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Bree Crutchfield

National Suicide Hotline 988

Alzheimers Association 1-800-272-3900

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

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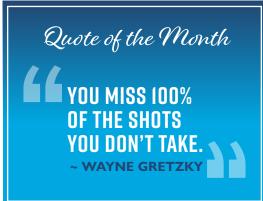
TECH-SAVVY SENIORS AND EMOJIS

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 , 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.



CARPENTER 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.

Nature fooled people with unpredictable weather. No matter where it came



APRIL 2024 EVENTS!

- Resident Council Meeting
- Family Night
- Wellness U
- Brain Matters Trivia
- Resident Birthday Party
- Happy Hour
- Cooking Demonstration

THE ORIGINS OF APRIL FOOLS' DAY

from, April Fools' Day is here, so be ready for anything!

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





SUNDA	Υ	MO	NDAY		TUESDAY		WEDNESDAY			THURSDAY		FRIDAY	SATURDAY
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			4	pr	il 2024			7	4			ART Art Studio BR Billiards Room CAF Café CHP Chapel/Movie Room DR Dining Room FIT Fitness Center	LO Lobby LIB Library OUT Outing S Salon THR Theater
	01		FOOLS' DAY	02		03			04	5 · \A/\\ ·		05	06
7	11 1:: 3:	D:30a Exercise \ 1:00a Brain Mat 30p Fellowsh 00p Word Ga 00p Card Club	ters Trivia LC nip Bible CHI nme CAI	11:30a 2:00p 3:30p	Exercise W/Mallerie Bunch Brunch Outing OUT Wii Bowling Arts & Design Card Clubs LIB	11:00a 1:00p	Exercise W/Mallerie Family Feud Meijers Outing Card Clubs	LO LO OUT LIB	10:30a 12:45p 1:00p 3:00p 6:00p	Exercise W/Mallerie Mystery Outing Poetry Club Thursday BINGO! Card Clubs		1:00a Brain Matter Trivia CAF :00p Happy Hour	10:30a Coffee Social CAF 11:00a Resident Run Exercises CAF 2:30p Joy Group LIB 2:30p Wii Bowling THR 3:00p BINGO With Residents DR 4:00p Catholic Service W/Scott CHP 6:00p Movie Night THR
07	01	8		09		10			11			12	13
10:00a Scrabble Club 10:30a Chair Yoga 2:00p Color Me Caln 3:00p Ann Arbor Bap 6:00p Card Clubs	CAF 11 1 LO 6:0	0:30a Exercise \ 1:00a Brain Mat 00p Card Club	ters Trivia LC	11:30a	Exercise W/Mallerie Bunch Brunch Outing OUT Wii Bowling Arts & Design Card Clubs LIB	11:00a 1:00p	Exercise W/Mallerie Family Feud Kroger's Outing Wellness U Health Card Clubs	LO LO OUT Falks LIB	10:30a 12:45p 1:00p 3:00p 6:00p	Exercise W/Mallerie Mystery Outing Poetry Club Thursday BINGO! Card Clubs	OUT CAF 12 LO 13 LIB I	10:30a Exercise W/Jeet LO 11:00a Brain Matter Trivia CAF 2:00p Happy Hour 3:00p Performance By: Steve Kovich LO 6:00p Card Clubs LIB	11:00a Resident Run Exercises CAF 2:30p Joy Group LIB 2:30p Wii Bowling THR 3:00p BINGO With Residents DR
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28	29	9		30	PASSOVER ENDS							BIRTHDAYS	
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All activities subject to change.

Carpenter