

## 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*

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April 2018

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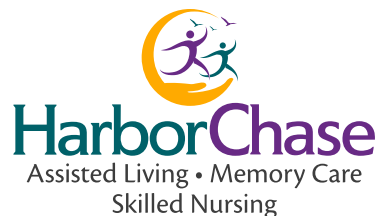
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### Earth Day Every Day

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.





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>EASTER SUNDAY 1</b> 7:00 I Choose Joy Devotions 9:30 Catholic Mass 10:00 Catholic Communion <b>10:45 Easter Circle Of Crafts</b> <b>2:00 For Me and My Gal Live</b> 3:15 Non-Denominational Service & Fellowship 4:00 Watch-Em Grow 6:30 Readers Book Club	<b>2</b> 7:00 Early Patio Talks 9:30 Step In Stretch 10:30 Splash Of Color 11:30 Pick Up Pairs <b>1:30 Brenda Performs</b> 3:00 Arm Chair Travel 4:00 Dominos Challenge <b>6:00 Movie Night: Treasure Hounds</b>	<b>3</b> 7:00 Sharpen Your Senses 9:30 Moving To The Oldies 10:30 Reminsce Childhood Memories 11:30 Internet Web Learning 2:00 Presbyterian Sermon 3:00 Friends Social Circle w/Snacks 4:00 Brain Game Trivia 6:30 Healthy News Of The Day	<b>4</b> 7:00 Wake Up To Jazz 9:30 Forever Young Fitness 10:30 Hidden Object Search 11:30 Coupon Clipping 2:00 Flower Arranging 3:00 Non-Denomination Service 4:00 Win. Lose. Or Draw 6:30 Evening Devotional Reading	<b>5</b> 7:00 Get Up Crossword 9:30 Forever Young Fitness 10:30 Pencil Art w/Peanut Butter Cookies 11:30 Fact or Fiction <b>1:30 Ice Cream Social w/Donna</b> 3:00 Jewelry Crafters 4:00 Residents Choice Of Game 6:30 Hymn Sing Alongs	<b>6</b> 7:00 Early Chronicles 9:30 Bean Bag Toss 10:30 Exercise Essentials 11:30 Calling The Scape 1:30 Cordon On The Piano <b>3:00 Happy Hour/Golf Tournament Party</b> 4:00 Fluff and Fold 6:30 Memory Jogger	<b>7</b> 7:00 Coffee & Conversations 9:30 Team Fitness Challenge 10:30 Brain Booster 11:30 Fishing Out The Scape 2:00 Mellow Meditation 3:00 Scrabble Club 4:00 Escaping Through The Puerto Rico 6:30 Shake A Memory
<b>8</b> 7:00 Breaking News 9:00 Exercise Essentials 9:30 Catholic Mass 10:00 Catholic Communion 11:30 Crazy Dice Tournament <b>2:00 Live Music By George Wood</b> 3:15 Eternity Church Service 4:00 Green Thumbs 6:30 Who's Got Old Maid	<b>9</b> 7:00 Watch Em Grow Garden Club 9:30 Get Your Blood Pumping 10:30 Follow Your Nose Fun 11:30 Gentle Hand Massages 2:00 Household Challenges 3:00 Butterscotch Lovers: Pet Visits 4:00 Which Scape Fits You? <b>6:00 Movie Night: Rip Tide</b>	<b>10</b> 7:00 Cool Beans Cafe 9:30 Let's Get Physical 10:30 Paint To The Music 11:30 What Am I? 2:00 Chapel Time and Fellowship 3:00 Tropical Smoothies w/Trivia 4:00 Touring Through Italy 6:00 Family Game Night	<b>11</b> 7:00 Early Puzzle Makers 9:30 Muscle Group 10:30 Reading Out Loud 11:30 Musical Expression 2:00 Tic-Tac-Toe Challenge 3:00 Non-Denomination Service 4:00 Creative Collage Making 6:30 Card Sharks	<b>12</b> 7:00 Morning Cafe 9:30 Parachute Fitness Fun 10:00 Name That Tune 11:30 Healthy Word Builder 2:00 Blooming Taskmasters 3:00 Did I Heard BINGO? 4:00 Complete The Phrase 6:30 Frank Sinatra Listeners	<b>13</b> 7:00 Beauty Tips 9:30 Flex & Stretch 10:30 Do I Smell Cinamon Rolls? 11:30 What Instrument Fits You? 1:30 Cordon On The Piano <b>3:00 Happy Hour w/Regina</b> <b>4:00 Scrabble Tournament</b> 6:30 Catch Up On The News	<b>14</b> 7:00 Breathe Of Fresh Air 9:30 Noodle Hockey Challenge 10:30 Artist Cove Watercolors 11:30 Arm Chair Travel 2:00 Garden Lovers <b>3:00 George Donatello Performs</b> 4:00 Pieces To Pieces <b>6:30 Jokes &amp; Riddle Fun</b>
