

CONTACTS

Business Office Manager
Ru Vanderlaan
616-368-0223

Wellness Director
Shawn Jenkins
hollandwellness@americanhouse.com

Culinary Director
Michael Santo
hollandculinary@americanhouse.com

Life Enrichment Director
Christianna Ransom
616-268-1557

Community Relations Director
Lynsi O'Dell
616-392-1007 ext 3113

Community Relations Director
Jennifer Smith
616-392-1007 ext. 3122

Maintenance Director
Philip Tyson
248-483-1436

Housekeeping Supervisor
Connie Hulst
616-796-2690 ext. 3116

National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

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

**American House
Holland**
11911 James St
Holland | MI | 49424
616.820.0401
AmericanHouse.com



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.



WHAT’S YOUR STORY? TELL US WITH OUR RESIDENT SURVEY!

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.

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

HOLLAND SANDY COVE

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!

- Beltone Hearing Clinic 4/1
- Taiji with Chris 4/2 10am
- Blood Pressure Clinic 4/3 1pm
- Ammie Bouwman 4/7 2pm
- Pet Therapy 4/8 3:30pm
- Podiatry Visit 4/9
- Family Dinner Night 4/17 5pm
- John Klompmaker 4/28 2pm

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!



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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>AR</div>Activity Room</div> <div><div>AMN</div>All Manors</div> <div><div>ALD</div>AL Dining</div> <div><div>BT</div>Baypointe</div> <div><div>BD</div>Beachside</div> <div><div>BK</div>Boardwalk</div> <div><div>DR</div>Dining Room</div>	<div><div>F</div>Foyer</div> <div><div>ILD</div>IL Dining</div> <div><div>MB</div>In Mailboxes</div> <div><div>LK</div>Lakeshore</div> <div><div>LIB</div>Library</div> <div><div>LH</div>Lighthouse</div> <div><div>LR</div>Living Room</div>	<div><div>OUT</div>Outing</div> <div><div>O</div>Outside</div> <div><div>SD</div>Sandy Cove</div> <div><div>THR</div>Theater</div> <div><div>APT</div>Your Apartment</div>												
			01	APRIL FOOLS' DAY			02				03				04				05				06			
			8:30a 10:00a 10:30a 1:00p 2:00p 4:00p	Coffee Chat Bible Study with Dennis Coffee Chat Beltone Hearing Clinic Skipbo Men's Group with Dennis	ILD DR DR AR AR AR	8:30a 10:00a 2:00p 4:30p	Coffee Chat Taiji with Chris Craft Time Game Time	ILD ILD AR ILD	8:30a 10:00a 1:00p 1:00p 2:00p 5:30p	Coffee Chat Skipbo Blood Pressure Clinic Virtual Cycles Bingo Cards with Friends	ILD AR AR ILD ILD ILD	8:30a 9:00a 11:00a 1:30p Tiffany's 4:00p	Coffee Chat Meijer Manicures Movie Time: Breakfast at Happy Hour	ILD OUT AR THR ILD	8:30a 10:00a 11:00a 1:30p 2:00p 3:00p	Coffee Chat Ladies Circle Virtual Cycles Scenic Ride Rummikub Wizard	ILD ILD ILD OUT AR AR	8:30a 2:00p 3:00p	Coffee Chat Rummikub Cycles	ILD AR ILD						
07			08			09			10			11			12			13								
