

## CONTACTS

### Executive Director

Sarah Pendergrass  
brentwood@americanhouse.com

### Wellness Director

Kaylin Anderson  
brentwoodwellness@americanhouse.com

### Memory Care Director

Tralica Fleming  
brentwoodmemcare@americanhouse.com

National Suicide Hotline  
988

Alzheimers Association  
1-800-272-3900

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



### American House Brentwood

5436 Edmondson Pike  
Nashville | TN | 37211  
615.432.4653

[AmericanHouse.com](http://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.

FOLLOW US ON FACEBOOK

# LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

BRENTWOOD

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!

- Billy Tarkington
- Yoga with Joseph
- Music with Gabriel
- Music with Sarah
- Sunday Devotion
- Exercise with Dee
- Table talk on the patio

## 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!



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# April 2024

### LOCATION KEY

<b>AR</b> Activity Room	<b>LO</b> Lobby	<b>S</b> Salon
<b>BP</b> Back Patio	<b>MC</b> Memory Care	<b>APT</b> Your Apartment
<b>B</b> Bistro	<b>MCA</b> Memory Care Activity Room	
<b>CY</b> Courtyard	<b>MCD</b> Memory Care Dining Room	
<b>DR</b> Dining Room	<b>MCL</b> Memory Care Living Room	
<b>FPO</b> Front Porch	<b>OUT</b> Outing	

