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.

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Assisted Living • Memory Care

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HarborChase
Assisted Living • Memory Care

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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.

HarborChase of Prince William Commons AL

April 2018

HarborChase

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **Easter** 9:00 Rise & Shine Exercise 10:00 Eggstravaganza 10:00 Morning Edition 11:00 Decoupage Decor 1:30 Bakers Bliss-Easter Cookies 2:00 Bingo Bonanza 3:00 Easter Puzzlers **3:30 Easter Praise & Worship** 4:00 Hideaway Happy Hour 6:30 Easter Parade Showing	**2** **Passover** 9:00 Stretch & Tone 10:00 Wii Sports 11:00 HC Players Rehearsal 1:00 Crafty Corner-Seder Stars **2:00 Meandering Monday Outing** 3:00 Celebrating Passover 4:00 Passover Choir **4:30 Passover Seder** 6:30 Clay Crafting	**3** 9:00 Go for Life 10:00 Bridge Club 10:30 Memories In The Making 11:00 Name That Tune 1:00 Exploration Walkabout 2:00 Found Art Creation 3:00 Scientific Discovery 4:00 Trivia Tuesday 6:30 Today In History 7:30 Meditations In Color	**4** 9:00 Tai Chi **10:00 Shopping Outing- Target** 11:00 LunchTime Trivia **12:00 Hump Day Lunch Outing** 1:00 NewsCurrents 2:00 Pokeno 3:00 Five Second Rule 6:30 Animal Kingdom 7:30 Classic Andy Griffith	**5** 9:00 Rise & Shine Exercise 10:00 Crafts and Art Project 11:00 Floral Arrangements 1:00 Cinemaholics **1:00 On The Green Again** 2:00 April IQ 3:00 Baking Bliss-Bread 3:00 Golf Puzzlers 4:00 Ante Up- Blackjack 6:30 TED Talks 7:30 Sleepless Scrabble	**6** 9:00 Pilates 10:00 US Scenic Routes **11:00 Downtown McKinny Outing** 11:00 Chardes 1:00 Mahjong Maddness 2:00 Mosaic Masterpieces 3:00 Around The World 4:00 Opinionation 6:30 Heads Up	**7** 9:00 Online Games 10:00 What Was There 11:00 Jewelry Making **1:00 Piano w/ Richard** 2:00 Go For Life 3:00 TED Talks 4:00 Mocktail Happy Hour 7:30 Rack Em' Up Billiards 8:30 Best of SNL
8 9:00 Rise & Shine Exercise 10:00 Morning Edition 10:00 Suduku Showdown 11:00 Wii Bowling League 1:00 Rainy Day Community Display 2:00 Bingo Bonanza 3:00 Golf Legends & Legacy **3:30 Praise & Worship** **4:00 Masters Party** 7:30 Late Night Sermons	**9** 9:00 Step To The Beat 10:00 Courtyard Cornhole 11:00 HC Players Rehearsal 1:00 Happy Neuron **2:00 Meandering Monday Outing** 3:00 A Look Back-The Civil War 4:00 Jackpot Happy Hour 6:30 Churchill Retrospective	**10** 9:00 Step To The Beat 10:00 Bridge Club 10:00 Chef Chat **11:00 Pet Selfies w/ Chase** 1:00 Coin Purse Keepsakes 2:00 Cranium Crunches 3:00 Guided Meditation 4:00 Jeopardy 6:30 Sunset Stroll 7:30 Tech Time	**11** 9:00 Tai Chi **10:00 Shopping Outing- Target** 11:00 LunchTime Trivia **12:00 Alzheimer's Fundraiser Lunch Outing** 1:00 NewsCurrents 2:00 Pokeno 3:00 Five Second Rule 6:30 Animal Kingdom 7:30 Classic Andy Griffith	**12** 9:00 Puzzle Me This 11:00 Floral Arrangements 11:00 Floor Basketball 1:00 Cinemaholics 2:00 Pen Pall Letters 3:00 Ante Up- Texas Hold Em 4:00 Mocktail Happy Hour 6:30 Game On-Rummicub **7:30 Alive Inside Family Showing**	**13** 9:00 Strength Training 10:00 What Did It Cost 11:00 Healing Hands Gardening **11:00 Bluebonnet Festival Outing** 1:00 Friday The 13th History 2:00 Courtyard Cornhole 3:00 Junk Drawer Detective 4:00 Opinionation 6:30 Friday Funnies	**14** 9:00 Rise & Shine Exercise 10:00 Facebooking 1:00 Happy Neuron 3:00 Gardening Club **4:00 Saturday Night Fever (Disco DJ Performance)** 6:30 Paper Quilling 7:30 Casino Games
