

CONTACTS

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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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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.

FREEDOM PLACE ROCHESTER

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!

- Spirit Week!
- Family Night!
- Live Music with Phil!
- Live Music with Kirsten!
- Live Music with Lucas!
- Cooking Demonstration!
- Dementia Support Group!
- Brain Matters Program!
- SingFit Music Program!
- Regina's Birthday Party!

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
<div>April 2024</div>					<div>LOCATION KEY</div> <div><div>ARActivity Room</div><div>CYCourtyard</div><div>DRDining Room</div><div>FAMFamily Room</div><div>LRLiving Room</div><div>OUTOuting</div></div>	
	01APRIL FOOLS' DAY	02	03	04	05	06
	10:30a Beachball Toss (W) 1:00p Comedy Hour (E) 2:00p Snack & Hydration (E & W) 3:00p Manicures & Massages (E) 6:00p Evening Movie (E & W)	10:30a SingFit Music (E) 1:00p Mystery Activity (W) 2:00p Snack & Hydration (E & W) 3:00p Manicures & Massages (W) 6:00p Evening Movie (E & W)	9:00a Hair Salon Open (W) 10:00a Exercise w/ Fabi (E & W) 12:00p Happy Birthday Regina! (E) 2:00p Snack & Hydration (E & W) 2:00p Live Music w/ Phil (W) 6:00p Evening Movie (E & W)	10:30a TheraBand Exercise (E) 1:00p Fortune Roulette (W) 2:00p Snack & Hydration (E & W) 3:00p Mystery Activity (W) 6:00p Evening Movie (E & W)	10:30a SingFit Music (W) 1:00p Tender Heart Therapy (E) 2:00p Snack & Hydration (E & W) 3:00p LUEY Brain Matters (E) 6:00p Evening Movie (E & W)	9:00a Morning Movie (E & W) 10:00a Morning Snack (E & W) 1:00p Afternoon Movie (E & W) 2:00p Afternoon Snack (E & W) 6:00p Evening Movie (E & W)
07	08	09	10	11	12	13
9:00a Morning Movie (E & W) 10:00a Morning Snack (E & W) 1:00p Afternoon Movie (E & W) 2:00p Afternoon Snack (E & W) 6:00p Evening Movie (E & W)	8:00a Special Breakfast (E & W) 10:30a Beachball Toss (W) 2:00p Snack & Hydration (E & W) 3:00p Manicures & Massages (E) 6:00p Evening Movie (E & W)	10:30a SingFit Music (E) 2:00p Snack & Hydration (E & W) 2:00p Bingo Bash (W) 3:00p Manicures & Massages (W) 6:00p Evening Movie (E & W)	9:00a Hair Salon Open (W) 10:00a Exercise w/ Fabi (E & W) 2:00p Snack & Hydration (E & W) 2:00p Macaroon Pairing (E & W) 6:00p Evening Movie (E & W)	10:00a Church w/ Christella (E) 10:30a TheraBand Exercise (E) 2:00p Diner Happy Hour (E) 2:00p Snack & Hydration (E & W) 6:00p Evening Movie (E & W)	10:30a SingFit Music (W) 1:00p Tender Heart Therapy (E) 2:00p Snack & Hydration (E & W) 2:00p Ice Cream Sundae Bar (E) 6:00p Evening Movie (E & W)	9:00a Morning Movie (E & W) 10:00a Morning Snack (E & W) 1:00p Afternoon Movie (E & W) 2:00p Afternoon Snack (E & W) 6:00p Evening Movie (E & W)
14	15TAX DAY BOSTON MARATHON	16	17	18	19	20
9:00a Morning Movie (E & W) 10:00a Morning Snack (E & W) 1:00p Afternoon Movie (E & W) 2:00p Afternoon Snack (E & W) 6:00p Evening Movie (E & W)	10:30a Beachball Toss (W) 1:00p Walking Club (E) 2:00p Snack & Hydration (E & W) 3:00p Manicures & Massages (E) 6:00p Evening Movie (E & W)	10:30a SingFit Music (E) 1:00p Mystery Activity (W) 2:00p Snack & Hydration (E & W) 3:00p Manicures & Massages (W) 6:00p Evening Movie (E & W)	9:00a Hair Salon Open (W) 10:00a Exercise w/ Fabi (E & W) 2:00p Snack & Hydration (E & W) 5:00p Family Night (E) 6:00p Support Group (E) 6:00p Evening Movie (E & W)	10:30a TheraBand Exercise (E) 1:00p Jeopardy Game (W) 2:00p Snack & Hydration (E & W) 3:00p Mystery Activity (W) 6:00p Evening Movie (E & W)	10:30a SingFit Music (W) 1:00p Tender Heart Therapy (E) 2:00p Snack & Hydration (E & W) 3:00p LUEY Art & Design (E) 6:00p Evening Movie (E & W)	9:00a Morning Movie (E & W) 10:00a Morning Snack (E & W) 1:00p Afternoon Movie (E & W) 2:00p Afternoon Snack (E & W) 6:00p Evening Movie (E & W)
21	22EARTH DAY PASSOVER BEGINS	23	24ADMINISTRATIVE PROFESSIONALS DAY	25	26ARBOR DAY	27
9:00a Morning Movie (E & W) 10:00a Morning Snack (E & W) 1:00p Afternoon Movie (E & W) 2:00p Afternoon Snack (E & W) 6:00p Evening Movie (E & W)	10:30a Beachball Toss (W) 1:00p Earth Day Project (E) 2:00p Snack & Hydration (E & W) 3:00p Manicures & Massages (E) 6:00p Evening Movie (E & W)	10:30a SingFit Music (E) 1:00p Mystery Activity (W) 2:00p Snack & Hydration (E & W) 3:00p Manicures & Massages (W) 6:00p Evening Movie (E & W)	9:00a Hair Salon Open (W) 10:00a Exercise w/ Fabi (E & W) 2:00p Snack & Hydration (E & W) 2:00p Live Music w/ Lucas (W) 6:00p Evening Movie (E & W)	10:00a Church w/ Christella (E) 10:30a TheraBand Exercise (E) 2:00p Snack & Hydration (E & W) 2:00p Cooking Demo (E) 6:00p Evening Movie (E & W)	10:30a SingFit Music (W) 1:00p Tender Heart Therapy (E) 2:00p Snack & Hydration (E & W) 3:00p LUEY Fun & Games (E) 6:00p Evening Movie (E & W)	9:00a Morning Movie (E & W) 10:00a Morning Snack (E & W) 1:00p Afternoon Movie (E & W) 2:00p Afternoon Snack (E & W) 6:00p Evening Movie (E & W)
28	29	30PASSOVER ENDS	BIRTHDAYS			
9:00a Morning Movie (E & W) 10:00a Morning Snack (E & W) 1:00p Afternoon Movie (E & W) 2:00p Afternoon Snack (E & W) 6:00p Evening Movie (E & W)	10:30a Beachball Toss (W) 2:00p Snack & Hydration (E & W) 3:00p Manicures & Massages (E) 6:00p Evening Movie (E & W)	10:30a SingFit Music (E) 2:00p Snack & Hydration (E & W) 3:00p Manicures & Massages (W) 6:00p Evening Movie (E & W)	04/03 Regina M.			
<div>APRIL SHOWERS</div>						

All activities subject to change.