

## 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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*Celebrating Senior Living*

## 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.

BIRTHSTONE – Diamond

FLOWER – Sweet Pea

ZODIAC – Aries/Taurus


### Special Dates

Passover.....	3/30-4/07
All Fools' Day.....	4/01
Easter .....	4/01
National Pet Day.....	4/11
Income Tax Day .....	4/17
Earth Day .....	4/22
National Volunteer Week.....	4/23-29
Administrative Professionals' Day .....	4/25
Arbor Day.....	4/27







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Easter Sunday 9:15 Joy Fellowship Morning Worship-C 10:15 Incarnation Church 11:00 Proficient Pictionary-L 12:00 Easter Lunch 1:30 Pondering on Puzzles-FL <b>4:00 Easter Celebration with Chalyce-L</b> 6:30 Duplicate Bridge-FL</div> <div>1</div>	<div>9:30 Sing &amp; Get Fit-L 10:30 PB&amp;J at Lido Beach 1:30 Putting on the Green-CY 3:00 Inspire with Art-AR 4:00 What's the Buzz Trivia Challenge--L 6:30 Mahjong Matriarchs-L</div> <div>2</div>	<div>9:30 Work it Out-TR 11:00 History of the Pony Express-L 1:30 Rockin Rummikub -FL 3:00 Great American Poets-L 4:00 Drum Circle with Edsel-L 6:30 Poker Playoffs-FL</div> <div>3</div>	<div>9:30 Publix/Banks 11:00 'I Have a Dream'-L 1:30 Monthly Activity Meeting-L <b>3:00 Passover Observation with JFCS-TR</b> 4:00 Television Tunes with Eric Vaughn-L 6:30 Bridge with Rachel-FL</div> <div>4</div>	<div>9:30 Check your Reflexes-TR <b>11:00 Nine Iron or Putter?-L</b> 1:30 Musical Memories-L 3:00 PGA's Proudest Moments-L <b>4:00 Masters of Golf Party-L</b> 7:00 Movie 'The Short Game'-L</div> <div>5</div>	<div>9:30 Walking Club-FL <b>11:15 Lunch at Fire House Subs</b> <b>2:00 Live Jeopardy w/ April-L</b> 3:00 Dueling Dominos-FL <b>4:00 Roy Rogers Comes to Life-L</b> 7:00 Classic Cinema-'Duck Soup'-L</div> <div>6</div>	<div>10:00 Sing &amp; Be Fit-L <b>10:00 Sarasota Downtown Arts &amp; Crafts Festival</b> 11:00 Remember &amp; Repeat'-L 1:30 Language Lexicon-L 3:00 How Tiger Woods Changed Golf-L 4:00 Play on Words-L 7:00 Movie 'Sully'-L</div> <div>7</div>
<div>10:15 Incarnation Church 11:00 Proficient Pictionary-L <b>1:15 Ski A Rees Water Ski Team</b> 3:00 Buddhism Fact or Fiction-L 4:00 Pretzels&amp; Pictionary-L 6:30 News Currents Discussion Group-FL</div> <div>8</div>	<div>9:30 Sing &amp; Get Fit-L 11:00 What's the Sequence-L 1:30 What's Your Story?-L <b>3:00 'Lady Day' Queen of Jazz-L</b> 4:00 Jazz Greats -L 6:30 Mahjong Matriarchs-L</div> <div>9</div>	<div>9:30 Work it Out-TR <b>11:00 Expressive Painting with Kat-AR</b> 1:30 Rockin Rummikub -FL 3:00 Shakespearean Satire-L 4:00 Who was Joseph Pulitzer-L 6:30 Backgammon Anyone?-L</div> <div>10</div>	<div>9:30 Publix/Banks 11:00 Creative Crafts-Serving Trays-AR 2:00 Burlington Shopping 3:00 How Do they Work? (Submarines)-L 4:00 Rock of Ages with the Wanna Bees-LL 6:30 Bridge Class with Rachel-FL</div> <div>11</div>	<div>9:30 Morning Yoga-L 11:00 US Landmarks-L 1:30 Sing A Long Classics-L 3:00 Million Dollar Coins-L 4:00 DaVinci's Demons-L 7:00 Rummy Ramblers-FL</div> <div>12</div>	<div><b>9:30 Chair Pilates-L</b> <b>11:00 The Secret Life of Thomas Jefferson-L</b> 1:30 Remember &amp; Repeat-L 3:00 Stock Market Statistics-L <b>4:00 Joy of Percussion-L</b> 7:00 Friday Night Film-'Bridges of Madison County'-L</div> <div>13</div>	<div><b>9:30 Laughing Yoga-L</b> <b>11:00 Mote Marine Lecture-L</b> 1:30 Battle of the Sexes'-AR 3:00 Laughter is the Best Medicine-L <b>4:00 Comedians &amp; Cosmos-L</b> 7:00 Comedy-'Quartet'-L</div> <div>14</div>
