary & Reflection 4:15 Computer Crosswords 6:30 Cinema: The Light Between the Oceans	9:00 News in the Bistro 10:00 Music & Motion 10:45 Wisdom Wonders 11:00 Par For the Course 2:00 Snake Eyes 3:00 Kings in the Corner Club 3:30 Nuzzling Maggie 4:00 Book Worms: Happily Ever After 4:00 Wii Warriors 6:30 Cinema: The House	Moments of Laughter 9:00 News at Nine 10:00 Fit for Life 10:45 Happy Wife - Happy Life 2:00 Howling Harborettes 3:00 Wii Golf & the 19th Hole 3:30 Nips & Nibbles & Your Favorite Jokes 6:30 Cinema: The Wilde Wedding	10:00 Sitter Fitters 10:45 Chronicles, Devotions & Brain Drain 2:00 Bunco Buddies 2:00 Color Me Relaxed 3:00 Spring Hangman 4:00 Glamour Nails 6:30 Cinema: The Meddler
9:00 St. Mary Comm. 9:30 TV Sunday Mass 10:00 Sit and Be Fit 10:45 Solve the April Quote 2:00 Snake Eyes 3:00 Glamour Nails 4:00 You Be the Judge 6:30 Cinema: Landline	9:00 News at Nine 10:00 Body in Motion 11:00 Spring GLEE CLUB PRACTICE with Jason 2:00 Roll 'Em 3:00 Crosswords 3:30 Inspiration: Vet & Toddler 4:00 Trivia: Which Came First 6:30 Cinema: Unleashed	9:00 News in the Bistro 10:00 Weight Resistance 10:45 Rhyming Trees 11:20 Senior News Currents 1:30 Private Resident Council 2:00 Resident Council 2:00 Wii Training Class 3:00 BINGO ! 3:00 Wii BOWLING 6:30 Cinema: How to Be a Latin Lover	9:00 News at Nine 10:00 Sitter Fitters 10:00 Walmart Shoppers 10:45 Worldly Wonders 2:00 Be a Wiz at the Word Wheel 2:45 Time Lapse Photography 3:30 Rosary & Reflection 4:15 Beat the Computer at Crosswords 6:30 Cinema: The Edge of Seventeen	FAMILY NIGHT 10:00 Stretch & Tone 10:45 Wisdom Wonders 11:00 Lunch Bunch 2:00 Snake Eyes 3:00 Kings in the Corner Club 4:00 Reminisce: Dance Halls of the 1940's 6:15 Let's Dance! Sandi Haynes & Sarge Perform Dance Magic!	9:00 News at Nine 10:00 Plainfield North High School VISIT & SPRING CRAFT 10:00 Tone Your Body 11:30 Jeopardy Trivia 2:00 Howling Harborettes 3:00 Wii Golf & Arnold Palmers 3:30 Nips & Nibbles & New Neighbors 6:30 Cinema: Boyhood	9:00 News in the Bistro 10:00 Holy Spirit Comm. 10:00 Stretch & Tone 10:45 Chronicles/CraniumCrunches & Devotions 2:00 BUNCO! 3:00 5 Second Rule 4:00 Glamour Nails 6:30 Cinema: Short Term 12
9:00 St. Mary Communion 9:30 TV Sunday Mass 10:00 Build Your Body 10:45 Team Trivia & What Am I? 2:00 Snake Eyes 3:00 Penny Ante 4:00 Do You Know? 6:30 Cinema: The Spectacular Now	10:00 Lift Your Spirits 10:45 Arbor Day Trivia 12:00 Circle of Friends: Lunch 2:00 Circle of Friends: Games 2:00 Snake Eyes 3:00 Jelly Bean Day: Guess the flavor 3:00 Laughter: Funny Videos 4:00 Pastimes: Cats 6:30 Cinema: Stronger	10:00 Body in Motion 10:45 Inspirational Readings 11:20 Me and My Shadow 11:20 Senior News Currents 2:00 BINGO Buddies! 2:00 Wii Training Class 3:00 Wii Sports 3:30 Beat 'Em at Bunco 6:30 Cinema: A Ghost Story	9:00 News at Nine 10:00 Band Resistance 10:00 Meijer Madness 10:45 Worldly Wonders 2:00 Snake Eyes 3:30 Rosary & Reflection 4:15 Be a Wiz at the Word Wheel 6:30 Cinema: Table 19	10:30 Stretch Exercise 10:45 Wisdom Wonders 11:00 Breakfast, Anyone? 11:00 GLEE CLUB with Jason 2:00 Snake Eyes 3:00 Group Puzzle 3:00 Kings in the Corner Club 4:00 Wii Warriors 6:30 GLEE CLUB CONCERT: Across America on Rt. 66 with Jason	SUPER HERO DAY! 10:00 Stretch for Strength 10:45 Trivia: Cartoons, Comic Books & Funny Papers 1:00 HONORING OUR LOCAL HEROES! A Bus Full of Love & Lunch 2:00 Howling Harborettes 3:00 Wii Sports 3:30 Nips & Nibbles 6:30 Cinema: Wonder Woman	9:00 News at Nine 10:00 Tone Your Body 10:45 Arbor Day Trivia: Rhyming Trees, Types of Trees & Tree Poems & Songs 2:00 Bunco 3:00 Planting Trees Hangman 4:00 Glamour Nails 6:30 Cinema: All Nighter
9:00 St. Mary Communion 9:30 TV Sunday Mass 10:00 Move to the Music 10:45 Chronicles, Devotions Shout It Out! 2:00 Snake Eyes 3:00 You Be the Judge 4:00 Glamour Nails 6:30 Cinema: Fist Fight	9:00 News at Nine 10:00 Sitter Fitters 10:45 Chronicles, Devotions & Ode to Bugs Bunny 1:30 YOGA with Julie 2:00 Roll 'Em 3:00 Who Wants to be a Millionaire? 4:00 Test Your Luck On The Word Wheel 6:30 Cinema: Going in Style					Masters Golf Tournament Party 4/6 YOGA with Julie 4/9,30 Creative World Visits 4/10 Angels Grace Family Bingo 4/10 Moments of Laughter 4/13 Family Night - Let's Dance! 4/19 Glee Club Concert: Rt 66 4/26 Super Heros - Lunch Run to First Responders 4/27

April

1

2

3

4

5

6

7

8

9

10

11

12

13

ACROSS

- April _____ Day
- Visit animals and their habitats at the _____
- Plant a tree on this day
- Let fresh air in by opening your _____
- Go on a road _____
- Cook outside on the _____
- Major League _____ begins
- Time to tidy up the house
- Sand and ocean
- Day dedicated to our planet

DOWN

- April showers bring May _____
- Vegetables and flowers grow in the _____
- A break in April
- Take your dog out for more _____
- Time to file your _____
- Enjoy the outdoors via 2 wheels
- Take a blanket and basket of food on a _____

Celebrating Senior Living!

Our HarborChase Family

Card Sharks!

St. Paddy's Day at the Tilted Kilt

Don't even THINK about touching my pancakes!

A few of our finest St. Patrick's Day Concert Singers

We had many Cats in the Hats for Dr. Seuss Day!

Arlene and John reminisced to all the Big Band tunes.

Janet really enjoyed the performance!

HC PLAINFIELD

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.

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.

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.

“happiness
is a
warm puppy*”

– Charles M. Schulz

April is National Dog Appreciation Month!



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.