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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.

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SENIOR LIVING COMMUNITIES

LIVING WELL  
INSPIRING A HAPPIER, HEALTHIER YOU.

OAK PARK MEMORY CARE

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!

- 4/3 Breakfast at Tiffany's
- 4/9 Smoothie Demo
- 4/10 Wine Down Wednesday
- 4/11 Art Therapy
- 4/12 Fox Rehab
- 4/13 Madison Cafe
- 4/14 National Gardening Day

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!

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

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SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY								
<div><div><div>April 2024</div></div><div></div></div>												LOCATION KEY														
												<div><div>IHM</div><div>Hemingway's</div></div> <div><div>2FF</div><div>2<sup>nd</sup> Floor Flex Room</div></div> <div><div>2FR</div><div>2<sup>nd</sup> Floor Family Room</div></div> <div><div>3AS</div><div>3<sup>rd</sup> Floor Art Studio</div></div> <div><div>4AR</div><div>4<sup>th</sup> Floor Activity Room</div></div> <div><div>5LB</div><div>5<sup>th</sup> Floor Library</div></div> <div><div>6CR</div><div>6<sup>th</sup> Floor Card Room</div></div>			<div><div>7FC</div><div>7<sup>th</sup> Floor Fitness Center</div></div> <div><div>2DB</div><div>Demo Bistro</div></div> <div><div>ILD</div><div>IL Dining</div></div> <div><div>LO</div><div>Lobby</div></div> <div><div>MSL</div><div>Madison Street Lounge</div></div> <div><div>TWP</div><div>The Wright Place</div></div>											
<div></div>			01	APRIL FOOLS' DAY			02				03				04				05				06			
			10:00a	Let's get fit	4CM	10:30a	Daily Chronicle	4FR	9:30a	Ascension Church Visit	2FL	10:00a	Chair fitness	4FR	10:00a	Fitness Friday's	4AR	10:00a	Saturday Stretch's	4CM						
			10:30a	Daily Chronicle	4FR	11:00a	Finishing the phase	4FR	10:00a	Morning Stretch	4FR	10:30a	Daily Chronicle	4FR	10:30a	Daily Chronicle	4FR	10:30a	Daily Chronicle	4FR						
			11:00a	Happy/Grumpy balloon toss	4CM	2:00p	What do you feel?	4CM	10:30a	Daily Chronicle	4FR	11:00a	Who, what, where	4CM	11:00a	5 second rule	4FR	11:00a	Name that musical	4FR						
			1:00p	Fame Center	4CM	3:00p	Colorful Therapy	4FR	11:00a	Virtual Zoo visit & Trivia	4FR	2:00p	Crafty corner	4FR	2:00p	Meditation	4CM	2:00p	Karaoke	4AR						
			2:00p	Bingo	4CM	4:00p	Aroma Therapy	4CM	1:00p	Wellness Wednesday	4CM	3:00p	Wheel of fortune	4AR	3:00p	Madison Café Show	ILD	2:45p	"YOU PICK" Flix	1HM						
			3:00p	Reminiscing Monday's	4FR		2:00p	5 second rule	4FR	4:00p	Let's Reminisce	4FR			4:00p	Relax and hydrate	4FR									
							3:00p	Madison St. Wine Down	MSL																	
							4:00p	Relax and hydrate	4FR																	
07			08			09			10			11			12			13								
9:30a	Sunday Morning Prayer	1HM	10:00a	Monday Movement	4CM	10:00a	Let's get moving	4CM	9:30a	Ascension Church Visit	2FL	10:00a	Fox Therapy Workout!	4FR	10:00a	Fitness Friday's	4AR	10:00a	Saturday Stretches	4CM						
10:00a	Bodybuilding exercise	4CM	10:30a	Daily Chronicle	4FR	10:30a	Daily Chronicle	4FR	10:00a	Wednesday workout	4AR	10:30a	Daily Chronicle	4FR	10:30a	Daily Chronicle	4FR	10:30a	Daily Chronicle	4FR						
10:30a	Daily Chronicle	4FR	11:00a	Happy/Grumpy balloon toss	4CM	11:00a	Finish the lyrics	4FR	10:30a	Daily Chronicle	4FR	11:00a	Family Feud	4FR	11:00a	Cranium Crunches	4CM	11:00a	What's that sound?	4FR						
11:00a	Balloon volleyball	4AR	12:30p	National Zoo Lover's Day	O	2:00p	Green thumbs gardening club	4CM	12:30p	Pet Therapy Day	4CM	2:00p	Kitchen Creations	4CM	12:30p	Memory Care Trip	OUT	2:00p	Art's & Craft	4CM						
2:00p	Bingo	4CC	2:00p	Bingo	4CM	3:00p	Guess the emoji trivia	4FR	1:00p	Wellness Wednesday	4CM	3:00p	Name that tune	4CM	2:00p	Line Dance	4AR	2:45p	"YOU PICK" Flix	1HM						
2:45p	"You"Flix Choice	1HM	3:00p	Reminiscing Monday's	4CM	4:00p	Unwind and hydrate	4CM	2:00p	Would you rather?	4FR	4:00p	Let's reminisce	4CM	3:00p	Madison Café Show	ILD	4:00p	Relax and hydrate	4FR						