<div>9:15 Joy Fellowship Worship-C 10:15 Incarnation Church 11:00 This Day in History-'The Titanic'-L <b>1:30 Gem Jewelry &amp; Bead Show</b> 3:00 Google Earth Bora Bora-L 4:00 Mind Joggers-FL 7:00 Documentary 'The Kennedy's'-L</div> <div>15</div>	<div>9:30 Chair Yoga-TR 11:00 Silent Film Pioneers Pickford &amp; Chaplin-L 1:30 Sequence Challenge-FL 3:00 Stress Busters-L <b>4:00 What's the Buzz Trivia?-L</b> 6:30 Mexican Dominos-FL</div> <div>16</div>	<div>9:30 Meditation Circle-TR 11:00 Arts A Blaze-Glass Creations-AR 1:30 Remember When-L 3:00 Horse Shoes on the Green-CY <b>4:00 New Resident Social w/ Dave Mankas-L</b> 6:30 Tea &amp; Scones-FL</div> <div>17</div>	<div>9:30 Publix/Banks 9:30 Sit and Be fit-TR 11:00 Craft Corner-'Serving Trays'-L <b>1:30 AMC Movie Outing</b> 4:00 Sassy Serenades with Rob Satori-L 6:30 Refresh your Bridge Game-FL</div> <div>18</div>	<div>9:30 Move and Grove-TR 11:00 Who was the Red Baron?-L 1:30 Name that Tune-L 3:00 'Shot Heard Around the World'-L 4:00 All the Presidents Wives-L 6:30 News Currents Discussion Group-FL</div> <div>19</div>	<div>9:30 Walk with Me-FL 11:00 Art History-Italian Renaissance-L 1:30 Scrabble Anyone? 3:00 Shabbat Services w/ JFCS-TR <b>4:00 Jazz Jingles w/ Joe Thayer-L</b> 7:00 Netflix Presents-'Calendar Girls'-L</div> <div>20</div>	<div>10:00 Sing &amp; Be Fit-L 10:00 Target &amp; Dollar Store 11:00 The Life &amp; Times of Miles Davis-L 1:30 Hand &amp; Foot-FL 3:00 Constellations of the Milky Way-L <b>4:00 Name that Tune Jazz Compositions-L</b> 7:00 Documentary 'Chasing Train'-L</div> <div>21</div>
<div>10:15 Incarnation Church 11:00 Newspaper Highlights-FL 1:30 Rock your Rocks-AR 3:00 Fact or Fiction-Ronald Reagan-L 4:00 Cheers for Beer-L 6:30 Table Games-FL</div> <div>22</div>	<div>9:30 Fitness Trail-TR 11:00 Card Making with Debbie-AR 1:30 Wheel of Fortune-L 3:00 'Gold Rush' Past and Present-L 4:00 Head Games-L 7:00 Evening Stretches-AR</div> <div>23</div>	<div>9:30 Chair Zumba-TR 11:00 Why our Pets are so Good for Us?-L 1:30 Pinnacle Players 3:00 The Marx Brothers-L 4:00 Wet your Whistle Word Games-L 6:30 Fox News Update-L</div> <div>24</div>	<div>9:30 Jazzercise-TR 9:30 Publix/Banks 11:15 Toojays Deli 1:30 Humorous Charades-L 3:00 Cultural Dances-L 4:00 Sinatra Classics with Johnny Casablanca-L 6:30 Duplicate Bridge-FL</div> <div>25</div>	<div>9:30 Cardio Corner -TR 11:00 Avant -garde-L 1:30 Finish the Song-L 3:00 Understanding the Richter Scale-L 4:00 Piano Classics w/ Cheryl-L 6:30 News Currents-Discussion-FL</div> <div>26</div>	<div>9:30 Chair Cardio-TR 11:00 All About 'The Babe'-L <b>1:30 Resident Council-L</b> 3:00 Music &amp; Memories-L 4:00 Rat Pack Renditions by Joe Sardo-L-L 7:00 New Cinema 'Red'-L</div> <div>27</div>	<div>10:00 Swing &amp; Sing-L <b>11:00 The World of Marvel &amp; DC Comics (Super Hero Trivia)-L</b> 1:30 Let's Monopolize-FL 3:00 Bocce Ball-CY 4:00 Beer &amp; Nuts-L 7:00 Marvels 'Avengers'-L</div> <div>28</div>
<div>9:30 Morning Chats-FL 10:15 Incarnation Church 11:00 Rosary Group-FL 1:30 Holistic Remedies-L <b>2:15 Suncoast Concert Series</b> 4:00 Pick your Poison-L 6:30 News Currents Discussion Group-FL</div> <div>29</div>	<div>9:30 Fabulous Fitness-L <b>11:00 Mini Cupcake Bakeoff-DK</b> 1:30 Corn Hole Champions-L 3:00 Hairstyles Through the Ages-L <b>4:00 April Birthday Celebration w Chaylce Sullivan -L</b> 6:30 Puzzle Playoffs-FL</div> <div>30</div>	<div><div>AR .....2nd floor Activity Room L..... 1st floor Lounge WC..... 2nd floor Wellness Center TC ..... The Cove TR.....2nd floor Theatre Room CY ..... Court Yard FL ..... Front Lobby DK..... Demo Kitcheno</div></div>				







## 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.

### 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.

“happiness  
is a  
warm puppy\*”

– Charles M. Schulz



## Celebrating Senior Living!

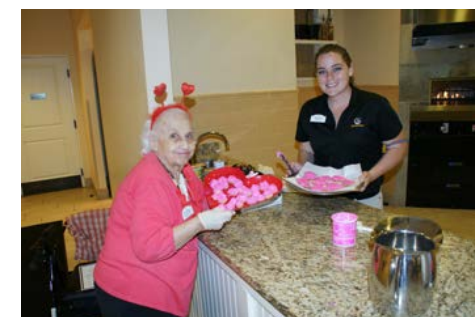
## Our Family Photo Album!



### Building Friendships



### Such wonderful engagement



### Capturing Moments