15 9:00 Chair Chi 10:00 Pastimes 10:00 Sun Tea Sunday 11:00 SATM Radio Show 1:00 Smarter Than A 5th Grader 2:00 Bingo Bonanza **3:30 Praise & Worship** 4:00 Finish The Phrase 6:30 Game On Yahtzee 7:30 Car Talk	**16** 9:00 Core Workout 10:00 Woodworking 11:00 Bible Stories **1:00 Jazz It Up w/ Norris** **2:00 Meandering Monday Outing** 2:00 Still Life Sketching 3:00 Cooking w/ Chocolate Chips 4:00 Name That Tune 6:30 Outdoor Life: Fishing 7:30 Wheel Of Fortune	**17** 9:00 Chair Yoga 10:00 Bridge Club 10:30 Memories In The Making 11:00 National Park Series 1:00 Music & Memories 2:00 Car Corner-Mustangs 3:00 Cartoon How-To **4:00 April B-Day Bash** 6:30 Game On! Mexican Train 7:30 BBC World News	**18** 9:00 Pilates 10:00 Pictionary **10:00 Shopping Outing-Walmart** 11:00 Game On! Uno **12:00 Hump Day Lunch Outing** 1:00 NewsCurrents 2:00 April Auctioneers 3:00 BrainBuzz Countdown 4:00 Name That Tune 6:30 Nerf Skeet Shooting	**19** 9:00 Walking Warriors 10:00 Game On! Rummicub 11:00 Floral Arrangement 1:00 Cinemaholics 2:00 Charades 3:00 Ante Up-7 Card Stud 4:00 Mocktail Happy Hour 6:00 Common Bonds Support Group 6:30 Armchair Concert 7:30 Meditation In Color	**20** 9:00 Go For Life 10:00 A Look Back **11:00 Studio Movie Grill Outing** 11:00 Ask Abby 1:00 Charades 2:00 Crossword Club 3:00 Opinionation **4:00 Opinionation** 6:30 Sunset Stroll 7:30 Cool Collections	**21** 9:00 Go For Life 10:00 Jewelry Making 11:00 Bakers Bliss-Cheesecake **1:00 Frankie Piano Live** 2:00 Charades 3:00 English Tea Time 4:00 Sing-a-long Saturday 6:30 Price Is Right 7:30 Dominoes Duel
22 9:00 Rise & Shine Exercise 10:00 Jewelry Making 11:00 Folktales And Fables 1:00 Ice Cream Creations 2:00 Bingo Bonanza **3:30 Praise & Worship** 4:00 Finish The Phrase 6:30 Tech Time 7:30 Big Game Hunting 8:30 Late Night Sermon	**23** 9:00 Chair Chi 10:00 Women's Month Highlight 11:00 HC Players Rehearsal 11:00 Ask Abby 1:00 You Be The Judge **2:00 Meandering Monday Outing** 3:00 Cooking Corner-Creative Cakes 4:00 Charades 7:00 Antiques Roadshow	**24** 9:00 Stretch & Tone 10:00 Bridge Club 10:00 Chef Chat 11:00 Game On! Scrabble 1:00 Serves Up Chair Volleyball 2:00 Resident Ambassador Mtg 2:00 What Did It Cost 3:00 Casino Games **4:00 Humor Month Stand Up Night** **5:00 Ariba Ariba Family Night**	**25** 9:00 Core Workout **10:00 Shopping Outing-Target** 11:00 Gardening Club **12:00 Hump Day Lunch Outing** 1:00 News Currents 2:00 Word Puzzle Wednesday 3:00 Storycorp Interviews 4:00 BuzzTime Countdown 6:30 Music & Memories 8:30 Wheel Of Fortune	**26** 9:00 Rise & Shine Exercise 10:00 Cinemaholics 11:00 Floral Arrangement 1:00 Serves Up Chair Volleyball 2:00 Gardening Club 3:00 Ante Up- 5 Card Draw **4:00 Soul Music Happy Hour** 6:30 30 For 30 7:30 You & YouTube	**27** **8:30 Breakfast Outing** 9:00 Rise & Shine Exercise 10:00 Crafty Corner 11:00 Walking Warriors 1:00 Dominoes Duel 2:00 Resident Council 3:00 Sweet Treats 4:00 Opinionation 6:30 Meditations In Color 7:30 Late Night TED Talks	**28** 9:00 Dancersize 10:00 Morning Mad-Libs 11:00 Happy Neuron **1:00 Superhero Saturday** **2:00 Comic Book History** **3:00 Costume Evolution** **4:00 Saturday Night Fever (Disco DJ Performance)** 6:30 Wheel Of Fortune 7:30 Best Of SNL
29 9:00 Morning Mad-libs 10:00 Crochet Club 11:00 Sudoku Showdown 1:00 Guided Meditation 2:00 Bingo Bonaza 3:00 Ping Pong Players **3:30 Praise & Worship** 4:00 Pink Happy Hour 7:30 Bible Stories 8:30 Game On! Solitare	**30** 9:00 Stretch & Tone 10:00 Serves Up Chair Vollyball 11:00 National Park Series 1:00 Walking Warriors **2:00 Meandering Monday Outing** 2:00 Puzzle Me This 3:00 Waffle Day Creations 4:00 Pub Night 6:30 Wii Sports 7:30 Armchair Concert					

Daily:

Breakfast ..... **8-9 AM**
Lunch ..... **12 PM**
Dinner ..... **5-6 PM**
PRD ..... **Private Dining Room**
ICP ..... **Ice Cream Parlor**
FL ..... **Front Lobby**
MTR ..... **Movie Theater Room**
AS ..... **Art Studio**

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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			
						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

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.

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.