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National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

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

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Quote of the Month

“THE SECRET OF STAYING YOUNG IS TO LIVE HONESTLY,
EAT SLOWLY AND LIE ABOUT YOUR AGE. ~ LUCILLE BALL”

THE POWER AND SIMPLICITY OF WALKING

Walking is the simplest form of exercise. One of the great benefits of walking is it allows us to slow down and connect with our surroundings. This heightened awareness can lead to a greater sense of gratitude and appreciation.



Walking also boasts a series of health benefits for older adults, according to a recent Blue Zones study. Its main benefits include reducing the risk of cardiovascular disease, type 2 diabetes and dementia. Walking can also lead to improvements in sleep, mental well-being and longevity. A 30-minute walk per day decreases the likelihood of multiple age-associated diseases and improves mood and sleep quality, and lowers the risk of bone fractures.

Walking is a great way to clear our minds and gives us time to think and reflect. We can use this time to focus on our goals or simply enjoy the present moment. Walking helps us find a sense of calm and balance in our lives.

ALEXA FEATURES YOU DON'T WANT TO LIVE WITHOUT

Alexa is Amazon's digital voice assistant that comes with innovative features to help you live more comfortably. What these features can do for you are jaw-dropping. Here are just a few:

MEDICATION REMINDERS. The “Medicine Tracker” feature is free and lets you know what your medications are, when you last took them and what times you should be taking them.

STAY CONNECTED. Alexa's “Remote Senior Care” comes with the latest sophisticated technology, yet is easy to use. It allows you to connect to your loved ones remotely with simple voice commands 24/7.

SLEEP BETTER. Alexa's “Train Ride” feature helps you sleep peacefully or block out unwanted noise. All you have to say is, “Alexa, open Train Ride.” It's from the makers of the top-rated “Sleep and Relaxation Sounds” skill.

GET COZY WITH NOSTALGIA. With Alexa's “Radio Mystery Theater,” it's easy to relive childhood evenings around the radio listening to old CBS programs. This cool Alexa feature will take you back to the original broadcasts!

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

JENISON COTTONWOOD

MAY 2024

THE INSPIRING TRANSFORMATION OF JOAN MACDONALD

At the age of 70, Joan MacDonald weighed 198 pounds and had a 39-inch waist. She was on medication for high blood pressure and had trouble walking up and down stairs. Joan knew if she continued on her path, things would only get worse. Her daughter Michelle gave her an ultimatum that it was high time she changed her life.

It wasn't easy, but Joan learned how to use an iPhone to help follow a nutrition plan, renewed her gym membership, bought a scale and got to work. She stuck to her guns and never gave up. Some days Joan was in tears, but her personal motto kept ringing in her head: “I don't mind if my changes are slow. I'm going to go at my own pace and this time the changes are going to last for the rest of my life.”

As the months rolled by, the weight and inches were disappearing to the point Joan lost 70 pounds. She now claims to be a different woman than she was when she began her journey to wellness. Her transformation is so complete, Joan now graces magazine covers, has over 1.5 million followers on Instagram, and is the author of “Flex Your Age with Joan MacDonald.” An inspiration to millions, Joan likes to say you can't turn back the clock, but you sure can wind it up again!



MAY 2024 EVENTS!

- Steven Troyer Performance
- Cinco De Mayo Celebration
- Tulip Time Outing
- Marvin Lutrell Performance
- Dollar Tree Outing
- Family Night: Make Em' Laugh
- ACT Art Project
- David Molinori Performance
- Boulder Ridge Zoo
- Birthday Bash W/ Marty Miller

THE IMPORTANCE OF A HEALTHY AGING PLAN

Healthy aging is the ability to maintain an active, independent and purposeful lifestyle. To do so, everyone is encouraged to engage in proactive behaviors. This includes taking the necessary medications you're prescribed, exercising regularly, eating a balanced diet, minimizing alcohol consumption, not smoking and getting enough sleep at night. One of the most important proactive steps you can take is staying socially active. The main benefit of making new friends is the sense of belonging it provides and knowing fellow residents are more than just neighbors!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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MAY 2024

LOCATION KEY

AR Activity Room	CW Cottonwood	OUT Outing
AMN All Manors	DR Dining Room	O Outside
AUD Auditorium	FIT Fitness Center	S Salon
BW Beechwood	GAZ Gazebo	SW Sandalwood
CIN Cinema	LIB Library	TLG The Lodge

