

CONTACTS

Executive Director
Jonathan Book
jenison@americanhouse.com

Community Relations Director
Kevin Chapie
(616) 457-9815

Community Relations Director
Natalie Vanderploeg
616-457-9815

Life Enrichment Director
Mckenzi Sall
jenisonlifeenrichment@americanhouse.com

Culinary Director
Caleb Kape
jenisonculinary@americanhouse.com

Maintenance Director
Rick Deemter
jenisonmaintenance@americanhouse.com

Housekeeping Supervisor
Jennifer Ruster
jenisonhousekeeping@americanhouse.com

National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

Institute of Aging Friendship Line
1-800-971-0016



**American House
Jenison**
8001 Cottonwood Dr
Jenison | MI | 49428
616.432.2112
AmericanHouse.com



TECH-SAVVY SENIORS AND EMOJIS

An emoji is a “small digital image or icon used to express an idea or emotion in electronic communication.” They are now a crucial part of communication in texts and social media. With thousands of individual characters, our messages to one another include a ❤️, a 👍, or 🙏, to name just a few.

They were first created in Japan in the 1990s and spread very quickly. A recent survey found those 65 and above have mastered the art of an emoji-filled text message. In fact, one in three seniors now prefer texting to phone calls.

A few commonly misused emojis include the fire 🔥 emoji, which is not used to show something is literally hot, but more that something is amazing. Another is the laughing out loud 😂 face. This emoji represents someone laughing so hard they have tears of joys. But sometimes it’s used as the exact opposite: a “crying” face. One hundred and eight new emojis are expected to arrive in our smartphones and computers in 2024. They include a phoenix, a lime and smiley faces shaking their heads up and down.



WHAT’S YOUR STORY? TELL US
WITH OUR RESIDENT SURVEY!

Quote of the Month

“YOU MISS 100%
OF THE SHOTS
YOU DON’T TAKE.”

~ WAYNE GRETZKY

WHY WE WAKE UP EARLIER AS WE GET OLDER

There’s a reason why older adults wake up earlier in the mornings: it’s part of the natural aging process. As we age, our bodies change both internally and externally. Our brain becomes slightly less responsive to inputs that include the sunset, sunlight, meals, social cues and physical activity that help determine where we are in our day.

This is part of the reason older people tend to get tired before their children or grandchildren. And, as a result, they wake up fully rested and earlier than the rest of the world.

If you struggle with this problem, experts agree you should ignore the advice to put away the screens and instead expose yourself to bright light in the late evening. This means going for a walk outside before the sun sets, reading a book on a bright iPad, getting artificial lights for your home or watching TV on a bright screen. You should try these things 30 to 60 minutes before sunset. Changes in sleep patterns are a way of life, and you can counteract them with healthy habits so you can get your best rest.

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

JENISON BEECHWOOD

APRIL 2024

MEET THE 93-YEAR-OLD
WORLD CHAMP OF ROWING

Richard Morgan, a onetime baker and battery maker with creaky knees, didn’t take up regular exercise until he was 73. The Irishman is now 93 and a four-time world champion in indoor rowing, with the aerobic engine of a healthy 40-year-old and a body-fat percentage to match. Not bad for someone who trains in his backyard shed.

Richard has now rowed the equivalent of almost ten times around the globe. Many questions remain about the biology of aging, and whether the physical decline in muscle mass that typically occurs as we grow older is inevitable or perhaps, due to a lack of exercise.

Intrigued, researchers put Richard to a 2,000-meter time trial on a rowing machine and were amazed his heart rate peaked at 153 beats per minute, one of the highest peaks ever recorded for someone in their 90s. It meant his heart was able to rapidly supply his working muscles with oxygen and fuel. Perhaps more impressive, Richard achieved these results with a simple exercise routine that emphasized consistency and a high protein diet. The research team found that exercise helps maintain a strong, capable body, no matter our age. For Richard, it meant becoming a world champion.



APRIL 2024 EVENTS!

- Coffee & Dessert At Russ'
- Spring Craft
- Fred Walker Performance
- Fiesta Bingo Bash
- Grand Valley Volunteers
- William Twins Performance
- Family Night!
- Rick Ruther Performance
- Spring Activity W/ Jenison
- Butch Grenell Performance

THE ORIGINS OF APRIL FOOLS’ DAY

April Fools’ Day has been celebrated for centuries by different cultures. Its traditions include playing hoaxes or practical jokes on others, often yelling “April Fools!” Though the origin of April Fools’ Day is a mystery, many historians speculate it dates to 1582, when France switched from the Julian calendar to the Gregorian calendar. There’s also a theory April Fools’ Day was tied to the first day of spring in the Northern Hemisphere, when Mother Nature fooled people with unpredictable weather. No matter where it came from, April Fools’ Day is here, so be ready for anything!



