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National Suicide Hotline 988

Alzheimers Association 1-800-272-3900

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

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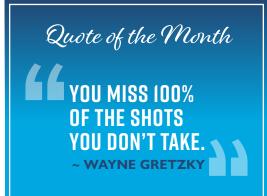
TECH-SAVVY SENIORS AND EMOJIS

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 , 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.





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.



INSPIRING A HAPPIER, HEALTHIER YOU.

JENISON SANDALWOOD 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.

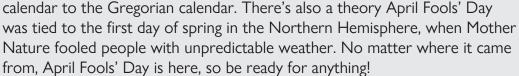


APRIL 2024 EVENTS!

- Coffee & Dessert At Russ'
- Spring Craft
- Fred Walker Performance
- Fiesta Bingo Bash
- Grand Valley Volunteers
- William Twins Performance
- Family Night!
- Rick Ruther Performance
- Spring Activity W/ Jenison
- Butch Grenell Performance

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







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					LOCATION KEY	
	April 2024				AR Activity Room CW Cottonwood OUT Outing AMN All Manors DR Dining Room O Outside AUD Auditorium FIT Fitness Center S Salon BW Beechwood GAZ Gazebo SW Sandalwood CIN Cinema LIB Library TLG The Lodge	
	OI APRIL FOOLS' DAY	02	03	04	05	06
7	10:30a Balloon Ball 12:15p Devotions 1:15p SingFit 2:00p April Fools Day Jokes & Videos	10:30a Coloring Pages 12:15p Devotions 1:00p Hymn Sing w/ Pastor Dave 3:30p Manicures	10:30a Balloon Ball 12:15p Devotions 1:15p Ladder Ball	9:00a Ride Out: To The Beach! 12:15p Devotions 2:30p Table Hockey	10:30a Balloon Ball 12:15p Devotions 2:00p Spring Craft @ BW	10:00a Morning Activities 12:15p Devotions 1:00p Afternoon Activities
	08	09	 10	 	12	13
:00a Morning Activities :15p Devotions :00p Afternoon Activities	10:00a Fred Walker Performance & Pastries 12:15p Devotions 1:15p SingFit	10:30a Coloring Pages 12:15p Devotions 1:00p Hymn Sing w/ Pastor Dave 2:00p Fiesta Bingo Bash 3:00p Manicures	10:30a Balloon Ball 12:15p Devotions 1:15p Pairings and Perspectives	9:00a Ride Out: Park Perusal 12:15p Devotions 1:30p Movie: Breakfast at Tiffany's	9:30a Balloon Ball 12:15p Devotions 2:00p William Twins Performance 3:00p Cherry On Top Sundae Bal	10:00a Morning Activities 12:15p Devotions 1:00p Afternoon Activities
	15 TAX DAY BOSTON MARATHON	16	17	18	 19	20
:00a Morning Activities :15p Devotions :00p Afternoon Activities	10:30a Balloon Ball 12:15p Devotions 2:30p Coloring Pages	10:30a Coloring Pages 12:15p Devotions 1:00p Hymn Sing w/ Pastor Dave 3:00p Manicures	10:30a Balloon Ball 12:15p Devotions 5:00p Family Night: Breakfast at Tiffany's	9:00a Ride Out: Country Roads Take Me Home 12:15p Devotions 1:15p Ladder Ball	10:30a Balloon Ball 12:15p Devotions 2:00p Rick Ruther Performance	10:00a Morning Activities 12:15p Devotions 1:00p Afternoon Activities
	22 EARTH DAY PASSOVER BEGINS	23	24 ADMINISTRATIVE PROFESSIONALS DAY	<u>25</u>	26 ARBOR DAY	27
:00a Morning Activities :15p Devotions :00p Afternoon Activities	10:30a Balloon Ball 12:15p Devotions 2:45p SingFit	10:30a Coloring Pages 12:15p Devotions 1:00p Hymn Sing w/ Pastor Dave 2:30p Cooking Demo	10:30a Balloon Ball 12:15p Devotions 1:00p Manicures 2:00p EZ Does It Trivia	9:00a Ride Out: Cruise Through Coopersville 12:15p Devotions 1:30p Spring Activity W/ Jenison Christian	10:30a Balloon Ball 12:15p Devotions 2:00p Butch Grenell Performance	10:00a Morning Activities 12:15p Devotions 1:00p Afternoon Activities
	29	30 PASSOVER ENDS			BIRTHDAYS	
0:00a Morning Activities 0:15p Devotions 00p Afternoon Activities	10:30a Balloon Ball 12:15p Devotions 1:15p SingFit	10:30a Coloring Pages 12:15p Devotions 1:00p Hymn Sing w/ Pastor Dave 2:30p Manicures	APAIL SHOWERS	James M. 4/13 (MW) Arloa S 4/22 (BW) Betty V 4/24 (BW) Michael H - 4/27 (SW) Ray H 4/28 (BW) Patricia B 4/30 (CTW)		

All activities subject to change.