

CONTACTS

Memory Care Director  
Kaci Briden  
kingsportmemcare@americanhouse.com

National Suicide Hotline  
988

Alzheimers Association  
1-800-272-3900

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

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.



American House  
Kingsport  
901 Teasel Dr  
Kingsport | TN | 37660  
423.343.5058  
AmericanHouse.com



LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

KINGSPORT

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!

- Piano Patricia
- Music Master Curt Matheson
- Singer Jessica Lequieu
- Rocking Ray Akers
- The Sev7ens
- Hob Knob for Lunch
- Kingsport Carousel

NATIONAL FOOD MONTH APRIL

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!



f FOLLOW US ON FACEBOOK

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				LOCATION KEY		
				<div> <div> AR Activity Room  ALL AL Living Room  ALD AL Dining Room  DR Dining Room  LIB Library  LR Living Room </div> <div> MCD Memory Care Dining Room  MCL Memory Care Living Room  OUT Outing  O Outside  PAT Patio  PO Porch </div> </div>		
	01 APRIL FOOLS' DAY	02	03	04	05	06
	10:00a Birds of the Bible <b>MCD</b> 10:30a Walk with Me <b>O</b> 11:00a Lunch time set-up <b>MCD</b> 1:00p Vitamin D Therapy <b>PAT</b> 2:00p Men's Club <b>MCD</b>	10:00a Daily Devotions with Kaci <b>MCD</b> 10:30a Morning Moves <b>MCD</b> 11:00a Bean Bag Toss <b>MCD</b> 2:00p PB&J Social 2:30p Busy Bags <b>DR</b>	10:00a Morning prayer <b>DR</b> 10:30a Balloon Volleyball <b>DR</b> 11:00a Table Set-up <b>MCD</b> 2:00p Bingo with Rhonda <b>MCD</b> 3:00p Arts and Crafts <b>MCD</b> 6:00p Wind Down <b>MCL</b>	10:00a Morning Message <b>MCD</b> 10:30a Shepard's Way Musi <b>ALL</b> 11:30a Lunch time set-up <b>MCD</b> 2:00p Scenic Drive <b>O</b> 6:00p Wind Down <b>MCL</b>	10:00a Piano Patricia <b>ALL</b> 11:30a Lunch time set-up <b>MCD</b> 2:00p 7vens Music with Jim and Teresa <b>ALL</b> 6:00p Wind Down <b>MCL</b>	10:00a Family Visits <b>MCL</b> 11:30a Lunch time set-up <b>MCD</b> 1:00p Puzzles, Cards, Dominos <b>MCD</b> 6:00p Wind Down <b>MCL</b>
07	08	09	10	11	12	13
10:00a Live stream Church Services <b>MCL</b> 11:30a Lunch time set-up <b>MCD</b> 1:00p Family Visits and Games <b>MCL</b> 6:00p Wind Down <b>MCL</b>	10:00a Bible Puzzle Fun <b>MCD</b> 10:30a Walk with Me <b>O</b> 11:30a Lunch time set-up <b>MCD</b> 2:00p Men's Club <b>MCD</b> 6:00p Wind Down <b>MCL</b>	10:00a Pine Brook Pickers <b>MCD</b> 11:00a April Trivia <b>MCD</b> 11:30a Lunch time set-up <b>MCD</b> 1:00p <b>Come enjoy Popcorn, Drinks and Breakfast at Tiffany's.</b> <b>MCL</b> 6:00p Wind Down <b>MCL</b>	10:00a Prayer Circle <b>MCL</b> 10:30a Get your Motors Running <b>MCD</b> 11:30a Lunch time set-up <b>MCD</b> 2:00p Bingo with Rhonda <b>MCD</b> 3:00p Arts and Crafts <b>MCD</b> 6:00p Wind Down <b>MCL</b>	10:00a Morning Message <b>MCD</b> 10:30a Kick Ball <b>MCD</b> 11:30a Lunch time set-up <b>MCD</b> 1:00p Pal's Carousel and Frosties <b>Out</b> 6:00p Wind Down <b>MCL</b>	10:00a Ray Akers Music <b>ALL</b> 11:30a Lunch time set-up <b>MCD</b> 4:00p Music Master Curt Matheson <b>ALL</b> 6:00p Wind Down <b>MCL</b>	10:00a Family Visits <b>MCL</b> 1:00p Puzzles, Cards, Dominos <b>MCD</b> 6:00p Wind Down <b>MCL</b>
14	15 TAX DAY   BOSTON MARATHON	16	17	18	19	20