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				LOCATION KEY		
				<div> <div> AR Activity Room AMN All Manors AUD Auditorium BW Beechwood CIN Cinema </div> <div> CW Cottonwood DR Dining Room FIT Fitness Center GAZ Gazebo LIB Library </div> <div> OUT Outing O Outside S Salon SW Sandalwood TLG The Lodge </div> </div>		
	01 APRIL FOOLS' DAY	02	03	04	05	06
	9:15a Bike Pedal Exercises 12:15p Devotions 1:30p Bingo 2:30p Skip-Bo 7:00p Snack Shack	11:00a Bible Study 12:15p Devotions 1:30p Bus Outing: Coffee & Dessert @ Russ' 7:00p Snack Shack	9:00a Beauty Salon 10:00a Manicures 12:15p Devotions 1:30p Bingo 7:00p Snack Shack	9:00a Ride Out: To The Beach! 12:15p Devotions 2:30p Spintopia 7:00p Snack Shack	9:15a Sit and Stretch 9:30a Balloon Ball 12:15p Devotions 2:00p Spring Craft @ BW 7:00p Snack Shack	10:00a Morning Activities 12:15p Devotions 1:00p Afternoon Activities 7:00p Snack Shack
07	08	09	10	11	12	13
10:00a Morning Activities 12:15p Devotions 1:00p Afternoon Activities 7:00p Snack Shack	10:00a Fred Walker Performance & Pastries 12:15p Devotions 2:00p Nancy B. Presentation: When the Circus Comes to Town 7:00p Snack Shack	11:00a Bible Study 12:15p Devotions 2:00p Fiesta Bingo Bash 7:00p Snack Shack	9:00a Beauty Salon 10:00a Manicures 12:15p Devotions 1:30p Parings and Perspectives 7:00p Snack Shack	9:00a Ride Out: Park Perusal 12:15p Devotions 3:00p Diners & Drive in Happy Hour 7:00p Snack Shack	10:30a Grand Valley Volunteers 12:15p Devotions 2:00p William Twins Performance 3:00p Cherry On Top Sundae Bar 7:00p Snack Shack	10:00a Morning Activities 12:15p Devotions 1:00p Afternoon Activities 7:00p Snack Shack
14	15 TAX DAY BOSTON MARATHON	16	17	18	19	20
10:00a Morning Activities 12:15p Devotions 1:00p Afternoon Activities 7:00p Snack Shack	9:30a Bike Pedal Exercises 12:15p Devotions 1:30p Bingo 7:00p Snack Shack	11:00a Bible Study 12:15p Devotions 1:00p Bus Ride: Downtown and Donuts 7:00p Snack Shack	9:00a Beauty Salon 10:00a Manicures 12:15p Devotions 5:00p Family Night: Breakfast at Tiffany's	9:00a Ride Out: Country Roads Take Me Home 12:15p Devotions 1:30p Wii Bowling 7:00p Snack Shack	9:30a Sit and Stretch 10:00a Balloon Ball 12:15p Devotions 2:00p Rick Ruther Performance 7:00p Snack Shack	10:00a Morning Activities 12:15p Devotions 1:00p Afternoon Activities 7:00p Snack Shack
21	22 EARTH DAY PASSOVER BEGINS	23	24 ADMINISTRATIVE PROFESSIONALS DAY	25	26 ARBOR DAY	27
10:00a Morning Activities 12:15p Devotions 1:00p Afternoon Activities 7:00p Snack Shack	9:15a Chair Yoga 12:15p Devotions 1:30p Bingo 7:00p Snack Shack	11:00a Bible Study 12:15p Devotions 2:00p Cooking Demo 3:30p Card Games 7:00p Snack Shack	9:00a Beauty Salon 10:00a Manicures 12:15p Devotions 1:30p Bingo 7:00p Snack Shack	9:00a Ride Out: Cruise Through Coopersville 12:15p Devotions 1:30p Spring Activity W/ Jenison Christian 7:00p Snack Shack	9:30a Sit and Stretch 10:00a Balloon Ball 12:15p Devotions 2:00p Butch Grenell Performance 7:00p Snack Shack	10:00a Morning Activities 12:15p Devotions 1:00p Afternoon Activities 7:00p Snack Shack
28	29	30 PASSOVER ENDS	BIRTHDAYS			
10:00a Morning Activities 12:15p Devotions 1:00p Afternoon Activities 7:00p Snack Shack	9:15a Bauerwood Elementary Students Visit 9:30a Bike Pedal Exercises 12:15p Devotions 1:30p Bingo 7:00p Snack Shack	11:00a Bible Study 11:15a Bus Outing: Cracker Barrel 12:15p Devotions 1:30p Spintopia 7:00p Snack Shack	 <div> James M. 4/13 (MW) Arloa S. - 4/22 (BW) Betty V. - 4/24 (BW) Michael H - 4/27 (SW) Ray H. - 4/28 (BW) Patricia B. - 4/30 (CTW) </div>			