

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



April Birthdays!

Marge C.....	4/1
Joseph C.....	4/7
Charles R.....	4/11
Mike N.....	4/15
Ralph Y.....	4/16
Joan K.....	4/17
Claire H.....	4/21
Thelma M.....	4/26
Arline F.....	4/27
Yvonne C.....	4/29
Eva W.....	4/30



HarborChase
Assisted Living • Memory Care
Skilled Nursing



Celebrating Senior Living

The HarborChase Wire: A Monthly Publication of HarborChase Venice AL

April 2018

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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.



950 Pinebrook Road
Venice, FL 34285
941-451-7987



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Easter Sunday 1 10:00 Hide The Easter Egg (CY) 10:15 Scrabble Tournament (AC) 10:30 Easter Craft (AC) 2:00 For Me and My Gal & Refreshments(CL) 2:30 Easter Egg Hunt! 3:15 Eternity Chapel (AC) 6:15 Night Time News (L)	2 9:45 Stretching with Robin (AC) 10:15 Current Events (TVRM) 1:30 Brenda Performs (AC) 2:30 Trivia & Treat (AC) 3:30 Color My World (HC) 6:30 Night Time Bingo(AC)	3 10:00 Flower Arranging (AC) 10:30 Giant Crossword(AC) 10:30 Jeopardy (CL) 1:30 Pet Visits (HC/AC) 1:30 Pilates w/ Theresa (HC) 3:00 Bingo Bonanza (HC) 3:30 Big Time Scrabble (AC) 7:00 News Flash (L)	4 9:45 Morning Exercise (AC) 11:00 Out to Lunch: Darrells BBQ (BT) 1:30 Clay Creations (AC) 3:00 Non Denominational Services (HC) 3:30 Scrabble Tournament (AC) 6:15 Movie Night: Kiss Me Stupid	5 10:00 Baking: Chocolate Chip Cookies (AC) 11:00 April Showers Trivia (AC) 1:30 Ice Cream Social w/ Donna (CL) 2:45 Zumba Gold (CL) 3:45 Train Dominoes(AC) 6:15 Resident Run -Checkers (AC)	6 9:45 Stretch and Flex w/ Robin (AC) 10:15 Trip to Publix (BT) 10:30 Putting with the Masters (L) 1:30 Corodon on Piano (CL) 3:00 The Masters Happy Hour w/Arnold Palmer Cocktails(CL) 4:00 Let's Discuss Golf (AC) 6:00 Evening News (L)	7 9:45 Current Events & Refreshments (CY) 10:15 Elle's Modge Podge Madness (AC) 1:30 Bingo Bonanza (AC) 3:00 Beer Tasting for National Beer Day (AC) 4:00 Musical Memories 6:00 Sunset News (L)
8 9:30 Catholic Mass (L) 10:00 Communion (L) 10:15 Lisa's Loft Crafting (AC) 2:00 Live Music By George Wood (CL) 3:15 Eternity Chapel (AC) 4:00 Community Crossword(AC) 6:15 Night Time News (L)	9 9:45 Stretch and Flex (AC) 10:15 Rosary Group (PD) 10:30 Sing Along w/ Elder Song(CY) 1:30 Tones and Chimes (AC) 3:00 Jewelry Making w/ Jivka 4:15 Dinner Melodies (CL) 6:30 Sunset Bingo(AC)	10 10:00 Springtime Flower Arrangements (AC) 10:30 Puppy Visits (AC/HC) 1:30 Pilates w/ Theresa (HC) 3:00 Bingo Blast (HC) 3:15 Garden Upkeep (CY) 3:30 Dear Abby Advice Column (CY) 4:15 Piano Tunes (L)	11 9:45 Stretching and Flexing (AC) 10:15 Bring Your Pet to Work (AC) 11:00 Out to Lunch: Plaza Mexico (BT) 1:30 Pet Talk and Treat (CY) 2:30 Non Denominational Services (HC) 6:15 Movie Night: Beverly Hills Chihuahua (AC)	12 10:00 Baking: Peach Cobbler 1:30 Bingo Blast (AC) 2:45 Taichi w/ Buck (AC) 3:00 Poker Tournament (HC) 3:45 Watercolor Painting (AC) 6:15 Independent- Word Games (AC)	13 9:45 Stretch and Flex (AC) 10:00 Publix Shopping(BT) 10:15 Thomas Jefferson Facts & Trivia 1:30 Corodon Visits for Piano Time(AC) 2:00 Scrabble Tournament For Scrabble Day (AC) 3:00 Happy Hour w/ Regina! (CL) 6:00 News Hour (L)	14 9:45 Moving and Grooving(AC) 10:30 Designing Mother's Day Cards (AC) 10:30 Jokes & Riddles(AC) 1:30 Booming Bingo (AC) 3:00 George Donatello For Moment of Laughter Day (CL) 4:00 Last Minute Jokes(CL) 7:00 News at Night (AC)
