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National Suicide Hotline

Alzheimers Association 1-800-272-3900

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

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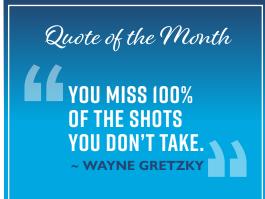
TECH-SAVVY SENIORS AND EMOJIS

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.

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.

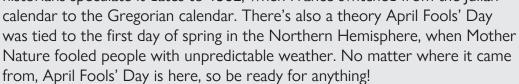


APRIL 2024 EVENTS!

- 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







SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			0 0			LOCAT	ION KEY
	Ap	ril 2024				BT Baypointe LK La BD Beachside LIB Lib BK Boardwalk LH Lig	Dining O Outside Mailboxes SD Sandy Cove keshore THR Theater
	01		02	03	04	05	06
7	8:30a 10:00a 10:30a 1:00p 2:00p 4:00p	Bible Study with Dennis DR Coffee Chat DR	8:30a Coffee Chat ILD 10:00a Taiji with Chris ILD 2:00p Craft Time AR 4:30p Game Time ILD	8:30a Coffee Chat 10:00a Skipbo 1:00p Blood Pressure Clinic 1:00p Virtual Cycles 2:00p Bingo 5:30p Cards with Friends	AR 9:00a Meijer OUT AR 11:00a Manicures AR ILD 1:30p Movie Time: Breakfast at ILD Tiffany's THR	8:30a Coffee Chat 10:00a Ladies Circle 11:00a Virtual Cycles 1:30p Scenic Ride 2:00p Rummikub 3:00p Wizard AR	8:30a Coffee Chat 2:00p Rummikub AR 3:00p Cycles ILD
07	08		09	10		 12	13
8:30a Coffee Chat 10:00a Walk with Me 2:00p Ammie Bouwman	ILD 8:30a 10:00a ILD 10:30a 2:00p 3:30p 4:00p	Coffee Chat DR Skipbo AR	8:30a Coffee Chat ILD 10:00a Chair Exercises/Balloon Ball ILD 2:00p Music with Stewart Leech ILD	8:30a Coffee Chat 10:00a Skipbo 1:00p Virtual Cycles 2:00p Bingo 5:30p Cards with Friends	ILD 8:30a Coffee Chat ILD 9:00a Meijer OUT 11:00a Manicures AR ILD 2:00p Nancy Buchanan: When the Circus Comes to Town 4:00p Happy Hour ILD	10:00a Men's Group AR 11:00a Virtual Cycles ILD 1:30p Scenic Ride OUT 2:00p Rummikub AR	2:00p Rummikub AR
<u> </u>	15 T	AX DAY BOSTON MARATHON	16	17	 	<u> </u> 19	20
8:30a Coffee Chat 10:00a Walk with Me 2:00p Prayer/Worship	ILD 8:30a O 10:00a	Coffee Chat Bible Study with Dennis Coffee Chat Skipbo Men's Group with Dennis AR	8:30a Coffee Chat ILD 10:00a Chair Exercises/Balloon Ball ILD 2:00p New Resident Orientation ILD		ILD 8:30a Coffee Chat ILD AR 9:00a Meijer OUT ILD 11:00a Manicures AR ILD 2:00p Satin Sax Quartet ILD	8:30a Coffee Chat ILD 11:00a Virtual Cycles ILD 1:30p Scenic Ride OUT 2:00p Rummikub AR	8:30a Coffee Chat 2:00p Rummikub AR 3:00p Cycles ILD
21	22 EA	RTH DAY PASSOVER BEGINS	23	24 ADMINISTRATIVE PROFESSIONALS DA	AY 25	26 ARBOR DAY	27
8:30a Coffee Chat 10:00a Walk with Me 2:00p Prayer/Worship	ILD 8:30a 0 10:00a ILD 10:30a 2:00p 4:00p	Skipbo AR Men's Group with Dennis AR		8:30a Coffee Chat 10:00a Skipbo 1:00p Virtual Cycles 2:00p Bingo 5:30p Cards with Friends	ILD 8:30a Coffee Chat 9:00a Meijer OUT 11:00a Manicures AR ILD 3:00p Tea & Trivia ILD 1LD 4:00p Happy Hour ILD	10:00a Town Hall Meeting 11:00a Virtual Cycles 1:30p Scenic Ride ILD OUT	2:00p Rummikub AR 3:00p Cycles ILD
28	29		30 PASSOVER ENDS			BIRTHDAYS	
8:30a Coffee Chat 10:00a Walk with Me 2:00p John Klompmaker	ILD 8:30a 10:00a ILD 10:30a 2:00p 4:00p	Coffee Chat ILD Bible Study with Dennis DR Coffee Chat DR	8:30a Coffee Chat ILD 10:00a Chair Exercises/Balloon Ball ILD 2:00p Wilma Quist ILD		Richard Fairchild 4/22		

All activities subject to change.

Holland Sandy Cove