10:00a Live stream Church Services <b>MCL</b> 1:00p Family Visits and Games <b>MCL</b> 6:00p Wind Down <b>MCL</b>	10:00a Joy In Motion Bible Study <b>MCD</b> 10:30a Walk with Me <b>O</b> 11:30a Lunch time set-up <b>MCD</b> 2:00p Men's Club <b>MCD</b> 6:00p Wind Down <b>MCL</b>	10:00a Daily Devotions with Kaci <b>MCD</b> 10:30a Bean Bag Toss <b>MCD</b> 11:30a Lunch time set-up <b>MCD</b> 2:00p Laundry Ladies <b>MCD</b> 2:30p Color Game <b>MCD</b> 6:00p Wind Down <b>MCL</b>	10:00a Dailly Bread <b>MCD</b> 10:30a 15 Minute Workout <b>MCD</b> 11:30a Laugh a Little <b>MCD</b> 11:30a Lunch time set-up <b>MCD</b> 2:00p Bingo with Rhonda <b>MCD</b> 3:00p The Pearl Game <b>MCD</b> 6:00p Wind Down <b>MCL</b>	12:00a National Animal Cracker Day 10:00a Lunch at Hob Knob 10:00a Morning Message <b>MCD</b> 10:30a 60's Dance Party <b>MCD</b> 11:30a Lunch time set-up <b>MCD</b> 2:00p Patio Pals <b>PAT</b> 5:00p Breakfast at Tiffanys-Family Night <b>ALD</b>	10:00a Daily Devotions <b>MCD</b> 10:30a Exercise to Music <b>MCD</b> 11:30a Lunch time set-up <b>MCD</b> 1:00p Country Classic Band <b>ALL</b> 1:00p Family Connection with Gentiva <b>ALD</b> 2:00p Manicures <b>MCD</b> 6:00p Wind Down <b>MCL</b>	10:00a Family Visits <b>MCL</b> 11:30a Lunch time set-up <b>MCD</b> 1:00p Puzzles, Cards, Dominos <b>MCD</b> 6:00p Wind Down <b>MCL</b>
21	22 EARTH DAY   PASSOVER BEGINS	23	24 ADMINISTRATIVE PROFESSIONALS DAY	25	26 ARBOR DAY	27
10:00a Live stream Church Services <b>MCL</b> 11:30a Lunch time set-up <b>MCD</b> 1:00p Family Visits and Games <b>MCL</b> 6:00p Wind Down <b>MCL</b>	10:00a Joy In Motion Bible Study <b>MCD</b> 10:30a Walk with Me <b>O</b> 11:30a Lunch time set-up <b>MCD</b> 1:00p Tiffany and Co Social <b>MCD</b> 2:00p Men's Club <b>MCD</b> 6:00p Wind Down <b>MCL</b>	10:00a Daily Devotions with Kaci <b>MCD</b> 10:30a Morning Moves <b>MCD</b> 11:30a Lunch on the Patio <b>PAT</b> 11:30a Lunch time set-up <b>MCD</b> 2:00p Birthday Party with Ray Akers <b>ALL</b> 6:00p Wind Down <b>MCL</b>	10:00a Prayer Circle <b>MCD</b> 10:30a Bean Bag Toss <b>MCD</b> 11:30a Lunch time set-up <b>MCD</b> 2:00p Bingo with Rhonda <b>MCD</b> 3:00p Arts and Crafts <b>MCD</b> 6:00p Wind Down <b>MCL</b>	10:00a Morning Message <b>MCD</b> 10:30a Table Ball <b>MCD</b> 11:30a Lunch time set-up <b>MCD</b> 1:00p Scenic Drive and Frosties <b>Out</b> 6:00p Wind Down <b>MCL</b>	10:00a Daily Scriptural <b>MCD</b> 10:30a Bowling <b>MCD</b> 11:30a Lunch time set-up <b>MCD</b> 2:00p Hallelujah Trio <b>ALL</b> 6:00p Wind Down <b>MCL</b>	10:00a Family Visits <b>MCL</b> 11:30a Lunch time set-up <b>MCD</b> 1:00p Puzzles, Cards, Dominos <b>MCD</b> 6:00p Wind Down <b>MCL</b>
28	29	30 PASSOVER ENDS	BIRTHDAYS			
10:00a Live stream Church Services <b>MCL</b> 11:30a Lunch time set-up <b>MCD</b> 1:00p Family Visits and Games <b>MCL</b> 6:00p Wind Down <b>MCL</b>	10:00a Bible Trivia <b>MCD</b> 10:30a Walk with Me <b>O</b> 11:30a Lunch time set-up <b>MCD</b> 1:00p Vitamin D Therapy <b>PAT</b> 2:00p Men's Club <b>MCD</b> 6:00p Wind Down <b>MCL</b>	10:00a Daily Devotions with Kaci <b>MCD</b> 10:30a Morning Moves <b>MCD</b> 11:30a Lunch time set-up <b>MCD</b> 1:00p Arts and Crafts <b>MCD</b> 2:00p Chair travel <b>MCD</b> 6:00p Wind Down <b>MCL</b>	 <div> v. Blair 4/2  J, Hunnicutt 4/4  D. Stafford 4/8  B. Bumgarner 4/16 </div>			

All activities subject to change.