

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



Celebrating Senior Living

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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.



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 Get Fit! Patio Chat 1 11:00 Easter Fun Facts 1:00 Afternoon Movie Table Games 2:00 Sundae Social Remember When 3:30 Worship Service 4:00 You Name It!/Putting Around 6:30 US Air Force 1 7:00 Late Night Thoughts	9:00 Humor Me Monday 2 10:00 Move & Groove 11:00 Sy's Stand Up Comedy 1:00 Music & Memories 2:00 Seder stories w/ Sy 3:00 Pampered Nails/Painting with Sy 4:00 HC Passover Seder/Penny for your thoughts 6:00 Night cap w/Sy	9:00 Tone up Tuesday 3 10:30 Chef Chat/Cove Chat 11:00 Scrapbook/You Got Mail 1:00 Scrapbook Club 2:00 Gentlemen Round Table/Ladies Tea 2:30 PBJ Social 3:00 What's at the end of the Rainbow 6:00 Inspirational Stories	9:00 Give Me A Beat/Table Topic 4 10:00 Meet Me In The Kitchen 11:00 Who are You? 1:00 Relax Recharge/Pokeeno 2:00 Purple Box Memories 2:00 Take a Walk on the Wild Side 3:00 Family Feud/Ante Up 4:00 Wine Down Wednesday 6:00 Quotables	9:00 Stretch & Tone 5 10:00 Step In Time/Poker Face 10:45 Texas Wind Orchestra 11:00 Blooms of Blessing/Straw Craft 1:00 Pizza Making 2:00 Finish The Lyrics 3:00 You've Got Mail/Who Is It? 4:00 Search & Find/Tallyloop 6:30 Neil Diamond YouTube Concert	9:00 Daily Chronicle 6 10:00 Balance & Gait 11:00 April Highlights/Planning 1:00 From Brush to Canvas 2:00 Breaking Bread/Wii 2:30 Vintage Photos Wheel Of Fortune 3:00 IN2I Karaoke Heads Up 4:00 Make it & Take it/Salon Re-Grand Opening 6:30 Red Skelton Hour	8:00 Coffee & NewsCurrents 7 9:00 Let's Get Physical 10:00 Barber Shop Talk 11:00 My Story Creation 1:00 Piano w/ Richard 2:00 Tech Time-YouTube 3:00 Game On! Clue 4:00 The Price Is Right Crossword Puzzles 6:30 The Rest of the Story
9:00 Remember the 'Times' 8 10:00 Sittercise/Extra Extra 11:00 Master Follies/Highlights 1:00 Caddyshack Movie/Chicken Foot 2:00 Let's Par Tee Social 3:30 Worship Service 4:00 Hole in One (Wii)Billiards 5:30 Master Golf Watch Party 6:30 SATM/Hot Tee Time	9:00 Courtyard & Coffee Chat 9 10:00 Get Up and Dance! 11:00 Ping Pong/Chicken Foot 1:00 This Day In History/Music & Memories 2:00 Meandering Monday 3:00 Pampered Nails/Painting with A Twist 4:00 Happy Happy Hour 7:00 Cove Cinema	9:00 Tone up Tuesday 10 9:30 HC Health Chat 10:30 Chef Chat/Brush To Canvas 11:00 You be the judge 1:00 Pencil meets papeel 2:00 Reminisce about your fav hero 3:00 Lighten Up!!! 4:00 Who's line is it/Laughing around 6:00 Night cap/Meditation	9:00 Get Jazzy/Table Topic 11 10:00 Bon Appetit 10:30 Selfie w/ Chase 11:00 Rugby House Pub Resident & Family(Fundraiser for Alz Walk) 2:00 Books On Wheels/Scrabble 3:00 Fun with Alexia/Bead Art 4:00 Vintage Sayings/Nuts and Bolts Club 6:00 Arm Chair travel	9:00 Step To The Beat 12 10:00 Mariachi History/ Ten pins down 11:00 Blooms of Blessing/Hammer Time 1:00 Are You Feeling Lucky? 2:00 Mariachi Myth 3:00 Mariachi Dance Social 5:00 Family Night Ariba! Ariba w/ Mariachi Band 6:30 Mariachi concert	9:00 Chair Chi/My Life 13 10:00 HC Library/Humor me 11:00 Studio Movie Grill Outing 1:00 Music and Relaxation 3:00 Small Group Time/Move On 4:00 Opinionation/Pick 3 6:30 Real Time/Aromatherapy	8:00 Keeping up with the World 14 9:00 Aftershave Crew/Nail Bar 10:00 Footloose/Word Mind 11:00 Name That Park 1:00 Free Willie!/April IQ 2:00 Game On!-Yahtzee! 3:00 Been There Done That!/8 Ball 4:00 Saturday Night Fever 6:30 Sunset Jazz