15 9:30 Catholic Mass (L) 10:00 Communion (L/CL) 10:15 Shake It Off Exercise (AC) 1:00 Tend To The Herb Garden(CY) 1:30 The Price Is Right (AC) 2:00 Ed Dombroski On The Piano (CL) 3:15 Non-Denominational Service & Fellowship(CL) 6:00 Views On The News (L)	16 9:45 Morning Exercise w/ Robin (AC) 10:15 Current Events (TVRM) 10:45 Volunteers Remembered (HC) 1:30 Tones and Chimes Chimes (CL) 2:30 Elle's Crafting Corner (HC) 3:00 Crafting w/Lisa (AC) 6:30 Big Time Bingo (AC)	17 10:00 Flower Shower (AC) 1:30 Pilates w/ Theresa(AC) 3:00 Bingo Bingo Bingo (HC) 3:30 UNO Game (AC) 4:15 Dinner Melodies (CL) 6:15 News Hour (L)	18 9:45 Flex it out with Robin (AC) 10:15 Crafting Corner (AC) 11:00 Lunch Out: Sandbar (BT) 1:30 Watercolors & Wine (AC) 3:00 Checkers (AC) 3:00 Non-Denominational Service (HC) 6:15 Movie: Relative Strangers (AC)	19 10:00 Bake and Share: Blueberry Bread (AC) 1:30 Bingo Bonanza (AC) 2:30 Crafting Courtyard (AC) 2:45 Zumba Gold (AC) 6:15 Resident Run Poker (AC) 6:30 Night Time News(L)	20 9:45 Stretch & Flex w/ Robin (AC) 10:00 Publix Shopping (BT) 10:30 Checkers (AC) 1:30 Cordon on the Piano (AC) 3:00 Happy Hour w/ Dave! (CL) 4:15 Evening Melodies (CL) 6:00 News and Reviews (AC)	21 9:45 Stretching to the Beat(CY) 10:00 Jazz it Up Musical Craft (AC) 1:30 Blues Bingo Blast (AC) 2:00 Live Entertainment w/Jazzy Jen Hamlin 3:00 Jazz Appreciation(AC) 4:00 Dinner Melodies (AC) 6:30 News Flash (L)
Earth Day! 22 9:30 Catholic Mass (CL/L) 10:00 Communion (CL/L) 10:15 Recycled Craft (AC) 1:30 Earth Trivia (AC) 2:00 Smooth Styling w/ Barry (CL) 3:15 Eternity Church (CL) 6:00 Night Time News (CL)	23 9:45 Sunrise Exercise w/ Robin (AC) 10:15 Rosary Group (PDR) 10:30 Yahtzee Game (AC) 1:30 Tones & Chime Time (AC) 2:30 Pokeeno (AC) 4:15 Dinner Tunes (CL) 6:15 Starlight Bingo (AC)	24 10:00 Flowers Everywhere (AC) 10:30 Pet a Puppy (AL/HC) 1:30 Pilates w/ Theresa (AC) 2:30 Photo Frame Decorating (AC) 3:00 Bingo Bonanza (HC) 4:15 Comparisons Word Game(AC) 7:00 Musical Moments (CL)	25 9:45 Stretch and Flex w/ Robin (AC) 10:30 National Karaoke Month Sing Along (AC) 11:00 Lunch Out: Amores (BT) 1:30 Wacky Wednesday Painting (AC) 3:15 Train Dominoes (AC) 6:15 Movie: Reality of Love (AC)	26 10:00 Baking: Oat Meal Raisin Cookies (AC) 1:30 Bingo Wingo (AC) 2:45 Taichi w/ Buck (CL) 3:00 Resident Council Meeting (HC) 3:30 National Pretzel Day Soft Pretzel & Talk (AC) 4:30 Musical Moments (CL) 6:15 Resident Choice Games	27 9:45 Stretch & Flex w/Robin (AC) 10:00 Shopping @ Publix (BT) 10:15 Superhero Trivia (AC) 1:30 Gary On The Piano 3:00 Superhero Party:2 Guys from the Beach (CL) 7:00 Dinner Melodies (CL)	28 9:45 Stretching Group(CY) 10:30 Spring Cards Crafting (AC) 1:30 Big Time Bingo (AC) 2:45 Comic Book Bingo (AC) 3:00 Corn Hole (AC) 6:00 Sunset News (L)
29 9:30 Catholic Mass (L) 10:00 Communion (CL/L) 10:30 Lisa's Creative Color Palette (AC) 2:00 Resident Birthday Party-Remember When Live (CL) 3:15 Eternity Chapel (AC) 3:30 Sing-Along (AC) 4:00 Word Circle (AC) 6:00 New News (L)	30 9:45 Stretch N Flex 10:15 Current Events (TVRM) 1:30 For Me & My Gal Performs 2:30 Modge Podge Madness (AC) 4:15 Sunset Tunes (CL) 6:30 Sunset Bingo (AC)	<div style="border: 1px solid black; padding: 5px;"> <p align="center">KEY LOCATION</p> <p>AC.....Activity Center BT.....Bus Trip CL.....Community Living Room CY.....Courtyard HC.....Health Care L.....Library PDR.....Private Dining Room TVRM.....TV Room</p> </div>				

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).

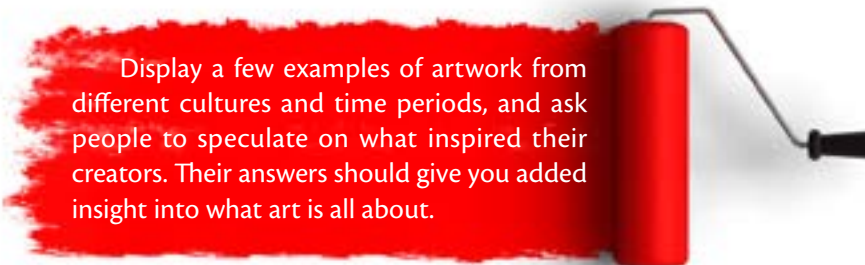
Here are some other sources of artistic inspiration:

- 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

**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.

