

## 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



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



The HarborChase Wire: A Monthly Publication of HarborChase Venice HC



*Celebrating Senior Living*

April 2018

### Administrative List

Executive Director

**Wally Dandy**

Business Office Manager

**Laura Hopkins**

Resident Care Director

**Frankie Phillips**

Assisted Living Director

**Jean Riegelman**

Social Services Director

**Linda Dennis**

Life Enrichment Director

**Audrey Caimi**

Memory Care Coordinator

**Becky Humbrecht**



### 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/Venice.htm](http://www.HarborChase.com/Venice.htm)



AL 8813

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





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Easter Sunday</b> 1 9:30 Catholic Mass (L) 10:00 Communion (L/CL) <b>10:15 Hide The Easter Eggs (CY)</b> 2:00 For Me & My Gal and Refreshments(CL) <b>2:30 Easter Egg Hunt (AC)</b> 6:00 Nightly News (L)	9:45 Stretch That Body (AC) 2 10:45 Peanutbutter n Jelly Trivia (HC) 1:30 Live & Loud w/Brenda (AC) 3:00 Current Event Discussion (TVRM) 3:30 Community Crossword (HC) 6:30 Sunset Bingo(AC)	9:15 Current Events (AC/CL) 3 10:00 Flower Arrangements (AC) 10:15 Jeopardy Challenge(CL) 10:30 Word in a Word (HC) 1:30 Pilates and Yoga Stretch w/ Theresa (AC) 3:00 Spring Fling Bingo(HC) 6:00 Night Time News (L)	9:45 Morning Stretching (AC) 4 10:45 Keychain Craft (HC) 11:00 Out to Eat: Darrells BBQ (BT) 1:30 Clay Creations (AC) 3:00 Non-Denominational Services (HC) 6:15 Movie Night: Kiss Me Stupid (AC)	10:00 Bake with us - Sunflower Seed Muffins (AC) 5 10:45 Family Fued (HC) 1:30 Ice Cream Social w/ Donna(AC) 2:45 Zumba Gold (AC) <b>3:00 Aril Showers &amp; May Flowers Trivia (HC)</b> 6:30 Checker Tournament (AC)	9:45 Stretch & Flex (AC) 6 <b>10:30 Golf on T.V. (L)</b> <b>10:45 Pitch n Putt (HC)</b> 1:30 Corodon On the Piano(CL) <b>3:00 Arnold Palmer Happy Hour (CL)</b> 4:00 Musical Melodies (CL) 6:15 Nightly News (L)	9:45 Current Events (CY) 7 10:15 Modge Podge Mania (AC) <b>1:30 Bingo &amp; Beer! (AC)</b> <b>3:00 National Beer Celebration (AC)</b> 4:00 Piano Tunes (CL) 6:00 Evening News (L)
9:30 Catholic Mass (L) 8 10:00 Communion (L/CL) <b>10:15 Lisa's Loft -Spring Thing Craft(AC)</b> 2:00 George Wood Live I(CL) 3:15 Bible Chat: Eternity Church (AC) <b>4:00 Spring into a Word Game (AC)</b> 6:00 Nightly News (L)	9:45 Stretch That Body (AC) 9 10:15 Rosary Club Meeting (PVDR) <b>10:45 Rolling Library Refresh &amp; Share (HC)</b> 1:30 Tones & Chimes (AC) 3:00 Jewels w/ Jivka (AC) <b>3:30 Bookmark Craft (HC)</b> 6:30 Check Out Bingo (AC)	9:30 Talk of the Town (AC) 10 10:00 Flower Power (CY) 10:15 Petting Miss Daisy (AL/HC) 1:30 Pilates (AC) <b>3:00 Bingo Book Drive (HC)</b> 3:30 Scrabble Tournament (AC) 6:00 Night Time News (L)	9:45 Morning Stretching (AC) 11 10:45 Corn Toss (AC) 11:00 Out to Eat: Plaza Mexico (BT) 1:30 Fine Art & Free Wine (AC) 3:00 Non-Denominational Services (HC) 6:30 Movie Night: Relative Strangers (AC)	9:30 Baking - Choc. Chip Banana Bread (AC) 12 <b>10:30 Word Search - Masters of the Game (HC)</b> 1:30 Bingo Is Beautiful (AC) 2:45 Tai Chi w/ Buck (AC) 3:00 Velvet Art (HC) 6:15 Resident Run Card Games (AC)	9:45 Stretch and Flex with Robing (AC) 13 10:15 Publix Shopping (BT) 10:30 Penny Antes (AC) 1:30 Corodon On Piano(CL) 2:00 Sing Along with Susie(HC) 3:00 Happy Hour w/ Regina (CL) 6:00 Nightly News (L)	<b>9:45 Stretching to Music (AC)</b> 14 10:30 Mothers Day Cards with Marcia (AC) 1:30 Bingo Lingo (AC) <b>3:00 George Donatello Live &amp; Photos(CL)</b> <b>4:00 Trivia Time (AC)</b> 6:00 Nightly News Hour (L)
