

**CONTACTS**

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Patricia Laugavitz

**Wellness Director**  
N/A

**Memory Care Director**  
Virginia Rios

**Life Enrichment Director**  
Sarah Giannunzio

**Community Relations Director**  
Owen O'Berry

**Culinary Director**  
Derrek Swint

**Housekeeping Director**  
Dave Bianchette

**Maintenance Director**  
Tim Carowick

**Business Office Manager**  
Jennifer Landrum

National Suicide Hotline  
988

Alzheimers Association  
1-800-272-3900

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

**American House**  
**Freedom Place Rochester**  
3565 S Adams Rd  
Rochester Hills | MI | 48309  
248.461.3693  
**AmericanHouse.com**



We're **MAD** about MARCH!

DAYS TO NOTE AND LOOK FORWARD TO THIS MONTH

**DAYLIGHT**  
SAVING TIME

**SPRING FORWARD MARCH 10, 2:00 AM**

**CELEBRATE NATIONAL PI DAY!**

**THURSDAY, MARCH 14**

**SUNDAY, MARCH 17**

*St. Patrick's day*

**TUESDAY, MARCH 19**

*Spring BEGINS*

**MARCH BASKETBALL MADNESS**

**MARCH 17 – APRIL 8**

**HAPPY Easter**

**SUNDAY, MARCH 31**

*Quote of the Month*

**“ DON'T BE AFRAID TO BE A FOOL. ”**  
**~ STEPHEN COLBERT**

**NEVER BELIEVE THE MYTHS ABOUT AGING**

A few months before his fiftieth birthday in 1907, the psychologist Sigmund Freud wrote that anyone over fifty was beyond their sell-by-date. But nothing could be farther from the truth. Freud himself wrote his most important books in his fifties and sixties. While our mental and physical skills decline over time, it turns out that most and possibly all are use-it-or-lose-it skills. This means, if we never stop using these skills, we get to hang onto them, and even advance them, far later in life than anyone thought possible.

Take VO2 Max, or maximal oxygen consumption. It refers to the amount of oxygen a person can utilize while exercising. VO2 Max starts to sag in our twenties and falls off a cliff after fifty. For years, scientists believed there was nothing that could be done about this. Then marathoners and triathletes and ultra-runners—in their sixties, seventies and eighties—began to post times that shouldn't have been possible. Researchers took a closer look at elite octogenarian athletes and found that training could erase fifty years of decline. They also found the same to hold true for strength and cognitive skills. The conclusion? Never believe the myths about aging.

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# LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

**FREEDOM PLACE ROCHESTER**

**MARCH 2024**

**FLIRTING IN THE DIGITAL AGE**

No one forgets their first date. No matter how long ago that may have been, first dates tend to bring smiles to the people who're telling their side of the story. Today, online dating is becoming increasingly popular for older adults to meet new people and develop meaningful relationships. It allows seniors to increase their social circle and get to know others from the comfort of home. With so many potential benefits, it's no surprise that more and more seniors are joining online dating sites and apps.

For many older adults, dating can be a rewarding yet daunting experience. The fear of meeting a new person and starting from scratch can be overwhelming. But with an open heart and a willingness to explore new possibilities, seniors can still find meaningful connections.

For seniors, the dating scene has changed drastically over the years. But the prevalence of dating apps and websites makes it easier than ever to find potential partners. Age is just a number, and everyone has something to offer. Residents should focus on their positive qualities and what they can bring to a relationship rather than dwelling on their age or perceived shortcomings.

**MARCH 2024 EVENTS!**

- Live Music with Charles
- Live Music with Buddy
- Alice In Wonderland Dinner
- "I Am" Photo Day
- St. Patrick's Day Party
- Easter Egg Hunt
- LUEY Activities

**NATIONAL WOMEN'S HISTORY MONTH**

Educators in Santa Rosa, California, first celebrated Women's History Week in March 1978 to increase awareness of women's contributions to society. In 1980, U.S. President Jimmy Carter declared the week of March 8 National Women's History Week, with these words: "The achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well." The week-long event officially became a month-long one in 1987 when Congress passed a resolution designating March as Women's History Month.