9:00 Coffee & Chat 15 10:00 Favorite Hymns/Fit Express 11:00 Laughter Is The Best Medicine 1:00 Scentsations & Relaxation 2:00 Picture That 3:00 Car Talk/ The Rest of the Stories 3:30 Worship Service Baseball Trivia 6:30 Jackie Robinson Movie	9:00 Planting Smiles/Faces & Places 16 10:00 Fit Express 11:00 Fact or Fiction? 1:00 Cove Cruisers 2:00 April Shower Social 2:00 Monday Trivia/Poker Face 3:00 BIG 8/Checkmate 4:00 Rummikub Ramble/Darts 6:00 Think Out Loud	9:00 Get Fit 17 10:30 Memories in the Making 11:00 PJ Day/Pick 5/Hearts 1:00 News & Views 2:00 Scrabble/Connecting The Pieces 3:00 Around the Word 4:00 Birthday Bash!! 6:30 PJ's and movie night	9:00 Music & Movement 18 10:00 Country Server Cooking w/ Willa 11:00 Alphabetic /Water Color 1:00 Unwind To Music 2:00 Fun With Words/Chewing The Fat 3:00 Google This/Monuments Around The World 4:00 Shaking Memories 6:30 Patch work Club/ESPN	9:00 Move & Groove 19 10:00 Thesaurus Challenge 11:00 Blooms of Blessing/Man Cove Club 1:00 Norris Perry Music Serenade 2:00 Women Inventors Trivia 3:00 Bicycle built for two social 4:00 8 Ball/Poker Face 6:00 Common Bonds Group 7:00 Travelouge	9:00 Daily Chronicle 20 10:00 Stretch & Throw 11:00 Volunteer @ YMCA Readers 1:00 Oldies But Goodies 2:00 Chicken Trail/Farkel 3:00 Our Collective Stories' 4:00 Song You Love w/ Anne 6:00 Furturistic Friday 7:00 All In The Family	9:00 News Currents & Coffee Chat 21 10:00 Tackle Box Club/Ladies Tea 11:00 Lighten Up!/Word Bluff 1:00 Green Thumb Gardners 1:00 Piano with Frankie 2:00 Craft Cove (working on our No Sew Quilts) 3:00 Cranium Crunches 4:00 Licorice Tasting Social 6:00 Safari Saturday
9:00 Daily Bread outside in the Courtyard 22 10:00 Tai Chi/Walking Tall 11:00 Plastic Recycle Art/Lucky Strike 2:00 Baseball Trivia/Picture that 3:30 Planting veggie for Earth Day 4:00 Lend Me Your Ear(Book Club)	9:00 Daily News/Last Laugh 23 10:00 Move & Stretch 11:00 Picture Perfect/Stitch In Time 1:00 Card Sharks/Pampered Nails 2:00 Meandering Monday 3:00 Grand Opening of Cove Theater 4:00 Sandpaper Club/Patchwork 6:30 SATM Radio	9:00 Keep It Moving 24 10:00 Chef Chat 11:00 (Man)icures (Men Only)/Girls Just Want To Have Fun 1:00 Movie Matinee/Pin Stack 2:00 Rummikub/Move on 3:00 Mustang Sally Social 4:00 History on Mustang 6:30 Facetime w/Family	9:00 Footloose/Past the Time 25 10:00 Meet Me In The Kitchen 11:00 Bull's Eye/Decoupage 12:00 New Resident Luncheon 1:00 Music & Relaxation 2:00 Love On A Leash/Riddle This 3:00 Putting around! 4:00 Spring Time Reminiscing/Nail Bar 6:30 Those Were The Days	9:00 Joy Through Movement 26 10:00 Jean Day! Put your fav Blue Jean 11:00 Blooms Of Blessing/HangMan 1:00 Junk Drawer Detective 2:00 Gentleman's Roundtable 3:00 Charades 4:00 You've Got Mail/Wii Bowling 6:30 Cool Collections/Meditation	9:00 Morning Dew/Poetry 27 10:00 Dancersize 11:00 Friday Funnies Pick Five 1:00 Snack Food Creation/Gentleman Round Table 2:00 Card Sharks Spades 3:00 Better Place @ HC 4:00 News You Just Can't Use 7:00 Classic Dick Van Dyke	8:00 NewsCurrents 28 9:00 Courtyard Stroll 10:00 Keep Moving/Spiritual Journey 11:00 A Novel Bunch/Sculpture Art 1:00 Faces & Places/Tai Chi 2:00 Classic Commercials 3:00 Alive Inside Program 4:00 Party w/Double G 6:30 Evening Act/Singing w/The 8 Tops
9:30 Keep It Moving 29 11:00 Queen Me/On The Road Again 1:00 Words From The Witty and Wise 2:00 Current Events/Cove Clippers 3:30 Worship Service/Funnie Bone 4:00 Kazooing Around 6:00 Inspirational Stories	9:00 Move To The Beat 30 10:00 Bark Park w/Chase 11:00 Time Capsule/Tales Worth Sharing 1:00 Cove Cruisers/ Retro Replay 2:00 Jazzy Bingo/Rack 'em up 3:00 Jazz Musician Trivia Quiz 4:00 Travel: The BIG Easy 6:00 Soft Music & Lavender Oil Diffuser					

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).

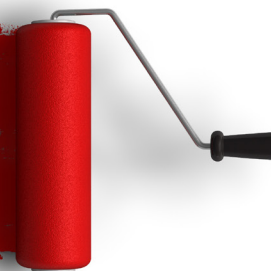
Here are some other sources of artistic inspiration:

- 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.

