

CONTACTS

Executive Director

Tammy Lewis
johnsoncity@americanhouse.com

Business Office Manger

Annamarie Bolyard
johnsoncitybom@americanhouse.com

Wellness Director

Vanessa Humphrey
johnsoncitywellness@americanhouse.com

Community Relations Director

Sabrina Harrison
johnsoncitysales@americanhouse.com

Culinary Director

Ida Barlow
johnsoncityculinary@americanhouse.com

Maintenance Director

Duane Cole
johnsoncitymaintenance@continuuus.com

Memory Care Director

Kelly Langrel
johnsoncitymemeorycare@americanhouse.com

Lifestyle Enrichment Director

Sandra Birchfield
johnsoncitylifeenrichment@americanhouse.com

National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

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

American House Johnson City

406 E. Mountain View Rd.
Johnson City | TN | 37601
423.218.0005

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.



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.

JOHNSON CITY

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!

- SingFit
- Sunday Church Services
- Paul with Bible Study
- Entertainment Weekly
- Aromatherapy Daily
- Brain Matters
- Family Night April 17 5-7
- Cooking Demo with Ida
- Monthly Birthday Party
- Ice Cream Social

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

April 2024

LOCATION KEY

- AR Activity Room
- CY Courtyard
- DR Dining Room
- FR Front Room
- HAL Hallway
- LIB Library
- LR Living Room
- LO Lobby
- MCA Memory Care Activity Room
- MCD Memory Care Dining Room
- OUT Outing

01 APRIL FOOLS' DAY			02			03			04			05			06					
	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 1:30p Manicures 6:00p Evening Devotional	MCA MCD MCA MCA MCA MCA	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 1:30p Brain Matters 4:00p Singing with Brenda 6:00p Evening Devotional	MCA MCD MCA MCA MCA FR MCA	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 3:00p Tic-Tac-Toe Game 6:00p Evening Devotional	MCA MCD MCA MCA MCD MCA	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 1:00p Junk Draw Detective 6:00p Evening Devotional	MCA MCD MCA MCA MCD MCA	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 1:30p Bowling 2:30p SingFit 6:00p Evening Devotional	MCA MCD MCA MCA MCA AR MCA	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 1:30p Movie Matinee 3:00p Reminiscing 6:00p Evening Devotional	MCA MCD MCA MCA MCA MCA MCA								
07			08			09			10			11			12			13		
9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 11:00a Church Services with Living Word 6:00p Evening Devotional	MCA MCD MCA MCA LO MCA	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 1:30p Manicures 6:00p Evening Devotional	MCA MCD MCA MCA MCA MCA	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 1:30p Brain Matters 6:00p Evening Devotional	MCA MCD MCA MCA MCA MCA	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 3:00p Tic-Tac-Toe Game 6:00p Evening Devotional	MCA MCD MCA MCA MCD MCA	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 1:00p Junk Draw Detective 6:00p Evening Devotional	MCA MCD MCA MCA MCD MCA	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 1:30p Bowling 2:30p SingFit 6:00p Evening Devotional	MCA MCD MCA MCA AR MCA	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 1:30p Movie Matinee 3:00p Reminiscing 6:00p Evening Devotional	MCA MCD MCA MCA MCA MCA MCA							
14			15 TAX DAY BOSTON MARATHON			16			17			18			19			20		
9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 11:00a Church Services with Living Word 6:00p Evening Devotional	MCA MCD MCA MCA LO MCA	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 1:30p Manicures 6:00p Evening Devotional	MCA MCD MCA MCA MCA MCA	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 1:30p Brain Matters 6:00p Evening Devotional	MCA MCD MCA MCA MCA MCA	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 3:00p Tic-Tac-Toe Game 6:00p Evening Devotional	MCA MCD MCA MCA MCD MCA	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Story Telling with Judy 10:30a Chair Exercise 1:00p Junk Draw Detective 6:00p Evening Devotional	MCA MCD MCA AR MCA MCD MCA	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 1:30p Bowling 2:30p SingFit 6:00p Evening Devotional	MCA MCD MCA MCA AR MCA	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 1:30p Movie Matinee 1:30p Singing with Jessica 3:00p Reminiscing 6:00p Evening Devotional	MCA MCD MCA MCA LO MCA MCA							
21			22 EARTH DAY PASSOVER BEGINS			23			24 ADMINISTRATIVE PROFESSIONALS DAY			25			26 ARBOR DAY			27		
9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 11:00a Church Services with Living Word 6:00p Evening Devotional	MCA MCD MCA MCA LO MCA	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 1:30p Manicures 6:00p Evening Devotional	MCA MCD MCA MCA MCA MCA	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 1:30p Brain Matters 6:00p Evening Devotional	MCA MCD MCA MCA MCA MCA	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 2:00p Singing with Paul 3:00p Tic-Tac-Toe Game 6:00p Evening Devotional	MCA MCD MCA MCA LO MCD MCA	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 1:00p Junk Draw Detective 1:00p Scenic Drive 1:30p Cooking Demo. with Ida 2:00p Singing with Judy&Ralph 6:00p Evening Devotional	MCA MCD MCA MCA MCD OUT MCD LO MCA	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Singing with Raymond 10:30a Chair Exercise 1:30p Bowling 2:30p SingFit 6:00p Evening Devotional	MCA MCD MCA LO MCA MCA AR MCA	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 1:30p Movie Matinee 3:00p Reminiscing 6:00p Evening Devotional	MCA MCD MCA MCA MCA MCA MCA							
28			29			30 PASSOVER ENDS			APRIL SHOWERS			BIRTHDAYS								
9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 11:00a Church Services with Living Word 6:00p Evening Devotional	MCA MCD MCA MCA LO MCA	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 1:30p Manicures 6:00p Evening Devotional	MCA MCD MCA MCA MCA MCA	9:00a Aromatherapy 9:30a Morning Gathering 10:00a Daily Devotions 10:30a Chair Exercise 1:30p Brain Matters 6:00p Evening Devotional	MCA MCD MCA MCA MCA MCA															

All activities subject to change.