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.

HarborChase
Assisted Living • Memory Care

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Assisted Living • Memory Care

The HarborChase Wire: A Monthly Publication of HarborChase Sarasota MC **April 2018**

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

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 Sarasota • The Cove

April 2018

HarborChase

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:30 Sing and Exercise **10:30 Food 911 'Rice Krispie Nests** 1:30 Silver Parachutes -CY **2:30 Craft Corner 'Curious Little Bunny Pots'** **3:45 April Fools': Origin and History** 4:00 Easter Celebration with Chalyce-L 6:30 American Crossword	**2** 9:45 Cardio Corner **10:30 Picnic at the Beach w/ 'Peanut Butter and Jelly Spread'** 1:30 The Cove Boom Whakers' 2:30 Finish the Lyrics **3:15 Porch Chatter '100 Great Children's Books'** 4:00 Entertainment-L 6:30 Everything About Me 8:00 Fish Tank Floorshow	**3** 9:45 Fitness On the Go **10:30 Fan Dance Tutorial** **1:30 Google-Doodle Pony Express** **2:30 Chef in Training 'Stuffed Strawberries'** **3:30 Chatter Club 'Find a Rainbow'** 4:00 Beethoven Rhapsody w/ Cheryl-C 6:30 News Currents Chat	**4** 9:45 Move and Be Fit 10:30 Impressionism: A Look to Isaac Levitan 1:30 Name that Tune 2:30 Arm Travel 'Cayman Islands' 3:30 Listmania 'Fruits' 4:00 Television Tunes with Eric Vaughn-L **6:30 Trudge with Friends-CY** 8:00 News and Views	**5** 9:45 Fitness On the Go **11:00 Party Dance w/ Brenda** 1:30 Corn Hole Matchup- CY 2:30 Penny Ante **3:00 Fantasy Jewelry** 4:00 Karaoke Tug-of-War 6:30 The Puzzle Club 8:00 Remember When	**6** 9:45 Chair-Cizing **11:15 Lunch at Fire House Sub- sign up** 1:30 Ladder Game Trial-CY 2:30 Army Memorabilia **3:00 Calling the Artists 'Button Bowl'** 4:00 Entertainment-L 6:30 Simon Says 8:00 All about Me	**7** 9:45 Sing & Be Fit **10:30 Sweet Genius 'Root-beer Floats'** 1:30 Knock the Ball Series 2:30 Finish the Sentence **3:00 Singing with 'The Sparrow'** 4:00 Remember When 'My first TV' 6:30 News and Views
8 **9:15 Joel Osteen Lake Wood Church** 9:45 Sing and Be Fit 1:30 3 Hoops and a Ball **2:00 Masters Golf 2018 Tournament Party** **3:15 Drawing Class 'Birds'** 4:00 Movie Memorabilia **4:30 Historynet 'Significance of Vesak-Buddha Day** 6:30 News Current Discussion	**9** 9:45 Chair Dancing **10:30 History Learning 'Winston Churchill'** 1:30 Sing Along with Cheryl-C 2:30 Finish the Lyrics **3:15 'Cherish An Antique': 5 Pieces That Stole Our Hearts** 4:00 Entertainment-L 6:30 Everything About Me 8:00 Fish Tank Floorshow	**10** 9:45 Fitness On the Go **10:30 Lama Love-C** 1:30 The Cove Boom Whackers **2:30 Kessen Kitchen 'Chocolate Blueberry Clusters'** **3:30 Travelogue 'Colombia'** 4:00 A Look at Egyptian Art 6:30 Table Games Tournament 8:00 Music Medley	**11** 9:45 Move and Be Fit **10:30 Cupcakes War Decoration** **1:30 The Cove Barbershop Quartet** **2:00 Drum Therapy with Edsel-C** **3:30 Louie Louie - The Kingsmen** 4:00 Rock of Ages with the Wanna Bees-L 6:30 News and Views	**12** National Pet Day 9:45 Fitness On the Go **10:30 FoodCrafters 'Grill Cheese Sandwich'** 1:30 Silver Parachutes-CY 2:00 Dan Kaplan Recital-C 3:15 Historynet 'Women's Rights' 4:00 H2H Sport Trivia 6:30 The Puzzle Club 8:00 Remember When	**13** 9:45 Chair-Cizing **10:30 Kooky Kitchen 'Strawberry Ice Cream Sandwiches'** 1:30 Corn Hole Clash-CY **2:30 Thomas Jefferson 'Biography, Political Career, & Facts'** 3:00 Garden Oasis **4:00 Giant Scrabble Challenge** 6:30 News and Views	**14** 9:30 Sing & Be Fit **10:30 America's Best Bites 'Caramel Pecans'** 1:30 3 Hoops and a Ball 2:30 Ice Tea and Laught-Porch **3:00 Ocean Currents 'Seven Charming Dolphin'** 4:00 Karaoke 'Oldies but Goodies' 6:30 Mellow Music
