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Quote of the Month

THE SECRET OF STAYING YOUNG IS TO LIVE HONESTLY, EAT SLOWLY AND LIE ABOUT YOUR AGE. ~ LUCILLE BALL



THE POWER AND SIMPLICITY OF WALKING

Walking is the simplest form of exercise. One of the great benefits of walking is it allows us to slow down and connect with our surroundings. This heightened awareness can lead to a greater sense of gratitude and appreciation.



Walking also boasts a series of health benefits for older adults, according to a recent Blue Zones study. Its main benefits include reducing the risk of cardiovascular disease, type 2 diabetes and dementia. Walking can also lead to improvements in sleep, mental well-being and longevity. A 30-minute walk per day decreases the likelihood of multiple age-associated diseases and improves mood and sleep quality, and lowers the risk of bone fractures.

Walking is a great way to clear our minds and gives us time to think and reflect. We can use this time to focus on our goals or simply enjoy the present moment. Walking helps us find a sense of calm and balance in our lives.

ALEXA FEATURES YOU DON'T WANT TO LIVE WITHOUT

Alexa is Amazon's digital voice assistant that comes with innovative features to help you live more comfortably. What these features can do for you are jaw-dropping. Here are just a few:

MEDICATION REMINDERS. The "Medicine Tracker" feature is free and lets you know what your medications are, when you last took them and what times you should be taking them.

STAY CONNECTED. Alexa's "Remote Senior Care" comes with the latest sophisticated technology, yet is easy to use. It allows you to connect to your loved ones remotely with simple voice commands 24/7.

SLEEP BETTER. Alexa's "Train Ride" feature helps you sleep peacefully or block out unwanted noise. All you have to say is, "Alexa, open Train Ride." It's from the makers of the top-rated "Sleep and Relaxation Sounds" skill.

GET COZY WITH NOSTALGIA. With Alexa's "Radio Mystery Theater," it's easy to relive childhood evenings around the radio listening to old CBS programs. This cool Alexa feature will take you back to the original broadcasts!



MAY 2024 BARTLETT

THE INSPIRING TRANSFORMATION **OF JOAN MACDONALD**

At the age of 70, Joan MacDonald weighed 198 pounds and had a 39-inch waist. She was on medication for high blood pressure and had trouble walking up and down stairs. Joan knew if she continued on her path, things would only get worse. Her daughter Michelle gave her an ultimatum that it was high time she changed her life.

It wasn't easy, but Joan learned how to use an iPhone to help follow a nutrition plan, renewed her gym membership, bought a scale and got to work. She stuck to her guns and never gave up. Some days Joan was in tears, but her personal motto kept ringing in her head: "I don't mind if my changes are slow. I'm going to go at my own pace and this time the changes are going to last for the rest of my life."

As the months rolled by, the weight and inches were disappearing to the point Joan lost 70 pounds. She now claims to be a different woman than she was when she began her journey to wellness. Her transformation is so complete, Joan now graces magazine covers, has over 1.5 million followers on Instagram, and is the author of "Flex Your Age with Joan MacDonald." An inspiration to millions, Joan likes to say you can't turn back the clock, but you sure can wind it up again!



MAY 2024 EVENTS!

- lazz Piano
- Driving Sideways Band
- Cooking DEMO
- Bingo
- Laughter is The Best Medicine
- Happy Hour
- Sit and Fit

THE IMPORTANCE OF A HEALTHY AGING PLAN

Healthy aging is the ability to maintain an active, independent and purposeful lifestyle. To do so, everyone is encouraged to engage in proactive behaviors. This includes taking the necessary medications you're prescribed, exercising regularly, eating a balanced diet, minimizing alcohol consumption, not smoking and getting enough sleep at night. One of the most important proactive steps you can take is staying socially active. The main benefit of making new friends is the sense of belonging it provides and knowing fellow residents are more than just neighbors!



