

CONTACTS

BOM

Leslie Rodriguez

Life Enrichment

Amber Wallace

Memory Care Director

Jordan Claridy

National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

LIFESTYLE “MEDICINE” FOR A BETTER LIFE

Last year, Americans spent more than \$722 billion on prescription drugs and nearly \$4 trillion for chronic diseases and mental health conditions. But there are lifestyle medicines that are free that doctors could be prescribing for all their patients. Lifestyle “medicine” is the clinical application of healthy behaviors to prevent, treat and reverse disease. More than ever, research shows that the “pills” today’s physician should be prescribing for patients are the four domains of lifestyle medicine:

WHOLE FOOD PLANT-BASED EATING. Diets high in fruits and vegetables and whole grains and lower in animal products and highly processed foods have been associated with the prevention of many diseases.

REGULAR PHYSICAL ACTIVITY. Moderate-to-vigorous aerobic activity has both immediate and long-term health benefits.

RESTORATIVE SLEEP. High-quality sleep can reduce inflammation, immune dysfunction and stress, all of which are associated with or cause chronic disease.

POSITIVE PSYCHOLOGY AND SOCIAL CONNECTION. Maintaining a positive mindset through the practice of gratitude and the quality of our relationships has perhaps the most powerful of health benefits on our well-being.

QUOTE OF THE MONTH

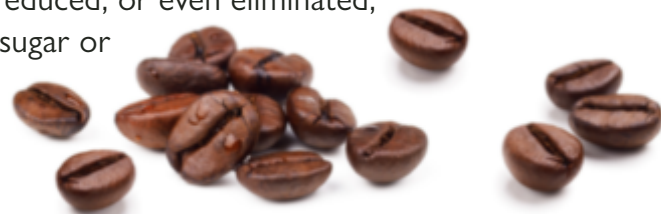
“YOUTH IS THE GIFT OF NATURE, BUT AGE IS A WORK OF ART. ~ STANISLAW JERZY LEC”

COFFEE: THE NEW MINI-MEDITERRANEAN DIET

The debate about whether coffee is good for you or not goes back a long time. But the evidence is getting stronger that coffee is so beneficial that some experts are now describing coffee as a “mini-Mediterranean diet” all by itself.

Recent studies have found that coffee consumption can help reduce a person’s risk for certain types of cancers, as well as Type 2 diabetes by 22%, Parkinson’s disease and dementia. A recent study found people who consumed more than 60 cups of coffee per month have a 70% lower risk of liver cancer, 50% lower risk for colon or breast cancer, and a 30% lower risk of thyroid cancer as well as a 30% lower risk of developing Parkinson’s disease, compared to non-coffee drinkers.

Coffee also increases metabolism of fats in the body. It’s important to point out that these benefits can be reduced, or even eliminated, by the addition of milk, cream, sugar or other add-ons. Black coffee maximizes the benefits.



American House Lebanon

801 W. Main Street
Lebanon | TN | 37087
615.257.0021

[AmericanHouse.com](https://www.AmericanHouse.com)

American House
SENIOR LIVING COMMUNITIES

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

LEBANON MEMORY CARE

OCTOBER 2024

AN APPRECIATION FOR FRANK SINATRA’S “YOUNG AT HEART”

Frank Sinatra became a pop star in the early 1940s and he remained an American icon until his death at the age of 82 in 1998.

Ask any fan their favorite Sinatra song and you’re likely to get a different answer every time. One song that has always been a fan favorite from his catalog of songs is “Young at Heart.” It embodies a message about the importance of maintaining a youthful and open mindset throughout life, which can lead to a more fulfilling and happy life.

The song’s lyrics reflect on the value of age and experience. It implies if one were to live to a very old age, they would find immense joy and fulfillment from simply being alive. The song emphasizes that remaining young at heart helps you appreciate life’s beauty, making the most of each day and finding happiness in every stage of life.



OCTOBER 2024 EVENTS!

- singing with Jessica Rose
- music with Billy Tarkington
- Dancing with Chelsie
- Disco Family Night
- Pumpkin Carving
- Timeless Trivia
- Halloween Festivities

 FOLLOW US ON FACEBOOK

A DAY TO HONOR WISDOM + EXPERIENCE

Older adults are a wealth of wisdom, experience and storytelling. They inspire us to keep striving to do great things or warn us of things we may not know. It’s in our best interest to look to them for guidance whenever possible. And it’s why the International Day of Older Persons on October 1, 2024, is such an important day. It was first recognized in 1990 by the United Nations to promote “the full and equal enjoyment of all human rights and the fundamental freedoms by older persons.”

