

CONTACTS

Executive Director

Toya Sparks
east1memcarewellness@americanhouse.com

Assistant Wellness Director

Michelle Spiruda
east1memcareofficesupport@americanhouse.com

Life Enrichment Director

Jonathan Powell
east1memcarelifeenrichment@american.com

Culinary Director

Tammi Oliver
east1memcareculinary@americanhouse.com

Staffing Manager

Teneka Giles
east1memcarescheduler@gmail.com

National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

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



**American House
Freedom Place Roseville**
17267 Common Rd
Roseville | MI | 48066
586.933.5604
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.

FREEDOM PLACE ROSEVILLE MEMORY CARE

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.

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!



APRIL 2024 EVENTS!

- Joy Ride in the City
- Resident Council Meeting
- Resident Spirit Week
- National Pet Day
- Let's Go To Tiffany's Dinner
- Family Night Open House
- Resident Happy Hour
- Nat'l Cherry Cheesecake Day
- International Jazz Day
- National Oatmeal Cookie Day



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

April 2024

LOCATION KEY



| 01 | APRIL FOOLS' DAY | 02 | | 03 | | 04 | | 05 | | 06 | |
|---|---|--|--|---|--|--|--|--|--|---|--|
| | 8:00a APRIL FOOL'S DAY 10:00a Monday Motivation 10:30a Movin' & Groovin' 11:00a Trivia Quest 1:30p The Coloring Club 3:00p Relax & Renew 6:00p Games, Puzzles & More | 8:00a NAT'L P&J DAY 9:30a Manis & Mimosas 10:30a Women's Club 1:30p Entmt by Kenny L 3:00p Meaningful Moments 4:00p 1 on 1 w/LED 6:00p Movie/Snacks | | 9:30a Tender Heart 11:00a Joy Ride in the City LUEY Movie Trivia 2:30p Cognitive Conversations 3:30p Topics of Discussion 4:00p 6:00p Movie/Popcorn | | 8:00a NAT'L CHX CORDON BLUE DAY 9:30a Prim & Proper 10:30a Relaxation for Men 1:00p Memory Lane 2:00p LUEY Iconic Movie Dresses 3:30p Artist in Resident 6:00p Book Club/Fireside | | 10:00a Movin' & Groovin' 10:30a LUEY Fun Facts 11:00a A Penny for your Thoughts 1:30p Bingo 3:00p Weekly Reflections 6:30p Movie/Popcorn | | 8:00a NAT'L CARAMEL POPCORN DAY 10:30a Coloring Club 1:00p The Weakest Link 1:30p Nurture Program 3:00p Games and Puzzles 4:00p Pen Pals 6:30p Movie/Popcorn | |
| 07 | 08 | 09 | | 10 | | 11 | | 12 | | 13 | |
| 10:30a Art Program 1:00p Fun Facts 1:30p Exercise Club 2:00p Picture Me This... 3:30p Bingo 6:30p Movie/Snacks | 8:00a SPIRIT WEEK BEGINS 8:30a Omelette Bar 10:00a Monday Motivation 10:30a Movin' & Groovin' 11:00a Trivia Quest 1:30p Entmt by Faye B 3:30p LUEY Pearl Game 6:00p Book Club/Fireside | 9:30a Manis & Mimosas 10:30a Women's Club 1:30p Spirit Week Game 2:30p Cooking Demo-Guac/Marg 4:00p A Sense of Nature 6:00p Movies/Popcorn | | 9:30a Tender Heart 11:00a Spirit Week Game 1:30p Guided Meditation 2:30p Resident Tasting Event 4:00p A Penny for your Thoughts 6:00p Games, Puzzles & More | | 8:00a NAT'L PET DAY 9:30a Prim & Proper 10:30a Relaxation for Men 1:00p LUEY Pearl Game 2:30p Resident Happy Hour 4:00p The Coloring Club 6:00p Movie/Snacks | | 10:00a Movin' & Groovin' 10:30a LUEY Trivia 1:00p Resident Council Meeting 2:30p Resident Ice Cream Bar 3:00p Weekly Reflections 6:30p Movie/Popcorn | | 10:30a Coloring Club 1:00p The Weakest Link 1:30p Nurture Program 3:00p Games and Puzzles 4:00p Pen Pals 6:30p Movie/Popcorn | |