SUNDAY	MOND	AY TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	\sim				LOCA	TION KEY
		MAY 20	24		,	iting THR Theater
D 1	BIRTHDAYS	S	01 10:00a Tim Jazz Piano PL	02 R 9:30a The Donut Box OUT	03 F 9:00a Arts/ Decorate Cinco De Mayo	04 0 9:00a Scrabble Game LO
Barbara W. 5/3 Richard M. 5/15 Darryl D. 5/19 Clarence W. 5/28			11:30a Cooking Demo/ Chef Quan D 2:30p Show and Tell /New Residents AR 4:00p Color Comedy Fan Sheets/ Arts A 5:30p Comedy Central News PL	R 11:00a Sit And Fit PLR 2:00p Thursday Comedy Talk AR 3:30p T.V. Comedy T.V. Charades AR 5:30p Comedy News Talk LC	R Hats AF 11:30a Cinco De Mayo Party DF 12:30p Happy Hour DF	10:30a Sit and Fit PLR 1:30p Arts / Wind Chimes 3:30p Comedy Groove Sounds LO 5:30p A Comedy Walk HAL
05 CINCO DE MAYO	06	07	08	09	10	ll
9:30a Sittercise 10:30a Bellevue Church 1:30p Charades Game 2:30p Mad Libs 5:30p Evening Walk	PLR 9:00a Comedy Wor PLR 10:30a Bible Study / N LO 1:30p Arts: Greeting AR 3:30p Wellness U . / HAL 5:30p A Comedy V	Marvin N. PLR words g Cards AR 10:00a A Comedy Bingo / LaCreasha AR 2:00p Wheel Of Fortune Game	AR 1:30p Bake Cookies LO DR 2:30p Comedy Groove Music LO e PLR 3:30p Comedy Trivia	1:30p Talk/ Being A Mother AR 3:00p Joker's Wild Game AR 5:30p Let's Talk Comedy LO	1 10:00a Thrift Store 2:00p Karaoke / Roy Fisher 3:00p A Comedy Happy Hour DF	T 10:30a Comedy Color Sheets AR 1:30p T. V. Charades LO 3:00p Sittercise PLR
					_	
9:30a Comedy Seek and Find AR 10:30a Bellevue Church 1:30p Word Trivia 3:30p Joke Telling Contest 5:30p Comedy News	PKTS 9:30a Photo Captio 10:30a Bible Study / N 1:30p Sit And Fit 2:30p Joyful Collage LO PLR 5:30p Comedy Char	Marvin N. PLR 10:30a Bingo Comedy Style PLR 2:00p Kool -Pops(ice cream) a Art AR 3:30p A Comedy Trivia	O 2:00p Driving Sideways Band D 3:30p Groove Music/ Outside	R 10:00a Sit AND Éit PLR	10:30a Bible Study / Jones & Brooks PLR 1:30p Movie: The Birds	
19	20	21	22	23	24	25
9:00a Word Memory Game 10:30a Bellevue Church 1:30p Comedy Trivia 3:30p Kane Singers 5:30p A Comedy Walk	PLR 10:30a Bible Study / 1		AR 10:30a A Comedy Bingo DI DR 2:00p Mid Week Service / Linda Al	10:00a Get To Know / New Residents R AR 2:00p Comedy Talk/ bake Cookies	11:00a New residents / Show and Tell AR 2:00p Job The Dog 3:30p Comedy Trivia AF 5:30p A Comedy Walk HAI	10:30a New Residents / Show & Tell AR 1:30p 2 True / 1 Lie Game AR 3:00p The Giggle Game LO
26	27 MEMORIAL	L DAY 28	29	30	31	
9:30a Match Up Memory Gal 10:30a Bellevue Church 1:30p Get To Know You 3:00p Our Comedy Sounds 5:30p A Comedy Walk	me AR PLR 10:30a Sit and Fit Co 10:30a Bible Study M 2:00p Driving Sidew 3:00p A Comedy H 5:30p A Comedy V	Marvin N. PLR 10:30a Bingo Comedy Style vays Band DR 1:30p Comedy Talk Happy Hour LO 3:30p Comedy Memory Game	PLR DR 12:00p Mid Week Service PL 12:00p Monthly Resident's Birthday Party 2:00p A Comedy Word Match Games AR 3:30p Tell Your Best Joke 5:30p Comedy News Talk PL	10:30a Open Mic/ Comedy Hour AR 1:30p Comedy Hour / Show Your Talents AR 3:30p Comedy Writing 101 AR 5:30p Walking Comedy Style HAL	R 10:30a BIBLE Study PLF 1:30p Comedy Zone Music AF 2:30p A Comedy Happy Hour LC S:30p A Walk To Comedy Land HAI	

All activities subject to change.