15 **9:15 Joy Fellowship Morning Worship** 9:45 Sing and Be Fit 10:30 Food 911 'Nutella Spread' 1:30 Indoor Volleyball Trial 2:30 Watercolor DaVinci 'The Mona Lisa' **3:30 Jackie Robinson 'The Man and The Baseball Player'** **6:30 Cinemahistory '42'**	**16** 9:45 Chair Fitness **10:30 Chat Chatters 'Orchids - Beautiful Phalaenopsis Plants** **1:30 Piano Classic with Cheryl-C** 2:30 World Wildlife 'Elephants' 3:30 Giant Jenga Play-off 4:00 Entertainment-L 6:30 Pondering for Puzzles 8:00 Relax and Reflect	**17** 9:45 Fitness On the Go **10:30 The Iconic Ford Mustang** 1:30 Lest Compose a Song with Cheryl 2:30 Impressionism 'A Look at Diego Rivera' **3:30 Kooky Kitchen 'Chocolate Chip Cookies'** 4:00 Arm Travel 'Brazil' 6:30 Remember When 8:00 Music Medley	**18** 9:45 Yoga Fitness **10:30 Kitchen Casino 'Crepes'** 1:30 Finish the Lyrics **2:30 Cultural Routes 'Monuments and Site'** 3:30 Music Memorabilia 4:00 Sassy Serenades with Rob Satori-L 6:30 News and Views 8:00 Fish Tank Floorshow	**19** 9:45 Fitness On The Go **10:30 Sweets Showdown 'Whipped Cream Fruit Salad'** 1:30 Juice Pong Challenge **2:30 A Day in History 'Bicycle Day'** 3:30 Herb Master Centerpiece 4:00 Karaoke Competition 6:30 Relax and Reflect 8:00 News Currents	**20** 9:45 Step on It **10:30 Local Flavor 'Sundae'** 1:30 Indoor Volleyball League **2:30 Salsa Classes with Laritza-C** 3:30 Listmania 'Animals' **4:00 Jazz Jingles w/ Joe Thayer-L** 6:30 Dazzling Dominoes 8:00 Music Medley	**21** 9:30 Sing a Be Fit **10:30 Sugar Dome 'Chocolate Covered Cashews'** 1:30 Bean Bag Ladder Toss Tournament 3:30 The Astronomical League 'Spring Astronomy' 3:30 What was There? 4:00 Look Back-on 'High School' 6:30 Classical Cinema 'Titanic'
22 **9:15 Joel Osteen Lake Wood Church** 9:45 Sing and Be Fit 10:30 Belly Up! Nutella Open-Face 1:30 Bowling League 2:30 Garden Club 'Living Green' 4:00 Dance Dance Revolution 6:30 Dazzling Dominoes 8:00 Mellow Music	**23** 9:45 Move w/ The Ball 10:30 Taste Contest 'English Muffin' **1:30 Sing Along with Cheryl-C** 2:30 Name that Tune **3:30 To Be, or Not to Be ...Doeth Thou Speaketh Liketh Me?** 4:00 Entertainment-L 6:30 Movie Theater 'Romeo and Juliet'	**24** 9:45 Fitness On The Go **10:30 Play the Chimes w/ Steve-C** 1:30 Do you Have a Classical Ear? 2:30 Music Memorabilia **3:15 Kessen Kitchen 'Homemade Ice Cream'** **4:30 Music History ' Is It Jazz Improvisation?** 6:30 ESPN News Report	**25** 9:45 Morning Zumba **10:30 Star Plates 'Chocolate Covered Pretzels'** 1:30 The Cove BoomWackers 2:30 Impressionism 'A Look at Isaac Levitan' **3:15 National Geographic 'A Penguin Life'** 4:00 Sinatra Classics with Johnny Casablanca-L 6:30 Ramble with Friends	**26** 9:45 Fitness On the Go **10:30 Craft Corner 'Painting Rocks'** **2:30 Nature Center 'Audubon'** 3:15 Garden Oasis 3:15 Thesaurus 'Synonyms' 4:00 Ice Tea and Conversation 6:30 Everything About Me 8:00 Music and Relaxation	**27** 9:45 Be Fit w/ Music **10:30 Food Craft 'Sugar Cotton Candy'** 1:30 Silver Parachutes **2:30 Chat Club '99 Cool Facts About Babe Ruth'** **3:30 Arbor Garden Club** 4:00 Rat Pack Renditions by Joe Sardo-L-L 6:30 Card Game Tournament 8:00 Relax and Reflect	**28** 9:45 Sing and Be Fit 10:30 Cupcakes War Decoration 1:30 3 Hoops and a Ball **2:30 Super Hero Photo Booth** **3:30 Everything You Need to Know About Eeyore's Birthday Bash** 4:00 H2H Sport Trivia 6:30 meditation Music
29 **9:15 Joel Osteen Lake Wood Church** 9:45 Morning Yoga 1:30 Horseshoes on the Hook 2:30 Garden Oasis 3:15 Drawing Class **4:00 Dance Dance Revolution** 6:30 Remember When 8:00 Music Medley	**30** 9:45 Move & exercise 10:30 What Make Flemish a Hit? 1:30 20th Century Music **2:30 Top 10 Influential Jazz Musicians** 3:15 Sugar Showdown 'Banana Smoothie' **6:30 The Bugs Bunny Show** 8:00 Fish Tank Floorshow					

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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			
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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!

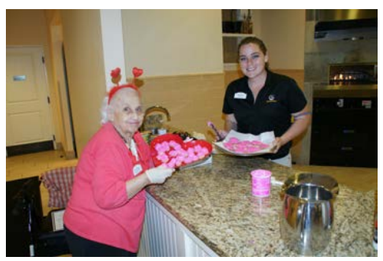
America is a country of animal lovers. Many of us, at one time or another, have had at least one pet in our lives. Their companionship and level of devotion is unwavering, solidifying our animal friends as members of our families. We offer them unconditional love, just as they offer the same to us. Mankind's 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.

Celebrating Senior Living!

Our Family Photo Album!

Building Friendships

Such wonderful engagement



Capturing Moments