| 14 | 15 TAX DAY BOSTON MARATHON | 16 | | 17 | | 18 | | 19 | | 20 | |
| 8:00a NAT'L PECAN DAY 10:30a Art Program 1:00p Fun Facts 1:30p Exercise Club 2:00p Picture Me This... 3:30p Bingo 6:30p Movie/Snacks | 10:00a Monday Motivation 10:30a Movin' & Groovin' 11:00a Trivia Quest 1:30p Diamond in the Rough 3:00p Handwriting Academy 6:00p Coffee & Conversation | 9:30a Manis & Mimosas 10:30a Women's Club 1:00p LUEY Movie Trivia 3:00p LUEY Early Photo Opp 3:30p Artist in Resident 6:00p Book Club/Fireside | | 8:00a LUEY FAMILY NIGHT 9:30a Tender Heart 11:00a LUEY Fun Facts 1:30p LUEY Classic Film 4:00p Let's Go To Dinner At Tiffany's 5:00p Family Night w/Cathy B 7:30p Movie/Popcorn | | 9:30a Prim & Proper 10:30a Relaxation for Men 1:30p Cognitive Conversations 2:30p The Nurture Program 4:00p Handwriting Academy 6:00p Movie/Hot Chocolate | | 10:00a Movin' & Groovin' 10:30a LUEY Trivia 1:30p Singfit 3:00p Weekly Reflections 4:00p Picture Me This... 6:30p Movie/Popcorn | | 8:00a PNAPPL U/D CAKE DAY 10:30a Coloring Club 1:00p The Weakest Link 1:30p Nurture Program 3:00p Games and Puzzles 4:00p Pen Pals 6:30p Movie/Popcorn | |
| 21 | 22 EARTH DAY PASSOVER BEGINS | 23 | | 24 ADMINISTRATIVE PROFESSIONALS DAY | | 25 | | 26 ARBOR DAY | | 27 | |
| 10:30a Art Program 1:00p Fun Facts 1:30p Exercise Club 2:00p Picture Me This... 3:30p Bingo 6:30p Movie/Snacks | 10:00a Monday Motivation 10:30a Movin' & Groovin' 11:00a Trivia Quest 1:30p Group Art Session 3:00p Guided Meditation 6:00p Puzzles, Games & More | 8:00a CHERRY CHEESECAKE DAY 9:30a Manis & Mimosas 10:30a Women's Club 1:30p Entmt by Marie K 3:00p Handwriting Academy 4:00p Memory Lane 6:00p Movie/Tea | | 9:30a Tender Heart 11:00a 1 on 1 w/LED 1:30p Meaningful Moments 2:30p LUEY Movie Trivia 4:00p Relax & Renew 6:00p Movie/Hot Chocolate | | 9:30a Prim & Proper 10:30a Relaxation for Men 1:30p Artist in Resident 3:00p Handwriting Academy 4:00p The Nature Program 6:00p Games, Puzzles & More | | 10:00a Movin' & Groovin' 10:30a LUEY Fun Facts 11:00a The Nature Program 1:30p Entmt by Jerry P 3:00p Weekly Reflections 6:30p Movie/Popcorn | | 10:30a Coloring Club 1:00p The Weakest Link 1:30p Nurture Program 3:00p Games and Puzzles 4:00p Pen Pals 6:30p Movie/Popcorn | |
| 28 | 29 | 30 PASSOVER ENDS | | BIRTHDAYS | | | | | | | |
| 10:30a Art Program 1:00p Fun Facts 1:30p Exercise Club 2:00p Picture Me This... 3:30p Bingo 6:30p Movie/Snacks | 10:00a Monday Motivation 10:30a Movin' & Groovin' 11:00a Trivia Quest 1:30p Singfit 4:00p Entmt by Lukus S 6:00p Games, Puzzles & More | 8:00a INT'L JAZZ DAY 9:30a Manis & Mimosas 10:30a Women's Club 1:30p Entmt by Billy D 3:00p Let's Listen to Jazz Music 4:00p Memory Lane 6:00p Movie/Tea | | Faith G. 4/8 Barbara M. 4/9 Nancy B. 4/18 | | | | | | | |