

## CONTACTS

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National Suicide Hotline  
988

Alzheimers Association  
1-800-272-3900

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

### American House Hampton Village

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947.217.7550

[AmericanHouse.com](http://AmericanHouse.com)

**American House**  
SENIOR LIVING COMMUNITIES

### Quote of the Month

“THE SECRET OF STAYING YOUNG IS TO LIVE HONESTLY,  
EAT SLOWLY AND LIE ABOUT YOUR AGE. ~ LUCILLE BALL”

## THE POWER AND SIMPLICITY OF WALKING

Walking is the simplest form of exercise. One of the great benefits of walking is it allows us to slow down and connect with our surroundings. This heightened awareness can lead to a greater sense of gratitude and appreciation.



Walking also boasts a series of health benefits for older adults, according to a recent Blue Zones study. Its main benefits include reducing the risk of cardiovascular disease, type 2 diabetes and dementia. Walking can also lead to improvements in sleep, mental well-being and longevity. A 30-minute walk per day decreases the likelihood of multiple age-associated diseases and improves mood and sleep quality, and lowers the risk of bone fractures.

Walking is a great way to clear our minds and gives us time to think and reflect. We can use this time to focus on our goals or simply enjoy the present moment. Walking helps us find a sense of calm and balance in our lives.

## ALEXA FEATURES YOU DON'T WANT TO LIVE WITHOUT

Alexa is Amazon's digital voice assistant that comes with innovative features to help you live more comfortably. What these features can do for you are jaw-dropping. Here are just a few:

**MEDICATION REMINDERS.** The “Medicine Tracker” feature is free and lets you know what your medications are, when you last took them and what times you should be taking them.

**STAY CONNECTED.** Alexa's “Remote Senior Care” comes with the latest sophisticated technology, yet is easy to use. It allows you to connect to your loved ones remotely with simple voice commands 24/7.

**SLEEP BETTER.** Alexa's “Train Ride” feature helps you sleep peacefully or block out unwanted noise. All you have to say is, “Alexa, open Train Ride.” It's from the makers of the top-rated “Sleep and Relaxation Sounds” skill.

**GET COZY WITH NOSTALGIA.** With Alexa's “Radio Mystery Theater,” it's easy to relive childhood evenings around the radio listening to old CBS programs. This cool Alexa feature will take you back to the original broadcasts!

# LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

## HAMPTON VILLAGE MEMORY CARE

MAY 2024

## THE INSPIRING TRANSFORMATION OF JOAN MACDONALD

At the age of 70, Joan MacDonald weighed 198 pounds and had a 39-inch waist. She was on medication for high blood pressure and had trouble walking up and down stairs. Joan knew if she continued on her path, things would only get worse. Her daughter Michelle gave her an ultimatum that it was high time she changed her life.

It wasn't easy, but Joan learned how to use an iPhone to help follow a nutrition plan, renewed her gym membership, bought a scale and got to work. She stuck to her guns and never gave up. Some days Joan was in tears, but her personal motto kept ringing in her head: “I don't mind if my changes are slow. I'm going to go at my own pace and this time the changes are going to last for the rest of my life.”

As the months rolled by, the weight and inches were disappearing to the point Joan lost 70 pounds. She now claims to be a different woman than she was when she began her journey to wellness. Her transformation is so complete, Joan now graces magazine covers, has over 1.5 million followers on Instagram, and is the author of “Flex Your Age with Joan MacDonald.” An inspiration to millions, Joan likes to say you can't turn back the clock, but you sure can wind it up again!