8:30a 10:00a 2:00p			Coffee Chat Walk with Me Ammie Bouwman	ILD O ILD	8:30a 10:00a 10:30a 2:00p 3:30p 4:00p	Coffee Chat Bible Study with Dennis Coffee Chat Skipbo Pet Therapy in Foyer Men's Group with Dennis	ILD DR DR AR F AR	8:00a 8:30a 10:00a 2:00p 2:00p 4:30p	Podiatry Visit Coffee Chat Chair Exercises/Balloon Ball Music with Stewart Leech Game Time	APT ILD ILD ILD ILD ILD	8:30a 10:00a 1:00p 2:00p 2:00p 5:30p	Coffee Chat Skipbo Virtual Cycles Bingo Cards with Friends	ILD AR ILD ILD ILD ILD	8:30a 9:00a 11:00a 2:00p Circus Comes to Town 4:00p	Coffee Chat Meijer Manicures Nancy Buchanan: When the Happy Hour	ILD OUT AR ILD ILD	8:30a 10:00a 11:00a 1:30p 2:00p 3:00p	Coffee Chat Men's Group Virtual Cycles Scenic Ride Rummikub Wizard	ILD AR ILD OUT AR AR	8:30a 2:00p 3:00p	Coffee Chat Rummikub Cycles	ILD AR ILD				
14			15			16			17			18			19			20								
8:30a 10:00a 2:00p			Coffee Chat Walk with Me Prayer/Worship	ILD O ILD	8:30a 10:00a 10:30a 2:00p 4:00p	Coffee Chat Bible Study with Dennis Coffee Chat Skipbo Men's Group with Dennis	ILD DR DR AR AR	8:30a 10:00a 2:00p 4:30p 7:00p	Coffee Chat Chair Exercises/Balloon Ball New Resident Orientation Game Time Down Home Gospel	ILD AR ILD ILD ILD ILD	8:30a 10:00a 1:00p 2:00p 5:00p Dinner 5:30p	Coffee Chat Skipbo Virtual Cycles Bingo Breakfast at Tiffany's Family Cards with Friends	ILD AR ILD ILD ILD ILD	8:30a 9:00a 11:00a 2:00p 4:00p	Coffee Chat Meijer Manicures Satin Sax Quartet Happy Hour	ILD OUT AR ILD ILD	8:30a 11:00a 1:30p 2:00p 3:00p	Coffee Chat Virtual Cycles Scenic Ride Rummikub Wizard	ILD ILD OUT AR AR	8:30a 2:00p 3:00p	Coffee Chat Rummikub Cycles	ILD AR ILD				
21			22			23			24			25			26			27								
8:30a 10:00a 2:00p			Coffee Chat Walk with Me Prayer/Worship	ILD O ILD	8:30a 10:00a 10:30a 2:00p 4:00p	Coffee Chat Bible Study with Dennis Coffee Chat Skipbo Men's Group with Dennis	ILD DR DR AR AR	8:30a 8:30a 10:00a 2:00p 4:30p	Brunch Bunch Coffee Chat Chair Exercises/Balloon Ball Butch Grenell Game Time	OUT ILD ILD ILD ILD	8:30a 10:00a 1:00p 2:00p 5:30p	Coffee Chat Skipbo Virtual Cycles Bingo Cards with Friends	ILD AR ILD ILD ILD	8:30a 9:00a 11:00a 3:00p 4:00p	Coffee Chat Meijer Manicures Tea & Trivia Happy Hour	ILD OUT AR ILD ILD	8:30a 10:00a 11:00a 1:30p 2:00p 3:00p	Coffee Chat Town Hall Meeting Virtual Cycles Scenic Ride Rummikub Wizard	ILD ILD ILD OUT AR AR	8:30a 2:00p 3:00p	Coffee Chat Rummikub Cycles	ILD AR ILD				
28			29			30			BIRTHDAYS																	
8:30a 10:00a 2:00p			Coffee Chat Walk with Me John Klompmaker	ILD O ILD	8:30a 10:00a 10:30a 2:00p 4:00p	Coffee Chat Bible Study with Dennis Coffee Chat Skipbo Men's Group with Dennis	ILD DR DR AR AR	8:30a 10:00a 2:00p 4:30p	Coffee Chat Chair Exercises/Balloon Ball Wilma Quist Game Time	ILD ILD ILD ILD				Richard Fairchild 4/22												

All activities subject to change.