LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

MURFREESBORO MEMORY CARE

OCTOBER 2024

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American House
SENIOR LIVING COMMUNITIES

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.

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!

- Weekly Bus Outings
- Weekly Live Entertainment
- Weekly Beauty Shop
- Fun & Games
- Art & Design
- Cooking Demo
- Family Night

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

Britton P. 10/6
Milton M. 10/19

LOCATION KEY

AR	Activity Room	**LO**	Lobby
DR	Dining Room	**OUT**	Outing
F	Foyer	**S**	Salon
LIB	Library		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		01 8:30a Sweating To the Oldies 10:00a Hand Massage & Aromatherapy 12:00p World Vegetarian Day **DR** 1:00p Patio Time 2:30p Pastor Jim 6:00p Movie Time	**02** 8:30a Dancing Fitness 9:00a Daily Chronicles 10:00a Cooking Demo **DR** 10:30a Scenic Drive 1:30p Patio Time 2:30p Bingo 6:00p Movie Time	**03 ROSH HASHANAH** 8:30a Morning Start UP 9:00a Daily Chronicles 10:00a Trivia 1:30p Patio Time 2:00p Wags Visit **LO** 3:00p Live Entertainment! 6:00p Movie Time	**04** 8:30a Jazzercise 9:00a Daily Chronicles 10:00a Around the World 12:00p Taco Bar Day **DR** 1:30p Patio Time 2:30p Mani & Massage 6:00p Movie Time	**05** 8:30a Balloon Toss 9:00a Daily Chronicles 11:00a Buzzword 1:30p Patio Time 2:30p Sing Fit 6:00p Movie Time
06 8:30a Weekend Workout 9:00a Daily Chronicles 10:00a Music Madness 11:00a Ping Pong 1:30p Patio Time 6:00p Movie Time	**07** 8:30a Spin Fun 9:00a Daily Chronicles 10:00a Art With A Twist 12:00p Hurry For the Curry **DR** 1:30p Patio Time 2:30p Sing Fit 6:00p Movie Time	**08** 8:30a Sweating To the Oldies 9:00a Daily Chronicles 10:00a Hand Massage & Aromatherapy 12:00p National Salmon Day **DR** 1:30p Patio Time 2:30p Pastor Jim 6:00p Movie Time	**09** 8:30a Dancing Fitness 9:00a Daily Chronicles 10:30a Scenic Drive 12:00p International Pizza Day **DR** 1:30p Patio Time 2:00p Bingo 6:00p Movie Time	**10** 8:30a Morning Start UP 9:00a Daily Chronicles 10:00a Gospel Gal 12:00p Angel Food Cake Day **DR** 1:30p Patio Time 2:30p Live Entertainment! 6:00p Movie Time	**11** 8:30a Jazzercise 9:00a Daily Chronicles 10:00a Around the World 12:00p National Gumbo Day **DR** 1:30p Patio Time 2:30p Mani & Massage 6:00p Movie Time	**12 YOM KIPPUR** 8:30a Balloon Toss 9:00a Daily Chronicles 11:00a Buzzword 12:00p National Pulled Pork Day **DR** 1:30p Patio Time 2:30p Sing Fit 6:00p Movie Time
13 8:30a Weekend Workout 9:00a Daily Chronicles 10:00a Music Madness 11:00a Trivia 1:30p Patio Time 2:00p Gospel Singers **LO** 6:00p Movie Time	**14 INDIGENOUS PEOPLES' DAY** 8:30a Spin Fun 9:00a Daily Chronicles 10:00a Art With A Twist 1:30p Patio Time 2:30p Sing Fit 6:00p Movie Time	**15** 8:30a Sweating To the Oldies 9:00a Daily Chronicles 10:00a Hand Massage & Aromatherapy 12:00p National Lemon Bar Day **DR** 1:30p Patio Time 2:30p Pastor Jim 6:00p Movie Time	**16** 8:30a Dancing Fitness 9:00a Daily Chronicles 10:30a Scenic Drive 12:00p National BBQ Day **DR** 1:30p Patio Time 2:00p Bingo 6:00p Movie Time	**17** 8:30a Morning Start UP 9:00a Daily Chronicles 10:00a Bing Bag Toss 12:00p National Pasta Day **DR** 1:30p Patio Time 3:00p Live Entertainment! 5:00p **Family Night: Saturday Night Fever** **DR** 7:00p Family Support Group	**18** 8:30a Jazzercise 9:00a Daily Chronicles 10:00a Around the World 1:30p Patio Time 2:30p Mani & Massage 6:00p Movie Time	**19** 8:30a Balloon Toss 9:00a Daily Chronicles 11:00a Buzzword 12:00p Seafood Bisque Day **DR** 1:30p Patio Time 2:30p Sentimental Sing Along 6:00p Movie Time
20 8:30a Weekend Workout 9:00a Daily Chronicles 10:00a Music Madness 11:00a Paint With A Twist 1:30p Patio Time 6:00p Movie Time	**21** 8:30a Spin Fun 9:00a Daily Chronicles 10:00a Art With A Twist 1:30p Patio Time 2:30p Sing Fit 6:00p Movie Time	**22** 8:30a Sweating To the Oldies 9:00a Daily Chronicles 10:00a Hand Massage & Aromatherapy 1:30p Patio Time 2:30p Pastor Jim 6:00p Movie Time	**23** 8:30a Dancing Fitness 9:00a Daily Chronicles 10:30a Scenic Drive 12:00p National Boston Cream Pie Day **DR** 1:30p Patio Time 2:30p Bingo 6:00p Movie Time	**24** 8:30a Morning Start UP 9:00a Daily Chronicles 10:00a Gospel Gal 1:30p Patio Time 3:00p Live Entertainment! 6:00p Movie Time	**25** 8:30a Jazzercise 9:00a Daily Chronicles 10:00a Around the World 12:00p National Breadstick Day **DR** 1:30p Patio Time 2:30p Mani & Massage 6:00p Movie Time	**26** 8:30a Balloon Toss 9:00a Daily Chronicles 11:00a Buzzword 12:00p National Tennessee Day! Meat & Three **DR** 1:30p Patio Time 4:00p Sentimental Sing Along 6:00p Movie Time
27 8:30a Weekend Workout 9:00a Daily Chronicles 10:00a Music Madness 11:00a Sing Fit 1:30p Patio Time 6:00p Movie Time	**28** 8:30a Spin Fun 9:00a Daily Chronicles 10:00a Art With A Twist 1:30p Patio Time 2:00p Sing Fit 6:00p Movie Time	**29** 8:30a Sweating To the Oldies 9:00a Daily Chronicle 10:00a Hand Massage & Aromatherapy 12:00p Chicken Fried Steak with Peppered Gravy Day **DR** 1:30p Patio Time 2:30p Pastor Jim 6:00p Movie Time	**30** 8:30a Dancing Fitness 9:00a Daily Chronicles 10:30a Scenic Drive 1:30p Patio Time 2:00p Bingo 2:30p **Birthday Bash** **AR** 6:00p Movie Time	**31 HALLOWEEN** 8:30a Morning Start UP 9:00a Daily Chronicle 10:00a Gospel Gal 1:30p Patio Time 2:30p Season of the Witch Halloween Party **AR** 3:00p Live Entertainment! 6:00p Movie Time		

All activities subject to change.