## MAY 2024 EVENTS!

- Outing- Scenic Drive 5/2
- Cinco De Mayo 5/5
- Lunch @ Shish Palace 5/9
- Mother's Day 5/12
- Cardio Drumming 5/13
- Family Night Event
- Lunch @ Lukich 5/23
- Memorial Day 5/27

## UNLEASH YOUR INNER EINSTEIN!

Trivia games are more popular than ever. Some you may find appealing include the **Trivial Pursuit Master Edition**. It's 3,000 questions cover an array of subjects that will challenge you and your friends. **Boom Again Board Game** centers on the '50s, '60s and '70s pop culture and music. **American Trivia Game** is a USA-themed game with five categories and is an excellent choice for veterans. The **History Channel Trivia Game** comes with 2,000 questions spanning the entirety of human knowledge. C'mon, challenge your friends to a game of trivia!

**LIVING WELL  
IS BEING WELL.**  
American House Senior Living Communities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																					
<h1>May 2024</h1>						<p><b>LOCATION KEY</b></p> <table border="0"> <tr> <td><b>IPA</b> 1<sup>st</sup> Floor Patio</td> <td><b>CCH</b> Couch Area</td> <td><b>LR</b> Living Room</td> </tr> <tr> <td><b>2PA</b> 2<sup>nd</sup> Floor Patio</td> <td><b>CY</b> Courtyard</td> <td><b>PAR</b> Piano Area</td> </tr> <tr> <td><b>2FT</b> 2<sup>nd</sup> Floor Theatre</td> <td><b>DR</b> Dining Room</td> <td><b>PDR</b> Private Dining Room</td> </tr> <tr> <td><b>AR</b> Activity Room</td> <td><b>DRP</b> Dining Room Patio</td> <td><b>PG</b> Putting Green</td> </tr> <tr> <td><b>A&amp;C</b> Arts &amp; Crafts Room</td> <td><b>DIS</b> Discovery Room</td> <td><b>SR</b> Sun Room</td> </tr> <tr> <td><b>B</b> Bistro</td> <td><b>FD</b> Front Desk</td> <td></td> </tr> <tr> <td><b>BPA</b> Bistro Patio</td> <td><b>GR</b> Game Room</td> <td></td> </tr> </table>	<b>IPA</b> 1 <sup>st</sup> Floor Patio	<b>CCH</b> Couch Area	<b>LR</b> Living Room	<b>2PA</b> 2 <sup>nd</sup> Floor Patio	<b>CY</b> Courtyard	<b>PAR</b> Piano Area	<b>2FT</b> 2 <sup>nd</sup> Floor Theatre	<b>DR</b> Dining Room	<b>PDR</b> Private Dining Room	<b>AR</b> Activity Room	<b>DRP</b> Dining Room Patio	<b>PG</b> Putting Green	<b>A&amp;C</b> Arts & Crafts Room	<b>DIS</b> Discovery Room	<b>SR</b> Sun Room	<b>B</b> Bistro	<b>FD</b> Front Desk		<b>BPA</b> Bistro Patio	<b>GR</b> Game Room	
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BIRTHDAYS		01	02	03	04
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Nancy D. 5/13 Sally T. 5/14		10:00a Morning Schedule & Daily News 10:30a Morning Exercise 11:00a Fit Minds w/Enrichment Team 1:30p <b>Ice Cream Social</b> 2:30p Fun & Games: Play Balloon Tennis 3:00p Fun & Games: Card Group	10:00a Morning Schedule & Daily News 10:30a Hand Massages 11:00a <b>Crafters- Fill in the Color (Tulips)</b> 2:00p <b>Outing- Scenic Drive &amp; Slurpees</b> 3:30p Brain Matters: Finish the Phrase 4:00p Brain Matters: The Reading Corner	10:00a Morning Schedule & Daily News 10:30a Morning Exercise 11:00a Sing-A-Long w/Susie (IN2L) 11:30a Fun & Games: I Got It Card Game 1:30p <b>Entertainment by: Carl A.</b> 2:30p TV: Sitcom Series 3:30p Reminisce & Laughter on IN2L	10:00a Fitness-Chair Cardio 10:30a Arts & Craft: Water Colors 12:00p Fun & Games: Bean Bag Toss Game 3:00p <b>Saturday Matinee- "Some Like it Hot"</b>