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<div>March 2024</div>										<div>01</div> <div>10:30a SingFit Music (W) 1:00p Crafts w/ Tender Hearts (E) 2:00p L.U.E.Y. Brain Matters (E) 2:00p Snack &amp; Hydration (E &amp; W) 6:00p Evening Movie (E &amp; W)</div>		<div>02</div> <div>9:00a Morning Movie (E &amp; W) 10:00a Morning Snack (E &amp; W) 1:00p Afternoon Movie (E &amp; W) 2:00p Afternoon Snack (E &amp; W) 3:00p Hallway Walk (E &amp; W) 6:00p Evening Movie (E &amp; W)</div>	
<div>03</div> <div>9:00a Morning Movie (E &amp; W) 10:00a Morning Snack (E &amp; W) 1:00p Afternoon Movie (E &amp; W) 2:00p Afternoon Snack (E &amp; W) 3:00p Hallway Walk (E &amp; W) 6:00p Evening Movie (E &amp; W)</div>		<div>04</div> <div>10:30a Beachball Toss (W) 1:00p Can You Picture This? (E) 2:00p Snack &amp; Hydration (E &amp; W) 3:00p Manicures &amp; Massages (E) 6:00p Evening Movie (E &amp; W)</div>		<div>05</div> <div>10:30a SingFit Music (E) 1:00p Diamond Painting (W) 2:00p Snack &amp; Hydration (E &amp; W) 3:00p Manicures &amp; Massages (W) 6:00p Evening Movie (E &amp; W)</div>		<div>06</div> <div>9:00a Hair Salon Open (W) 9:00a Dentist Visit (E &amp; W) 10:00a Exercise w/ Fabi (E &amp; W) 2:00p Live Music w/ Charles (E) 2:00p Snack &amp; Hydration (E &amp; W) 6:00p Evening Movie (E &amp; W)</div>		<div>07</div> <div>10:30a TheraBand Exercise (E) 1:00p Can You Picture This? (W) 2:00p Snack &amp; Hydration (E &amp; W) 2:00p L.U.E.Y. Art &amp; Design (W) 6:00p Evening Movie (E &amp; W)</div>		<div>08</div> <div>10:30a SingFit Music (W) 12:00p Happy Birthday Henry (E) 1:00p Crafts w/ Tender Hearts (E) 2:00p "I Am" Photo Activity (E) 2:00p Snack &amp; Hydration (E &amp; W) 6:00p Evening Movie (E &amp; W)</div>		<div>09</div> <div>9:00a Morning Movie (E &amp; W) 10:00a Morning Snack (E &amp; W) 1:00p Afternoon Movie (E &amp; W) 2:00p Afternoon Snack (E &amp; W) 3:00p Hallway Walk (E &amp; W) 6:00p Evening Movie (E &amp; W)</div>	
<div>10</div> <div>DAYLIGHT SAVING TIME</div>		<div>11</div>		<div>12</div>		<div>13</div>		<div>14</div>		<div>15</div>		<div>16</div>	
<div>9:00a Morning Movie (E &amp; W) 10:00a Morning Snack (E &amp; W) 1:00p Afternoon Movie (E &amp; W) 2:00p Afternoon Snack (E &amp; W) 3:00p Hallway Walk (E &amp; W) 6:00p Evening Movie (E &amp; W)</div>		<div>10:30a Beachball Toss (W) 1:00p Pondering Prompts (E) 2:00p Snack &amp; Hydration (E &amp; W) 3:00p Manicures &amp; Massages (E) 6:00p Evening Movie (E &amp; W)</div>		<div>10:30a SingFit Music (E) 1:00p Diamond Painting (E) 2:00p Snack &amp; Hydration (E &amp; W) 3:00p Manicures &amp; Massages (W) 6:00p Evening Movie (E &amp; W)</div>		<div>9:00a Hair Salon Open (W) 10:00a Exercise w/ Fabi (E &amp; W) 1:00p Live Music w/ Buddy (W) 2:00p Snack &amp; Hydration (E &amp; W) 6:00p Evening Movie (E &amp; W)</div>		<div>10:00a Church w/ Christella (E) 10:30a TheraBand Exercise (E) 1:00p Pondering Prompts (W) 2:00p Snack &amp; Hydration (E &amp; W) 6:00p Evening Movie (E &amp; W)</div>		<div>10:30a SingFit Music (W) 1:00p Crafts w/ Tender Hearts (E) 2:00p St. Patrick's Day Party (E) 2:00p Snack &amp; Hydration (E &amp; W) 6:00p Evening Movie (E &amp; W)</div>		<div>9:00a Morning Movie (E &amp; W) 10:00a Morning Snack (E &amp; W) 1:00p Afternoon Movie (E &amp; W) 2:00p Afternoon Snack (E &amp; W) 3:00p Hallway Walk (E &amp; W) 6:00p Evening Movie (E &amp; W)</div>	
