

CONTACTS

Executive Director

Sarah Pendergrass
brentwood@americanhouse.com

Life Enrichment Director

Tracy Gullatte
brentwoodlifeenrichment@americanhouse.com

Wellness Director

Kaylin Anderson
brentwoodwellness@americanhouse.com

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.



American House Brentwood

5436 Edmondson Pike
Nashville | TN | 37211
615.432.4653

AmericanHouse.com

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SENIOR LIVING COMMUNITIES

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INSPIRING A HAPPIER, HEALTHIER YOU.

BRENTWOOD SENIOR LIVING COMMUNITIES

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!

- April Fool's Day
- Men's Bible Study
- Lipscomb Singers
- Cook out
- Breakfast at I Hop
- Breakfast at Tiffany's
- April Birthday Lunch

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

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

April 2024



LOCATION KEY

AR Activity Room	LO Lobby	S Salon
BP Back Patio	MC Memory Care	APT Your Apartment
B Bistro	MCA Memory Care Activity Room	
CY Courtyard	MCD Memory Care Dining Room	
DR Dining Room	MCL Memory Care Living Room	
FPO Front Porch	OUT Outing	

01 APRIL FOOLS' DAY 02 03 04 05 06

	10:00a March into Monday w/Mary LO 10:30a Arts & Crafts: Make Bingo Greeting Cards AR 2:00p Brain Game : Lets Bake Word Game AR 2:30p L.U.E.Y : The Silver Screen AR 3:30p April Fool's Day Puzzle AR	10:00a Get Fit w/ Mary LO 10:30a Arts & Crafts :Make Great Scottie dog cards AR 1:00p Nails W/Girls AR 2:00p Movie Breakfast at Tiffany's AR 4:00p True or false AR	9:30a Trip to Walmart OUT 10:30a Senior Stretch Circle /Mary LO 2:00p Medication Safety chat w/ keisha LO 3:30p Residence Right Bingo DR 6:00p Lipscomb Singers LO	10:00a Silver Strength workout w/ Mary LO 10:30a Men's Bible Study AR 2:00p Tea & Four Trivia AR 3:00p Play a game of connect four AR 4:00p Can you guess which songs ? AR	10:00a Firm arm Friday w/Mary LO 10:30a Pet Therapy w/King Looie DR 2:00p Chair Bingo DR 3:00p Men's Group ; Nine -Hole Showdown card game AR 6:00p Men's Friday Night Movie w/Emily AR	10:00a Sit & Be Fit /Mary LO 10:30a Bible Study W/Mary AR 1:00p Checkers AR 2:00p Movie; Men in Kilts :A Roadtrip w/Sam & Graham AR 6:00p Phase 10 Card Game AR
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07 08 09 10 11 12 13

9:30a Sunday Morning Stretch APT 10:30a Woodson Chapel Church Service LO 2:00p Sunday fun Journaling APT 3:30p Rest & Read AR 4:00p Jazz Singer Billie Holiday 100 Facts AR	8:00a Special Breakfast DR 10:00a March into Monday w/Mary LO 10:30a Music Therapy w/Sarah D LO 2:00p Men's Manicure AR 6:00p L.U.E.Y : Movie Casablanca w/Emily AR	9:00a Breakfast at I Hop OUT 10:00a Get Fit w/ Mary LO 11:00a L.U.E.Y :Hollywood Divas Word Search APT 2:00p Bingo Bash DR 3:30p Lets Talk the Nifty Fifties AR	10:00a Town Hall Meeting LO 10:30a Senior Stretch Circle /Mary LO 2:00p Wellness u w/ Joseph LO 3:00p Macaroon Pairing AR 6:00p Lipscomb Singers LO	10:00a Silver Strength workout w/ Mary LO 10:30a Men's Group :Bible Study AR 2:00p Diner Themed Happy Hour DR 3:00p L.U.E.Y. Cooking Demo DR 3:30p Brain Game: From one to ten AR	10:00a Firm arm Friday w/Mary LO 10:30a I Scream You Scream we all Scream for Ice cream word game AR 12:00p Resident Spirt week COOK Out CY 1:30p Ice Cream Sunday Bar CY 6:00p Men's Group: Movie w/Emily AR	10:00a Sit & Be Fit /Mary LO 10:30a Bible Study W/Mary AR 2:00p Activity Room R.S.V.P. For Family AR 5:00p Men's Card Game AR 6:00p L.U.E.Y : Movie w/Emily Jaws AR
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14 15 TAX DAY | BOSTON MARATHON 16 17 18 19 20