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05	CINCO DE MAYO	06	07	08	09	10	11
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10:30a Communion w/St. Mary of the Hills 11:15a Arts & Crafts: Coloring Creations 2:30p Fun & Games: Balloon Tennis 3:30p Fun & Games: Casino Games	10:00a Morning Schedule & Daily News 10:30a Morning Exercise 11:00a Music Monday 1:30p Fun & Games: Kickball 2:00p Brain Matters: Matching Game 2:30p Non Denominational Church Service on IN2L 3:00p Manicure Monday	10:00a Morning Schedule & Daily News 10:30a Walking Club 11:00a Brain Matters: Run the Alphabet 11:30a Arm Chair Travel IN2L 2:00p Fitness: Sitting Chair Exercises 2:30p Hydration & Chat 3:00p <b>Brain Matters: Trivia Tuesday</b> 4:00p Brain Matters: Name Five Things Game	10:00a Morning Schedule & Daily News 10:30a Morning Exercise 11:00a Fit Minds w/Enrichment Team 1:30p <b>Ice Cream Social</b> 2:30p Fun & Games: Play Balloon Tennis 3:00p Fun & Games: Card Group	10:00a Morning Schedule & Daily News 10:30a Hand Massages 11:30a <b>Lunch @ Shish Palace</b> 2:00p <b>Crafters- Make Mother's Day Hats</b> 3:30p Brain Matters: Finish the Phrase 4:00p Brain Matters: The Reading Corner	10:00a Morning Schedule & Daily News 10:30a Morning Exercise 11:00a Sing-A-Long w/Susie (IN2L) 11:30a Fun & Games: I Got It Card Game 1:30p <b>Entertainment by: D&amp;A Duo</b> 2:30p TV: Sitcom Series 3:30p Reminisce & Laughter on IN2L	10:00a Fitness-Chair Cardio 10:30a Arts & Craft: Water Colors 12:00p Fun & Games: Bean Bag Toss Game 3:00p <b>Saturday Matinee- "80 for Brady"</b>
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12	MOTHER'S DAY	13	14	15	16	17	18
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10:30a Communion w/St. Mary of the Hills 11:15a Arts & Crafts: Coloring Creations 2:30p Fun & Games: Balloon Tennis 3:30p Fun & Games: Casino Games	10:00a Morning Schedule & Daily News 10:30a Morning Exercise 11:00a Music Monday 1:30p Fun & Games: Kickball 2:00p Brain Matters: Matching Game 2:30p Non Denominational Church Service on IN2L 3:30p <b>Cardio Drumming</b>	10:00a Morning Schedule & Daily News 10:30a Walking Club 11:00a Brain Matters: Run the Alphabet 11:30a Arm Chair Travel IN2L 2:00p Fitness: Sitting Chair Exercises 2:30p Hydration & Chat 3:00p <b>Brain Matters: Trivia Tuesday</b> 4:00p Brain Matters: Name Five Things Game	10:00a Morning Schedule & Daily News 10:30a Morning Exercise 11:00a Fit Minds w/Enrichment Team 1:30p <b>Ice Cream Social</b> 2:30p Fun & Games: Play Balloon Tennis 3:00p Fun & Games: Card Group	10:00a Morning Schedule & Daily News 10:30a Hand Massages 11:00a <b>Crafters- Make Flower Wall w/ Sunflowers</b> 2:00p <b>Crafters- Continue Making Flowers</b> 3:30p Brain Matters: Finish the Phrase 4:00p Brain Matters: The Reading Corner	10:00a Morning Schedule & Daily News 10:30a Morning Exercise 11:00a Sing-A-Long w/Susie (IN2L) 11:30a Fun & Games: I Got It Card Game 1:30p <b>Entertainment by: Vanessa C.</b> 2:30p TV: Sitcom Series 3:30p Reminisce & Laughter on IN2L	10:00a Fitness-Chair Cardio 10:30a Arts & Craft: Water Colors 12:00p Fun & Games: Bean Bag Toss Game 3:00p <b>Saturday Matinee- "The Odd Couple"</b>
