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National Suicide Hotline
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Alzheimers Association
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Institute of Aging Friendship Line
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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.

HALLS

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!

- Family night
- Spiritual Hwy Entertainment
- Music Therapy with Erika
- 21st- Cooking Demo with Angie
- Roger Bach
- Temple Baptist
- American house birthday party
- Welcome to American house

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!



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SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<div><div>April 2024</div><div></div></div>										LOCATION KEY			
										AR Activity Room CY Courtyard DR Dining Room FPO Front Porch		LR Living Room OUT Outing SP Screened Porch APT Your Apartment	
		01 APRIL FOOLS' DAY		02		03		04		05		06	
		10:00a Daily Devotions 11:00a Sing Fit 2:00p Sweet Treats 3:00p April Fool's game 4:00p Closet to 10 game		10:00a Daily Devotions 11:00a Move and Groove 1:30p Spiritual hwy 2:00p Sweet Treats 3:00p Bowling 4:00p Nature Relaxation		10:00a Daily Devotions 11:00a Sing Fit 2:00p Sweet Treats 3:00p Corn Hole 4:00p Daily Chronicles		10:00a Daily Devotions 11:00a Exercise with Alicia 2:00p Sweet Treats 3:00p Breakfast at Tiffany's Bingo 4:00p Balloon Bop		10:00a Daily Devotions 11:00a Sing Fit 2:00p Welcome to American House Party 3:00p Parachute game 4:00p Run the Alphabet		10:00a Daily Devotions 11:00a Dancing to the Oldies 2:00p Sweet Treats 3:00p Balloon Bop 4:00p Daily Chronicles	
07		08		09		10		11		12		13	
10:00a Daily Devotions 11:00a Balloon Bop 2:00p Sweet Treats 3:00p Temple Baptist 4:00p Heartland Series		10:00a Daily Devotions 11:00a Sing Fit 2:00p Sweet Treats 3:00p Drumming Circle 4:00p Virtual tour of the zoo		10:00a Daily Devotions 11:00a Exercise with Alicia 2:00p Sweet Treats 3:00p Opposite group card game 4:00p Aqua painting		10:00a Daily Devotions 11:00a Health Check 11:00a Sing Fit 2:00p Sweet Treats 3:00p Mannies 4:00p Afternoon Stroll		10:00a Daily Devotions 11:00a Move and Groove 11:30a Resident Town Hall 2:00p Sweet Treats 3:00p Breakfast at Tiffany's Bingo		10:00a Daily Devotions 11:00a Sing Fit 1:30p Roger Bach 2:00p Caris 3:00p Breakfast at Tiffany's Trivia 4:00p Afternoon Stroll		10:00a Daily Devotions 11:00a Dancing to the Oldies 2:00p Sweet Treats 3:00p Balloon Bop 4:00p Daily Chronicles	
14		15 TAX DAY BOSTON MARATHON		16		17		18		19		20	
10:00a Daily Devotions 10:00a Daily Devotions 11:00a Balloon Bop 2:00p Sweet Treats 3:00p Temple Baptist 4:00p Heartland Series		10:00a Daily Devotions 11:00a Sing Fit 2:00p Sweet Treats 3:00p Breakfast at Tiffany's craft 4:00p Run the Alphabet		10:00a Daily Devotions 11:00a Chair Yoga 2:00p Sweet Treats 2:30p Breakfast at Tiffany's Movie 4:30p Music and memories		10:00a Daily Devotions 10:30a Music Therapy with Erika 11:00a Sing Fit 2:00p Sweet Treats 3:00p Corn hole 4:00p Afternoon Stroll		10:00a Daily Devotions 11:00a Move and Groove 2:00p Sweet Treats 3:00p Breakfast at Tiffany's bingo 4:00p Balloon Bop 5:00p Family night		10:00a Daily Devotions 10:00a Dog Therapy 11:00a Sing Fit 2:00p American House Birthday Party 3:00p Bowling 4:00p Music and memories		10:00a Daily Devotions 11:00a Dancing to the Oldies 2:00p Sweet Treats 3:00p Balloon Bop 4:00p Daily Chronicles	
21		22 EARTH DAY PASSOVER BEGINS		23		24 ADMINISTRATIVE PROFESSIONALS DAY		25		26 ARBOR DAY		27	
10:00a Daily Devotions 11:00a Balloon Bop 2:00p Sweet Treats 3:00p Temple Baptist 4:00p Heartland Series		10:00a Daily Devotions 11:00a Sing Fit 2:00p Sweet Treats 3:00p Horse Shoes 4:00p Afternoon Stroll		10:00a Daily Devotions 11:00a Chair Yoga 2:00p Sweet Treats 3:00p Gardening 4:00p Daily Chronicles		10:00a Daily Devotions 11:00a Sing Fit 2:00p Sweet Treats 3:00p Cooking Demo with Angie 4:00p Closet to 10 game		10:00a Daily Devotions 11:00a Chair Yoga 2:00p Sweet Treats 3:00p Breakfast at Tiffany's Bingo 4:00p Balloon Bop		10:00a Daily Devotions 11:00a Sing Fit 2:00p Breakfast at Tiffany's Happy Hour 3:00p Mannies 4:00p Music and memories		10:00a Daily Devotions 11:00a Dancing to the Oldies 2:00p Sweet Treats 3:00p Balloon Bop 4:00p Daily Chronicles	
28		29		30 PASSOVER ENDS		BIRTHDAYS							
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