9:30 Catholic Mass (L) 15 10:00 Communion (CL/HC) 10:15 Creative Crafinf w/Marcia (AC) 1:30 Price is Right (AC) 2:00 Piano Tunes w/Ed (CL) 3:15 Spreading Joy with Eternity (CL) 4:00 Give Me A {Tax} Break-Trivia (AC)	9:45 Flexibility (AC) 16 10:15 Current Events (CY) <b>10:45 Volunteering Remembered (HC)</b> 1:30 Chime Time w/Steve (CL) <b>3:30 Penny Antes (HC)</b> <b>6:30 Bingo (AC)</b>	9:30 Hot Off The Press (CY) 17 10:00 Flower Arranging (AC) 10:30 Pet Power (AC/HC) <b>1:30 Coin Toss - A Virtual Tour of The Mint (AC)</b> 3:00 Bingo Blast (HC) <b>4:00 Quarter Catch (AC)</b> 6:00 New News (L)	10:00 Flex and Stretch (AC) 18 <b>10:30 Karaoke (HC)</b> 11:00 Out to Lunch: Sandbar (BT) 1:30 Tea & Cookies (CY) 3:00 Non Denominational Service & Song (HC) 6:30 Movie Night:Analyze This (AC)	9:45 Bake - Blueberry Bread (AC) 19 10:45 Mineral Mosaic Craft (HC) <b>1:30 Bingo Cents (AC)</b> 2:45 Zumba Gold (AC) 3:30 Word Search - Coins (HC) <b>6:00 Resident Run - Poker (AC)</b>	9:45 Flex That Body (AC) 20 <b>10:15 Publix Shopping (BT)</b> 10:45 Resident Run - Checkers Compatition (HC) 3:00 Happy Hour with Dave (CL) 3:30 Player Piano Tunes (AC) 6:00 Evening News (L)	4:00 Don't Stop The Music - Piano Tunes(L) 21 <b>10:00 Jazz It Up w/Lisa - Musical Craft(AC)</b> <b>1:30 Ragtime Blues Bingo (AC)</b> 3:00 Jen Gets Jazzy - live (CL) 6:00 Nightly News (L)
<b>Earth Day</b> 22 9:30 Catholic Mass (L) 10:00 Communion (L) <b>10:15 Lets Get Crafty (AC)</b> <b>1:30 Recycle This! (AC)</b> 2:00 Smooth Sounds of Barry G. (CLI) 3:15 Eternity Chapel (AC)	9:45 Sunrise Stretching (AC) 23 10:15 Rosary (PVDR) 10:45 Friendly Yatzee (HC) 1:30 Tones and Chimes (CL) <b>3:00 Quilting Demo (HC)</b> 6:30 Evening Bingo (AC)	10:00 Flower Shower (AC) 24 10:15 Pet a Puppy (AC/HC) 1:30 Partners in Pilates (AC) 2:45 Resident Council Meeting A.L. (AC) 3:00 Bingo Bonanza (HC) 4:30 Musical Moments (CL) 7:00 April Showers Seek & Find Word Game (AC)	9:45 Stretch it Out (AC) 25 10:45 Millionaire (HC) 11:00 Lunch Bunch: Amores 3:00 Non Denominational Service (HC) 3:30 Sing-A-Long With Susie (HC) 3:30 Yatzee (AC) 6:30 Movie Night: Analyze That (AC)	9:45 Coffee & Chat on the Patio 26 10:00 Mini Pound Cakes (AC) <b>10:30 Wildlife Mini Documentaries (HC)</b> 1:30 Bingo Basics (AC) 2:45 Tai Chi w/ Buck (AC) 3:00 Resident Council Meeting {Skilled} (HC) 6:15 Independent Card Games (AC)	9:45 Move Yourself w/ Robin(AC) 27 10:15 Shopping Publix (BT) <b>10:45 Puppy Time (HC)</b> 1:30 Crosswords & Cranberry Juice (AC) 3:00 Happy Hour & Dancing: 2 Guys From the Beach (CL) 6:00 Evening News and Reviews (L)	9:45 Morning News & Coffee (CY) 28 10:30 Super Hero Craft & Trivia (AC) 1:30 Comic Book Bingo (AC) 2:45 Musical Hangman (AC) 4:30 Dinner Time Tunes (CL) 6:00 World News (L)
9:30 Catholic Mass (L) 29 10:00 Communion (CL/L) 10:15 Color Palette - Aloha Series (AC) 2:00 Res Birthday Party w/Remember When (CL) 3:30 Spiritual Sing-a-Long (AC) 6:00 Sunday Nightly News (L)	9:45 Flex it Out w/ Robin (AC) 30 10:15 Todays Hot Topics (TVRM) 10:45 Tend To Our Garden (HCP) 1:30 FOR ME AND MY GAL (CL) 3:00 The Price Is Right (HC) 6:30 Bingo For Bucks (AC)	<b>KEY LOCATION</b> AC.....Activity Center BT.....Bus Trip CL.....Community Living Room CY.....Courtyard HC .....Health Care L.....Library PDR.....Private Dining Room TVRM.....2nd Floor TV Room				







## 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).

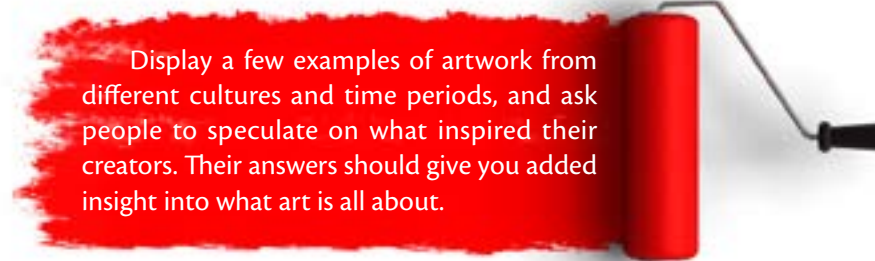
Here are some other sources of artistic inspiration:

- 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.