<div>17</div> <div>ST. PATRICK'S DAY</div>		<div>18</div>		<div>19</div> <div>FIRST DAY OF SPRING</div>		<div>20</div>		<div>21</div>		<div>22</div>		<div>23</div>	
<div>9:00a Morning Movie (E &amp; W) 10:00a Morning Snack (E &amp; W) 1:00p Afternoon Movie (E &amp; W) 2:00p Afternoon Snack (E &amp; W) 3:00p Hallway Walk (E &amp; W) 6:00p Evening Movie (E &amp; W)</div>		<div>10:30a Beachball Toss (W) 1:00p Remember Libraries (E) 2:00p Snack &amp; Hydration (E &amp; W) 3:00p Manicures &amp; Massages (E) 6:00p Evening Movie (E &amp; W)</div>		<div>10:30a SingFit Music (E) 1:00p Animal Bingo (W) 2:00p Snack &amp; Hydration (E &amp; W) 3:00p Manicures &amp; Massages (W) 6:00p Evening Movie (E &amp; W)</div>		<div>9:00a Hair Salon Open (W) 10:00a Exercise w/ Fabi (E &amp; W) 2:00p Snack &amp; Hydration (E &amp; W) 5:00p Family Night (E &amp; W) 6:00p Evening Movie (E &amp; W)</div>		<div>10:30a TheraBand Exercise (E) 1:00p Remember Libraries (W) 2:00p L.U.E.Y. Cooking Demo (W) 2:00p Snack &amp; Hydration (E &amp; W) 6:00p Evening Movie (E &amp; W)</div>		<div>10:30a SingFit Music (W) 1:00p Crafts w/ Tender Hearts (E) 2:00p L.U.E.Y. Fun &amp; Games (E) 2:00p Snack &amp; Hydration (E &amp; W) 6:00p Evening Movie (E &amp; W)</div>		<div>9:00a Morning Movie (E &amp; W) 10:00a Morning Snack (E &amp; W) 1:00p Afternoon Movie (E &amp; W) 2:00p Afternoon Snack (E &amp; W) 3:00p Hallway Walk (E &amp; W) 6:00p Evening Movie (E &amp; W)</div>	
<div>24</div>		<div>25</div>		<div>26</div>		<div>27</div>		<div>28</div>		<div>29</div>		<div>30</div>	
<div>9:00a Morning Movie (E &amp; W) 10:00a Morning Snack (E &amp; W) 1:00p Afternoon Movie (E &amp; W) 2:00p Afternoon Snack (E &amp; W) 3:00p Hallway Walk (E &amp; W) 6:00p Evening Movie (E &amp; W)</div>		<div>10:30a Beachball Toss (W) 1:00p Easy Trivia (E) 2:00p Snack &amp; Hydration (E &amp; W) 3:00p Manicures &amp; Massages (E) 6:00p Evening Movie (E &amp; W)</div>		<div>10:30a SingFit Music (E) 1:00p Animal Bingo (E) 2:00p Snack &amp; Hydration (E &amp; W) 3:00p Manicures &amp; Massages (W) 6:00p Evening Movie (E &amp; W)</div>		<div>9:00a Hair Salon Open (W) 10:00a Exercise w/ Fabi (E &amp; W) 2:00p Snack &amp; Hydration (E &amp; W) 6:00p Evening Movie (E &amp; W)</div>		<div>10:00a Church w/ Christella (E) 10:30a TheraBand Exercise (E) 1:00p Easy Trivia (W) 2:00p Snack &amp; Hydration (E &amp; W) 6:00p Evening Movie (E &amp; W)</div>		<div>10:30a SingFit Music (W) 12:00p Happy Birthday David (E) 12:00p Happy Birthday Carol (E) 1:00p Crafts w/ Tender Hearts (E) 2:00p Easter Egg Hunt (E) 2:00p Snack &amp; Hydration (E &amp; W) 6:00p Evening Movie (E &amp; W)</div>		<div>9:00a Morning Movie (E &amp; W) 10:00a Morning Snack (E &amp; W) 1:00p Afternoon Movie (E &amp; W) 2:00p Afternoon Snack (E &amp; W) 3:00p Hallway Walk (E &amp; W) 6:00p Evening Movie (E &amp; W)</div>	
<div>31</div> <div>EASTER</div>		<div></div>		<div>BIRTHDAYS</div>								<div>LOCATION KEY</div>	
<div>9:00a Morning Movie (E &amp; W) 10:00a Morning Snack (E &amp; W) 1:00p Afternoon Movie (E &amp; W) 2:00p Afternoon Snack (E &amp; W) 3:00p Hallway Walk (E &amp; W) 6:00p Evening Movie (E &amp; W)</div>		<div></div>		<div>Henry M. 03/09 Carol V. 03/30 David S. 03/31</div>								<div></div> <div>AR Activity Room CY Courtyard DR Dining Room</div> <div>FAM Family Room LR Living Room OUT Outing</div>	