9:30a Sunday Morning Stretch APT 10:30a Crieve Hall Church Service AR 2:00p Sunday fun Journaling APT 3:30p Rest & Read AR 6:00p Sunday Night Bingo w/Emily AR	10:00a March into Monday w/Mary LO 10:30a MENS CLUB :Corn Hole CY 1:30p Monthly Holidays in April Game AR 2:00p L.U.E.Y : The Godfather AR 4:00p Balloon Volleyball LO	10:00a Get Fit w/ Mary LO 10:30a Arts & Crafts :Make a Book Mark AR 2:00p Bingo DR 3:00p Two Truths and a lie AR 4:00p Men's Club : Ford or Chevy Match the car Model AR	10:30a Senior Stretch Circle /Mary LO 11:00a Arts & Crafts : Paper Umbrellas AR 2:00p Bingo DR 3:00p Men's Balloon Volleyball LO 6:00p Lipscomb Singers LO	10:00a Silver Strength workout w/ Mary LO 10:30a Men's Group :Bible Study AR 2:00p L.U.E.Y : sliver Screen Bingo DR 3:00p L.U.E.Y : Film Trivia Treasure Hunt AR 5:00p Breakfast AT Tiffany's DR	10:00a Firm arm Friday w/Mary LO 10:30a L.U.E.Y : The Silver Screen Mash up AR 2:00p Popcorn w/your neighbor's Bingo DR 2:30p Bingo DR 6:00p Men's Friday Night Movie W/Emily AR	10:00a Sit & Be Fit /Mary LO 10:30a Bible Study W/Mary AR 2:00p Bingo AR 3:00p Phase 10 Card Game AR 6:00p L.U.E.Y : Movie w/Emily Star Wars AR
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21 22 EARTH DAY | PASSOVER BEGINS 23 24 ADMINISTRATIVE PROFESSIONALS DAY 25 26 ARBOR DAY 27

9:30a Sunday Morning Stretch APT 10:30a Crieve Hall Church Service AR 2:00p Sunday fun Journaling APT 3:30p Rest & Read AR 4:30p crossword Puzzle APT	10:00a March into Monday w/Mary LO 10:30a Arts & crafts : Happy Passover Bottle water wrap AR 2:00p Hangman AR 3:00p Men's Corn hole game CY 6:00p L.U.E.Y : Singin in the rain AR	10:00a Get Fit w/ Mary LO 10:30a Arts & Crafts ; Make card for Volunteers AR 2:00p Hand & Nail care AR 3:00p Modern Jeopardy Trivia AR 3:30p Brain Game : Scrabble board Game AR	9:30a Scenic ride OUT 10:30a Senior Stretch Circle /Mary LO 2:00p Music w/Patrick Calvert DR 3:30p Bingo AR 6:00p Lipscomb Singers LO	10:00a Silver Strength workout w/ Mary LO 10:30a Men's Group :Bible Study AR 2:00p woman's Pillows AR 3:00p Men's Pillows AR 4:00p Phase 10 Card Game AR	10:00a Firm arm Friday w/Mary LO 10:30a Pet Therapy w/ JJ DR 2:00p Bingo DR 3:00p True or false AR 4:00p Jazz Music Social AR	10:00a Sit & Be Fit /Mary LO 10:30a Bible Study W/Mary AR 1:00p Saturday Evening Stretch APT 2:00p Tic -Tac-Toe AR 3:00p Phase 10 card Game AR
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28 29 30 PASSOVER ENDS BIRTHDAYS

9:30a Sunday Morning Stretch APT 10:30a Crieve hall Church Service LO 2:00p Sunday fun Journaling APT 3:30p Rest & Read AR 4:00p Phase 10 Card Game AR	10:00a March into Monday w/Mary LO 10:30a Brain Game : Find the Cat AR 12:00p Men's Lunch Hooters DR 2:00p Music w/Gabe Lamog DR 4:00p Phase 10 Card Game AR	10:00a Get Fit w/ Mary LO 10:30a Picture Trivia AR 12:00p April Birthday Lunch DR 2:00p New letters and Coffee AR 3:30p Ring Toss LO		Betty .W 04/04 Barbara .H 04/10 Donald .B 04/10 Sylvia .B 04/10 Charles .W 04/17 Beth .C 04/23 Jean .S 04/23
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All activities subject to change.