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19	20	21	22	23	24	25
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10:30a Communion w/St. Mary of the Hills 11:15a Arts & Crafts: Coloring Creations 2:30p Fun & Games: Balloon Tennis 3:30p Fun & Games: Casino Games	10:00a Morning Schedule & Daily News 10:30a Morning Exercise 11:00a Music Monday 1:30p Fun & Games: Kickball 2:00p Brain Matters: Matching Game 2:30p Non Denominational Church Service on IN2L 3:00p Manicure Monday	10:00a Morning Schedule & Daily News 10:30a Walking Club 11:00a Brain Matters: Run the Alphabet 11:30a Arm Chair Travel IN2L 2:00p Fitness: Sitting Chair Exercises 2:30p Hydration & Chat 3:00p <b>Brain Matters: Trivia Tuesday</b> 4:00p Brain Matters: Name Five Things Game	10:00a Morning Schedule & Daily News 10:30a Morning Exercise 11:00a Fit Minds w/Enrichment Team 1:30p <b>Ice Cream Social</b> 2:30p Fun & Games: Play Balloon Tennis 3:00p Fun & Games: Card Group	10:00a Morning Schedule & Daily News 10:30a Hand Massages 11:00a <b>Lunch @ Lukich Family</b> 2:00p <b>Crafters- Finish the Scene (Poppies)</b> 3:30p Brain Matters: Finish the Phrase 4:00p Brain Matters: The Reading Corner	10:00a Morning Schedule & Daily News 10:30a Morning Exercise 11:00a Sing-A-Long w/Susie (IN2L) 11:30a Fun & Games: I Got It Card Game 1:30p <b>Entertainment by: Double Play</b> 2:30p TV: Sitcom Series 3:30p Reminisce & Laughter on IN2L	10:00a Fitness-Chair Cardio 10:30a Arts & Craft: Water Colors 12:00p Fun & Games: Bean Bag Toss Game 3:00p <b>Saturday Matinee- "9 to 5"</b>
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26	27	MEMORIAL DAY	28	29	30	31
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10:30a Communion w/St. Mary of the Hills 11:15a Arts & Crafts: Coloring Creations 2:30p Fun & Games: Balloon Tennis 3:30p Fun & Games: Casino Games	10:00a Morning Schedule & Daily News 10:30a Morning Exercise 11:00a Music Monday 1:30p Fun & Games: Kickball 2:00p Brain Matters: Matching Game 2:30p Non Denominational Church Service on IN2L 3:00p Manicure Monday	10:00a Morning Schedule & Daily News 10:30a Walking Club 11:00a Brain Matters: Run the Alphabet 11:30a Arm Chair Travel IN2L 2:00p Fitness: Sitting Chair Exercises 2:30p Hydration & Chat 3:00p <b>Brain Matters: Trivia Tuesday</b> 4:00p Brain Matters: Name Five Things Game	10:00a Morning Schedule & Daily News 10:30a Morning Exercise 11:00a Fit Minds w/Enrichment Team 1:30p <b>Ice Cream Social</b> 2:30p Fun & Games: Play Balloon Tennis 3:00p Fun & Games: Card Group	10:00a Morning Schedule & Daily News 10:30a Hand Massages 11:00a <b>Crafters- Resident Choice! Outing- Scenic Drive (Community Parks)</b> 3:30p Brain Matters: Finish the Phrase 4:00p Brain Matters: The Reading Corner	10:00a Morning Schedule & Daily News 10:30a Morning Exercise 11:00a Sing-A-Long w/Susie (IN2L) 11:30a Fun & Games: I Got It Card Game 1:30p <b>Karaoke Hour</b> 2:30p TV: Sitcom Series 3:30p Reminisce & Laughter on IN2L	
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All activities subject to change.