4:00p	Sensational hand massages	4CM	4:00p	Relaxation and hydration station	4FR				3:00p	Madison St. Wine Down	MSL															
									4:00p	Relax and hydrate	4CM															
14			15 TAX DAY   BOSTON MARATHON			16			17			18			19			20								
9:30a	Sunday Morning Prayer	1HM	10:00a	Let's get fit	4FR	10:00a	Sit and be fit	4FR	9:30a	Ascension Church Visit	2FL	10:00a	Fox Therapy Workout!	4FR	10:00a	Fitness Friday's	4AR	10:00a	Saturday Stretches	4CM						
10:00a	Exercise warm-ups	4CM	10:30a	Daily Chronicle	4FR	10:30a	Daily Chronicle	4FR	10:00a	Morning Stretches	4CM	10:30a	Daily Chronicle	4FR	10:30a	Daily Chronicle	4FR	10:30a	Daily Chronicle	4FR						
10:30a	Daily Chronicle	4FR	2:00p	Bingo	4CM	11:00a	Finishing the phase	4FR	10:30a	Daily Chronicle	4FR	11:00a	Who, what, where	4FR	11:00a	What am I?	4CM	11:00a	Name that musical	4FR						
11:00a	Bowling	4CM	3:00p	Reminiscing Monday's	4CM	2:00p	What do you feel?	4FR	11:00a	Virtual Zoo & trivia	4CM	12:30p	Wheel of fortune	4CM	2:00p	Aroma Therapy	4FR	2:00p	Cranium crunches	4FR						
2:00p	Bingo	4FR	4:00p	Relaxation and hydration station	4FR	3:00p	Colorful Therapy	4CM	1:00p	Wellness Wednesday	4CM	2:00p	Crafty corner	4FR	3:00p	Madison Café Show	ILD	2:45p	"YOU PICK" Flix	1HM						
2:45p	"You"Flix Choice	1HM				4:00p	Aroma Therapy	4CM	2:00p	Scrabble	4AR	4:00p	Let's reminisce	4CM				4:00p	Relax and hydrate	4CM						
4:00p	Sensational hands massages	4FR							3:00p	Madison St. Wine Down	MSL															
									4:00p	Relax and hydrate	4FR															
									5:00p	Family Event	4FR															
21			22 EARTH DAY   PASSOVER BEGINS			23			24 ADMINISTRATIVE PROFESSIONALS DAY			25			26 ARBOR DAY			27								
9:30a	Sunday Morning Prayer	1HM	10:00a	Monday Movements	4CM	10:00a	Let's get moving	4FR	9:30a	Ascension Church Visit	2FL	10:00a	Fox Therapy Workout!	4FR	10:00a	Fitness Friday's	4AR	10:00a	Saturday Stretches	4CM						
10:00a	Balance beam	4CM	10:30a	Daily Chronicle	4FR	10:30a	Daily Chronicle	4FR	10:00a	Wednesday workout	4CM	10:30a	Daily Chronicle	4FR	10:30a	Daily Chronicle	4FR	10:30a	Daily Chronicle	4FR						
10:30a	Daily Chronicle	4FR	11:00a	Earth trivia & facts	4CM	11:00a	Finish the lyrics	4FR	10:30a	Daily Chronicle	4FR	11:00a	Family Feud	4FR	11:00a	Cranium Crunch	4FR	11:00a	What's that sound?	4CM						
11:00a	Daily Workout	4CM	2:00p	Jeopardy	4CM	2:00p	Green thumbs gardening club	4FR	11:00a	Name that 10 (animals)	4FR	2:00p	Kitchen Creation	4CM	12:30p	Memory Care Trip	O	2:00p	Bowling	4CM						
2:00p	Bingo	4FR	3:00p	Remember when?	4CM	3:00p	Guess the emoji trivia	4FR	1:00p	Wellness Wednesday	4CM	3:00p	Nature Walk	O	2:00p	Meditation	4CM	2:45p	"YOU PICK" Flix	1HM						
2:45p	"You"Flix Choice	1HM	4:00p	Relaxation and hydration station	4FR	4:00p	Unwind and hydrate	4FR	2:00p	Would you rather?	4FR	4:00p	Let's reminisce	4FR	3:00p	Madison Café Show	ILD	3:30p	Relax and hydrate	4FR						
4:00p	Sensational hands massages	4FR							3:00p	Madison St. Wine Down	MSL															
									4:00p	Relax and hydrate	4CM															
28			29			30 PASSOVER ENDS			BIRTHDAYS																	
9:30a	Sunday Morning Prayer	1HM	10:00a	Let's get fit	7FC	10:00a	Sit and be fit	4AR	<div></div>																	
10:00a	Sports Exercise	4CM	10:30a	Daily Chronicle	4FR	10:30a	Daily Chronicle	4FR																		
10:00a	Sports Exercise	4CM	11:00a	Happy/Grumpy Balloon Toss	4FR	11:00a	Finishing the phase	4CM																		
10:30a	Daily Chronicle	4FR	1:00p	Fame Center	4FR	2:00p	What do you feel?	4CM																		
11:00a	Bowling	4CM	2:00p	Bingo	4CM	3:00p	Colorful Therapy	4CC																		
2:00p	Bingo	4CM	3:00p	Reminiscing Monday's	4CM	4:00p	Aroma Therapy	4CM																		
2:45p	"You"Flix Choice	1HM	4:00p	Relaxation and hydration station	4FR																					
4:00p	Sensational hands massages	4FR																								

All activities subject to change.