BIRTHDAYS		01	02	03	04
Charlene R. 5/2 Bruce W. 5/6 Alvin A. 5/10 Merlin F. 5/10 Ellie M. 5/19 Bruce H. 5/29		7:00a Breakfast 11:55a Daily Chronicles 12:00p Lunch 1:30p Bingo 3:30p Jeopardy! 5:00p Dinner 7:00p Snack Shack	7:00a Breakfast 9:00a Bus Ride: Millennium Park OUT 11:00a Bible Study 11:55a Daily Chronicles 12:00p Lunch 2:30p Cinco De Mayo: Guess a Letter 2:30p Cinco De Mayo Bookmarks 5:00p Dinner	7:00a Breakfast 10:30a Exercise Circle 11:55a Daily Chronicles 12:00p Lunch Steven Troyer Performance 2:00p 5:00p Dinner 7:00p Snack Shack	7:00a Breakfast 11:55a Daily Chronicles 12:00p Lunch 5:00p Dinner 7:00p Snack Shack
05 CINCO DE MAYO	06	07	08	09	10
7:00a Breakfast 10:00a Morning Activities 11:55a Daily Chronicles 12:00p Lunch 5:00p Dinner 7:00p Snack Shack	7:00a Breakfast 10:30a Monday Morning Movement & Meditation 11:55a Daily Chronicles 12:00p Lunch Cinco De Mayo Celebration BW 5:00p Dinner 7:00p Snack Shack	7:00a Breakfast 9:00a Beauty Salon 10:30a Manicures 11:55a Daily Chronicles 12:00p Lunch Bus Outing: Tulip Time OUT 1:15p 5:00p Dinner 7:00p Snack Shack	7:00a Breakfast 11:55a Daily Chronicles 12:00p Lunch 1:30p Bingo 3:30p Funny Word Vocabulary Quiz 4:00p Comedy Corner: Jokes and Funny Stories 5:00p Dinner 7:00p Snack Shack	7:00a Breakfast 9:00a Bus Ride: Tulip Time OUT 11:00a Bible Study 11:55a Daily Chronicles 12:00p Lunch 1:30p Mother's Day Floral Arranging 2:30p Famous Mothers Trivia 2:30p Mother Of All Humor 5:00p Dinner BW BW	7:00a Breakfast 10:30a Sit and Stretch 10:45a Balloon Ball 11:55a Daily Chronicles 12:00p Lunch Marvin Lutrell Performance 2:00p BW 3:30p Card Games 5:00p Dinner
12 MOTHER'S DAY	13	14	15	16	17
7:00a Breakfast 10:00a Morning Activities 11:55a Daily Chronicles 12:00p Lunch 5:00p Dinner 7:00p Snack Shack	7:00a Breakfast 10:30a Monday Morning Movement & Meditation 11:55a Daily Chronicles 12:00p Lunch 1:30p Bingo 1:30p Nancy B Presentation: Pure Michigan For 100 Years BW 5:00p Dinner	7:00a Breakfast 9:00a Beauty Salon 10:30a Manicures 11:55a Daily Chronicles 12:00p Lunch Bus Outing: Trip to Dollar Tree OUT 1:30p 5:00p Dinner 7:00p Snack Shack	7:00a Breakfast 11:55a Daily Chronicles 12:00p Lunch 1:30p Bingo 5:00p Family Night: Make Em' Laugh 7:00p Snack Shack	7:00a Breakfast 9:00a Bus Ride: Grand Haven OUT 11:00a Bible Study 11:55a Daily Chronicles 12:00p Lunch Collage Art Project W/ ACT 1:30p BW 5:00p Dinner 7:00p Snack Shack	7:00a Breakfast 10:00a David Molinori Performance BW 11:55a Daily Chronicles 12:00p Lunch Bingo Bash MW 5:00p Dinner 7:00p Snack Shack
19	20	21	22	23	24
7:00a Breakfast 10:00a Morning Activities 11:55a Daily Chronicles 12:00p Lunch 5:00p Dinner 7:00p Snack Shack	7:00a Breakfast 10:30a Monday Morning Movement & Meditation 11:55a Daily Chronicles 12:00p Lunch 1:30p Bingo 5:00p Dinner 7:00p Snack Shack	7:00a Breakfast 9:00a Beauty Salon 10:30a Manicures 11:55a Daily Chronicles 12:00p Lunch 2:00p Cooking Demo CW 2:30p New Resident Mixer: Funny Word Quiz & Trivia CW 5:00p Dinner	7:00a Breakfast 11:55a Daily Chronicles 12:00p Lunch 1:30p Bingo 3:30p Challenge Your Mind Trivia 4:00p Run the Alphabet 5:00p Dinner 7:00p Snack Shack	7:00a Breakfast 9:00a Bus Ride: Residents Choice OUT 11:00a Bible Study 11:55a Daily Chronicles 12:00p Lunch Jenison Christian Activity 1:30p 5:00p Dinner 7:00p Snack Shack	7:00a Breakfast 10:30a Sit and Stretch 10:45a Balloon Ball 11:55a Daily Chronicles 12:00p Lunch Bob Lacy Performance BW 2:00p 5:00p Dinner 7:00p Snack Shack
26	27 MEMORIAL DAY	28	29	30	31
7:00a Breakfast 10:00a Morning Activities 11:55a Daily Chronicles 12:00p Lunch 5:00p Dinner 7:00p Snack Shack	7:00a Breakfast 10:30a Monday Morning Movement & Meditation 11:55a Daily Chronicles 12:00p Lunch 1:30p Bingo 5:00p Dinner 7:00p Snack Shack	7:00a Breakfast 9:00a Beauty Salon 10:30a Manicures 11:55a Daily Chronicles 12:00p Lunch Bus Trip: Boulder Ridge Zoo OUT 1:00p 5:00p Dinner 7:00p Snack Shack	7:00a Breakfast 11:55a Daily Chronicles 12:00p Lunch 1:30p Bingo 3:30p Card Games 5:00p Dinner 7:00p Snack Shack	7:00a Breakfast 9:00a Bus Ride: Allendale OUT 11:00a Bible Study 11:55a Daily Chronicles 12:00p Lunch 2:30p Planting Flower Boxes 3:00p WorkPeck 5:00p Dinner 7:00p Snack Shack	7:00a Breakfast 10:30a Exercise Circle 11:55a Daily Chronicles 12:00p Lunch Birthday Bash W/ Marty Miller MW 2:00p 5:00p Dinner 7:00p Snack Shack



All activities subject to change.