01 APRIL FOOLS' DAY		02		03		04		05		06			
	9:00a Daily Chronicle and Coffee 10:00a Movin & Groovin 11:00a Adult Coloring 1:30p Manicures and Music 3:30p Flower Arranging	<b>MCL</b> <b>MCL</b> <b>MCL</b> <b>MCD</b> <b>CY</b>	9:00a Daily Chronicle and Coffee 1:00p Trivia fun 2:00p Sing A Lng 3:30p Table Talk	<b>MCL</b> <b>MCD</b> <b>MCL</b> <b>MCD</b>	9:00a Daily Chronicle and Coffee 10:00a Movin & Groovin 11:00a Word Games 1:00p Storyteller Club 3:00p Relax and Recharge 6:00p Lipscomb Singers	<b>MCL</b> <b>MCL</b> <b>MCL</b> <b>MCL</b> <b>MCD</b> <b>LO</b>	9:00a Daily Chronicle and Coffee 11:00a Table Talk 1:00p Trivia fun 1:30p Stories From a Hat 2:00p BINGO 3:00p Flower Arranging 4:00p Reminiscing	<b>MCL</b> <b>MCL</b> <b>MCL</b> <b>MCL</b> <b>MCD</b> <b>MCD</b> <b>MCD</b>	9:00a Daily Chronicle and Coffee 10:00a Movin & Groovin 11:00a Word Games 4:00p Table Talk	<b>MCL</b> <b>MCL</b> <b>MCD</b> <b>MCD</b>	9:00a Daily Chronicle and Coffee 10:00a Morning Stretch 11:00a Coloring 1:30p Trivia 2:00p Movies and Popcorn	<b>MCL</b> <b>MCL</b> <b>MCD</b> <b>MCD</b> <b>MCL</b>	
07		08		09		10		11		12		13	
9:00a Daily Chronicle and Coffee 9:30a Morning Stretch 10:30a Church in the Lobby 1:30p Balloon Volleyball 3:00p Trivia Fun 5:30p Sunset Courtyard Walks	<b>MCL</b> <b>MCL</b> <b>LO</b> <b>MCL</b> <b>MCD</b> <b>CY</b>	9:00a Daily Chronicle and Coffee 10:00a Movin & Groovin 11:00a Brain Games 1:30p Manicures and Music 3:30p Flower Arranging	<b>MCL</b> <b>MCL</b> <b>MCL</b> <b>MCD</b> <b>CY</b>	9:00a Daily Chronicle and Coffee 1:00p Trivia fun 2:00p Sing A Lng 4:00p Brain Games	<b>MCL</b> <b>MCD</b> <b>MCL</b> <b>MCD</b>	9:00a Daily Chronicle and Coffee 10:00a Movin & Groovin 11:00a Word Games 1:00p Storyteller Club 3:00p Relax and Recharge 6:00p Lipscomb Singers	<b>MCL</b> <b>MCL</b> <b>MCL</b> <b>MCL</b> <b>MCD</b> <b>LO</b>	9:00a Daily Chronicle and Coffee 1:00p Trivia fun 1:30p Stories From a Hat 3:00p Flower Arranging 4:00p Reminiscing	<b>MCL</b> <b>MCL</b> <b>MCL</b> <b>MCD</b> <b>MCD</b>	9:00a Daily Chronicle and Coffee 10:00a Movin & Groovin 11:00a Word Games 4:00p Table Talk	<b>MCL</b> <b>MCL</b> <b>MCD</b> <b>MCD</b>	9:00a Daily Chronicle and Coffee 10:00a Morning Stretch 11:00a Coloring 1:30p Trivia 2:00p Movies and Popcorn	<b>MCL</b> <b>MCL</b> <b>MCD</b> <b>MCD</b> <b>MCL</b>
14		15 TAX DAY   BOSTON MARATHON		16		17		18		19		20	
9:00a Daily Chronicle and Coffee 9:30a Morning Stretch 10:30a Church in the Lobby 1:30p Balloon Volleyball 3:00p Trivia Fun 5:30p Sunset Courtyard Walks	<b>MCL</b> <b>MCL</b> <b>LO</b> <b>MCL</b> <b>MCD</b> <b>CY</b>	9:00a Daily Chronicle and Coffee 10:00a Movin & Groovin 11:00a Brain Games 1:30p Manicures and Music 3:30p Flower Arranging	<b>MCL</b> <b>MCL</b> <b>MCL</b> <b>MCD</b> <b>CY</b>	9:00a Daily Chronicle and Coffee 1:00p Trivia fun 2:00p Sing A Lng 2:30p Snacks and hydration 3:30p Table Talk	<b>MCL</b> <b>MCD</b> <b>MCL</b> <b>MCD</b>	9:00a Daily Chronicle and Coffee 10:00a Movin & Groovin 11:00a Word Games 1:00p Storyteller Club 3:00p Relax and Recharge 6:00p Lipscomb Singers	<b>MCL</b> <b>MCL</b> <b>MCL</b> <b>MCL</b> <b>MCD</b> <b>LO</b>	9:00a Daily Chronicle and Coffee 11:00a Table Talk 1:00p Trivia fun 1:30p Stories From a Hat 2:00p BINGO 3:00p Flower Arranging 4:00p Reminiscing	<b>MCL</b> <b>MCL</b> <b>MCL</b> <b>MCL</b> <b>MCD</b> <b>MCD</b> <b>MCD</b>	9:00a Daily Chronicle and Coffee 10:00a Movin & Groovin 11:00a Word Games 4:00p Table Talk	<b>MCL</b> <b>MCL</b> <b>MCD</b> <b>MCD</b>	9:00a Daily Chronicle and Coffee 10:00a Morning Stretch 11:00a Coloring 1:30p Trivia 2:00p Movies and Popcorn	<b>MCL</b> <b>MCL</b> <b>MCD</b> <b>MCD</b> <b>MCL</b>
21		22 EARTH DAY   PASSOVER BEGINS		23		24 ADMINISTRATIVE PROFESSIONALS DAY		25		26 ARBOR DAY		27	
9:00a Daily Chronicle and Coffee 9:30a Morning Stretch 10:30a Church in the Lobby 1:30p Balloon Volleyball 3:00p Trivia Fun 5:30p Sunset Courtyard Walks	<b>MCL</b> <b>MCL</b> <b>LO</b> <b>MCL</b> <b>MCD</b> <b>CY</b>	9:00a Daily Chronicle and Coffee 10:00a Movin & Groovin 11:00a Brain Games 1:30p Manicures and Music 3:30p Flower Arranging	<b>MCL</b> <b>MCL</b> <b>MCL</b> <b>MCD</b> <b>CY</b>	9:00a Daily Chronicle and Coffee 1:00p Trivia fun 2:00p Sing A Lng 4:00p Brain Games	<b>MCL</b> <b>MCD</b> <b>MCL</b> <b>MCD</b>	9:00a Daily Chronicle and Coffee 10:00a Movin & Groovin 11:00a Word Games 1:00p Storyteller Club 3:00p Relax and Recharge 6:00p Lipscomb Singers	<b>MCL</b> <b>MCL</b> <b>MCL</b> <b>MCL</b> <b>MCD</b> <b>LO</b>	9:00a Daily Chronicle and Coffee 1:00p Trivia fun 1:30p Stories From a Hat 3:00p Flower Arranging 4:00p Reminiscing	<b>MCL</b> <b>MCL</b> <b>MCL</b> <b>MCD</b> <b>MCD</b>	9:00a Daily Chronicle and Coffee 10:00a Movin & Groovin 11:00a Word Games 4:00p Table Talk	<b>MCL</b> <b>MCL</b> <b>MCD</b> <b>MCD</b>	9:00a Daily Chronicle and Coffee 10:00a Morning Stretch 11:00a Coloring 1:30p Trivia 2:00p Movies and Popcorn	<b>MCL</b> <b>MCL</b> <b>MCD</b> <b>MCD</b> <b>MCL</b>
28		29		30 PASSOVER ENDS		BIRTHDAYS							
9:00a Daily Chronicle and Coffee 9:30a Morning Stretch 10:30a Church in the Lobby 1:30p Balloon Volleyball 3:00p Trivia Fun 5:30p Sunset Courtyard Walks	<b>MCL</b> <b>MCL</b> <b>LO</b> <b>MCL</b> <b>MCD</b> <b>CY</b>	9:00a Daily Chronicle and Coffee 10:00a Movin & Groovin 11:00a Brain Games 1:30p Manicures and Music 3:30p Flower Arranging	<b>MCL</b> <b>MCL</b> <b>MCL</b> <b>MCD</b> <b>CY</b>	9:00a Daily Chronicle and Coffee 1:00p Trivia fun 2:00p Sing A Lng 3:30p Table Talk	<b>MCL</b> <b>MCD</b> <b>MCL</b> <b>MCD</b>								

All activities subject to change.