<b>15</b> 7:00 Hot Off The Press 9:00 Stretch & Balance 9:30 Catholic Mass 10:00 Catholic Communion 11:30 Art Studio 1:30 Helpers Clean Up <b>2:00 Ed Dombroski On The Piano</b> 3:15 Eternity Chapel 6:30 Nightly Patio Talks	<b>16</b> 7:00 Wake Up w/Crossword 9:30 Ready Set Move 10:30 Aprons On: Cookie Baking 11:30 Let's Talk About The Picture 2:00 Swing & Sway 3:00 Scabble Club 4:00 Let's Plant <b>6:00 Movie Night: The Horse Dancer</b>	<b>17</b> 7:00 Coffee & Conversations 9:30 Laughter Yoga 10:30 Colorful Picture Painting 11:30 Sorting/Folding Group 2:00 Jewish History & Nosh 3:00 Touring Throughout The US 4:00 Groovin' To The Music 6:30 Blue Blood Viewers	<b>18</b> 7:00 What's Happening Around The World 9:30 Movement Matters 10:30 Win, Lose, or Draw 11:30 Gardening Group 2:00 Soft Piano Tunes 3:00 Non-Denomination Service 4:00 Brain Teasers 6:30 Book Club Readers	<b>19</b> 7:00 Early Patio Talk 9:30 Hooked On Fitness 10:30 Busy Beads 11:30 Reminisce Favorite Songs/Singers 2:00 Colors Of Art 3:00 Cookie Bake Off 4:00 Poetry Rhyming 6:00 Hand Over Hand	<b>20</b> 7:00 Headline News 9:30 Paracute Toss 10:30 How Much Did It Cost? 1:30 Cordon On The Piano <b>3:00 Happy Hour w/Dave</b> 4:00 Which Family Will WIN The Feud 6:30 Evening Wind Down Reading	<b>21</b> 7:00 Wake Up To Jazz 9:30 Walk & Talk 11:30 Flower Arranging Club <b>2:00 Live Entertainment w/Jazzy Jen</b> 3:00 Fun Time Dancers 4:00 Connect 4 To Win 6:30 Nightly News
<b>EARTH DAY 22</b> 7:00 Breaking News 9:30 Catholic Mass 10:00 Catholic Communion <b>11:30 Earth Day Fun Facts &amp; Trivia</b> <b>2:00 Smooth Styling w/Barry</b> 3:15 Eternity Church Service 4:00 Hand Massage & Aromatherapy 6:30 Relax To Soft Music	<b>23</b> 7:00 Early Birds Tunes 9:30 Lucky Strike Bowling 10:30 Qwirkle Memory Fun 11:30 Gentle Hand Massages 2:00 Garden Maintenance 3:00 Pictionary Team Challenge 4:00 Poetry & Rhyming <b>6:00 Movie Night: Heart Of The Country</b>	<b>24</b> 7:00 Morning Cafe 9:30 Winners Beach Ball Competition 10:30 What's In The Bag? <b>11:30 Picnic at Maxine Barritt Outing</b> 2:00 Lets Go Fishing Fun 3:00 Get Pampered 4:00 Table Game Of Choice 6:30 Evening Stretches	<b>25</b> 7:00 Healthy News Of The Day 9:30 Lucky Strike Bowling 10:30 Gospel Singing 11:30 Keep It Clean 2:00 Hands Over Hands 3:00 Connect 4 To Win 4:00 Water Gardeners 6:30 Evening Stretches	<b>26</b> 7:00 Newspaper Reading 9:30 Stretchersize 10:30 Do I Smell Cinamon Rolls? 11:30 Courtyard Bird Watchers 2:00 Helpers Clean Up <b>3:00 Soft Pretzels w/Trivia</b> 4:00 Bingo Bonanza 6:30 Relax To Jazz Tunes	<b>27</b> 7:00 Early Bird Tunes 9:30 Healthy Heart Workout 10:30 Brain Booster 11:30 Sort By Colors or Numbers 1:30 Cordon On The Piano <b>3:00 Happy Hour w/2 Guys From The Beach</b> 4:00 Puzzlemania Challenge 6:30 Friends Social Group	<b>28</b> 7:00 Morning Cafe 9:30 Sit & Be Fit 10:30 Superhero w/Watercolors 11:30 UNO Challenge 2:00 True or False Trivia <b>3:00 Superhero Party Bash</b> 4:30 Traveling Through The Scapes 7:30 Hot Off the Press
<b>29</b> 7:00 Newspaper Reading 9:00 Ready Set Move 9:30 Catholic Mass 10:00 Catholic Communion 11:30 Creative Craft Circle <b>2:00 Remember When Live</b> 3:15 Eternity Chapel 4:00 Crazy Dice Tournament 6:30 Andy Griffith Viewing	<b>30</b> 7:00 Healthy News Of The Day 9:30 Chair Yoga 10:30 Swing & Sway 11:30 Fidget Spinner Challenge <b>1:30 For Me and My Gal Performs</b> 3:00 Soak Up The Sun 4:00 Poetry Reading Group <b>6:00 Movie Night: Camp Rock</b>					

# 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).

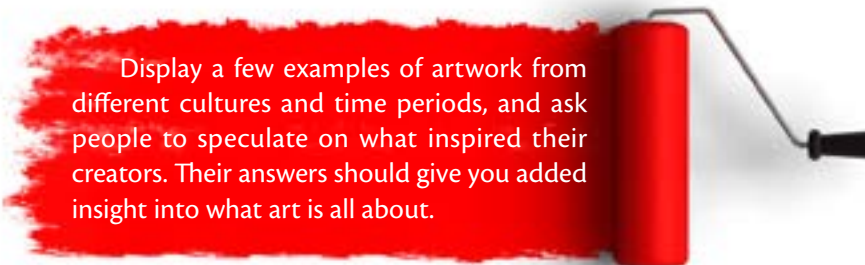
Here are some other sources of artistic inspiration:

- 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.