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



OCTOBER 2024

BIRTHDAYS

LOCATION KEY		01	02	03	ROSH HASHANAH	04	05
CA Common Area CY Courtyard DR Dining Room	GL Gallery LO Lobby	10:00a Seated Exercise 10:30a Toss N Talk 11:00a Find the Answer 2:00p Fall Trinket Dishes	10:00a Moving and Grooving 10:30a Daily Devotional - Scripture of the Day 11:30a YouTube Music 2:00p Coffee with a Cop 3:00p Timeless Trivia	10:00a News, Views, and Brews 10:30a Seated Stretching 11:30a ABC Game 2:00p Bingo Roulette 5:00p Family Support Night!		10:00a Morning Stretches 10:30a SingFit 11:30a Classic Game Shows 1:00p Visit with Shaylie! 2:00p Happy Hour 3:00p Afternoon Movie and Popcorn	10:30a Coffee and Snack 11:00a Crosswords, Word Searches, Coloring Pages 1:30p Bingo with Staff 2:30p Crosswords, Word Search, and Coloring Pages 3:30p Craft Corner
06	07	08	09	10	11	12	YOM KIPPUR
9:00a TV Church Service 11:00a Morning Snack 1:30p Afternoon Snack 2:30p Card Games with Staff 4:00p Evening Movie	10:00a Morning Walkers Club 10:30a SingFit 11:30a Name 10 2:00p Frappe Day! 3:00p Noodle Ball	10:00a Seated Exercise 10:30a Toss N Talk 11:00a Find the Answer 2:00p Fluffernutters! 3:00p Brain Teasers - Word Searches, Sudoku, Riddles, Puzzles	10:00a Moving and Grooving 10:30a Daily Devotional - Scripture of the Day 11:30a YouTube Music 2:00p Bingo Mania 3:00p Timeless Trivia	10:00a News, Views, and Brews 10:30a Seated Stretching 11:30a ABC Game 2:00p Family Feud! 3:00p Afternoon Bingo	10:00a Morning Stretches 10:30a SingFit 11:30a Walking Down Memory Lane 1:00p Visit with Shaylie! 2:00p Dance Class with Chelsie 3:00p Afternoon Movie and Popcorn	10:30a Coffee and Snack 11:00a Crosswords, Word Searches, Coloring Pages 1:30p Bingo with Staff 3:30p Craft Corner 7:00p Movie of Choice 7:00p Evening Craft	
13	14	15	16	17	18	19	
	INDIGENOUS PEOPLES' DAY						
9:00a TV Church Service 11:00a Morning Snack 1:30p Afternoon Snack 2:30p Card Games with Staff 4:00p Evening Movie	10:00a Morning Walkers Club 10:30a SingFit 11:30a Name 10 2:00p Letter Craft! 3:00p Noodle Ball	10:00a Seated Exercise 10:30a Toss N Talk 11:00a Find the Answer 2:00p Music with Billy Tarkington 3:00p Brain Teasers - Word Searches, Sudoku, Riddles, Puzzles	10:00a Moving and Grooving 10:30a Daily Devotional - Scripture of the Day 11:30a YouTube Music 2:00p Dancing through the decades Word Scramble! 3:00p Timeless Trivia	10:00a News, Views, and Brews 10:30a Seated Stretching 11:30a ABC Game 3:00p Afternoon Bingo 5:00p Saturday Night Fever Family Night	10:00a Morning Stretches 10:30a SingFit 11:30a Classic Game Shows 1:00p Visit with Shaylie! 2:00p Happy Hour 3:00p Afternoon Movie and Popcorn	10:30a Coffee and Snack 11:00a Morning Snack 2:30p Crosswords, Word Search, and Coloring Pages 3:30p Craft Corner 7:00p Movie of Choice	
20	21	22	23	24	25	26	
9:00a TV Church Service 11:00a Morning Snack 1:30p Afternoon Snack 2:30p Card Games with Staff 4:00p Evening Movie	10:00a Morning Walkers Club 10:30a SingFit 11:30a Name 10 2:00p Pumpkin Carving! 3:00p Noodle Ball	10:00a Seated Exercise 10:30a Toss N Talk 11:00a Find the Answer 3:00p Afternoon Bingo	10:00a Moving and Grooving 10:30a Daily Devotional - Scripture of the Day 11:30a YouTube Music 2:00p Bake Halloween Cookies 3:00p Timeless Trivia	10:00a News, Views, and Brews 10:30a Seated Stretching 11:30a ABC Game 2:00p October Birthday Celebration! 3:00p Afternoon Bingo	10:00a Morning Stretches 10:30a SingFit 11:30a Walking Down Memory Lane 1:00p Visit with Shaylie! 2:00p Sing with Jessica Rose 3:00p Afternoon Movie and Popcorn	10:30a Coffee and Snack 11:00a Morning Snack 2:30p Crosswords, Word Search, and Coloring Pages 3:30p Craft Corner 7:00p Movie of Choice	
27	28	29	30	31	HALLOWEEN		
9:00a TV Church Service 11:00a Morning Snack 1:30p Afternoon Snack 2:30p Card Games with Staff 4:00p Evening Movie	10:00a Morning Walkers Club 10:30a SingFit 11:30a Name 10 2:00p Balance Challenge 3:00p Noodle Ball	10:00a Seated Exercise 10:30a Toss N Talk 11:00a Find the Answer 2:00p Dancing Through The Decades - Name that Tune 3:00p Afternoon Bingo	10:00a Moving and Grooving 10:30a Daily Devotional - Scripture of the Day 11:30a YouTube Music 2:00p Craft Corner - Book Witches 3:00p Timeless Trivia	10:00a News, Views, and Brews 10:30a Seated Stretching 11:30a ABC Game 2:00p Halloween Fesivities! 3:00p Afternoon Bingo			