

CONTACTS

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Alzheimers Association
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American House
SENIOR LIVING COMMUNITIES

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!

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

SOUTHLAND

MAY 2024

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!

- Family Night Comedy Hour
- Mother's Day Celebration
- Fishing Trip
- AdvisaCare Sound Mind & Body
- Rhythm & Groove with Jane
- Dairy Queen
- Gideon's Bible Study Luncheon
- Birthday Celebration
- Mental Health Aware with Marti
- Nail care with Beth

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!

**LIVING WELL
IS BEING WELL.**
American House Senior Living Communities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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May 2024

LOCATION KEY

1FL 1 st Floor	DR Dining Room	OUT Outing
2FL 2 nd Floor	DRP Dining Room Patio	O Outside
2FA 2 nd Floor Activity Room	D2D Door to Door Service	THR Theater
AR Activity Room	GR Game Room	APT Your Apartment
CHP Chapel	LIB Library	

BIRTHDAYS	01	02	03	04
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<p>HAPPY BIRTHDAY!</p> <p>Monica A. 5/23 Helen S. 5/24 Marilyn Z. 5/27</p> <p>Alfred B. 5/3 Anita R. 5/6 Robert M. 5/7 Anna R. 5/9</p>	<p>10:00a Chair Exercise CHP 10:30a Outdoor Morning Stroll O 2:00p Cash Bingo DR 3:00p Cornhole Tournament DRP 6:30p Intercity Baptist Bible Study CHP</p>	<p>10:00a Chair Exercise CHP 10:30a Meijer OUT 2:00p Prize Bingo DR 3:00p Art & Design Fairy Garden 2FA 6:00p Communion & Rosary CHP</p>	<p>10:00a Chair Exercise CHP 1:00p Piano with Ralph and Judy CHP 1:30p Sound Mind & Body CHP 2:00p Cinco de Mayo Happy Hour with Bobby T DR 5:00p Dominos AR</p>	<p>10:30a Puzzle Time GR 1:00p Movie Matinee THR 2:00p Euchre AR 3:00p Scrabble AR 5:00p Dominoes AR</p>
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05	06	07	08	09	10	11
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<p>CINCO DE MAYO</p> <p>9:30a Morning Church Service with Minister Terrance CHP 1:00p Puzzle Time GR 2:00p Time of Worship with Jerry & Sharon CHP 2:00p Rummy AR 3:00p Billiards: Pool Table & Shuffle Board GR 5:00p Dominoes AR</p>	<p>10:00a Chair Exercise CHP 10:30a Dollar Tree OUT 2:00p Balloon Volleyball DR 3:00p Gideon's Bible Study CHP 5:00p Count Domino 1FL</p>	<p>10:00a Chair Exercise CHP 10:00a Auction 2FA 10:00a Bible Trivia with the Bandy's & Bryan's CHP 4:30p Dominios AR 6:00p Pinochle 2FA</p>	<p>10:00a Chair Exercise CHP 10:30a Trivia DR 2:00p Cash Bingo DR 3:30p Cooking Demo 2FA 6:30p Intercity Baptist Bible Study CHP</p>	<p>10:00a Chair Exercise CHP 10:30a Meijer OUT 2:00p Prize Bingo DR 3:15p Wellness U Mental Health Awareness with Marta 2FA 6:00p Communion & Rosary CHP</p>	<p>10:00a Advisacare Mother's Day PJ & Pancakes 2FA 10:00a Chair Exercise CHP 1:00p Piano with Ralph and Judy CHP 1:30p Sound Mind & Body CHP 2:00p Mother's Day Celebration with Tom Slaton DR 6:00p Carol Burnett Hour CHP</p>	<p>10:30a Puzzle Time GR 11:00a Nail Care with Beth CHP 1:00p Movie Matinee THR 2:00p Euchre AR 3:00p Scrabble AR 5:00p Dominoes AR</p>
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12	13	14	15	16	17	18
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<p>MOTHER'S DAY</p> <p>9:30a Morning Church Service with Minister Terrance CHP 1:00p Puzzle Time GR 2:00p Rummy AR 3:00p Billiards: Pool Table & Shuffle Board GR 5:00p Dominoes AR</p>	<p>10:00a Chair Exercise CHP 10:30a Dairy Queen OUT 2:00p Balloon Volleyball DR 3:00p Gideon's Bible Study CHP 5:00p Count Domino 1FL</p>	<p>10:00a Chair Exercise CHP 10:30a Prayer & Luncheon at Gideon Chapel OUT 1:30p Sing Along with Ralph & Judy CHP 2:00p Yoga with Jane CHP 4:30p Dominios AR 6:00p Pinochle 2FA</p>	<p>10:00a Chair Exercise CHP 2:00p Bingo 2FA 3:00p Scrabble 2FA 5:00p Family Comedy Night DR 6:30p Intercity Baptist Bible Study CHP</p>	<p>10:00a Chair Exercise CHP 10:30a Meijer OUT 2:00p Prize Bingo DR 3:00p Advisacare Diabetic Jeopardy 2FA 6:00p Communion & Rosary CHP</p>	<p>10:00a Chair Exercise CHP 1:00p Piano with Ralph and Judy CHP 1:30p Sound Mind & Body CHP 2:00p Happy Birthday Happy Hour with Joe Moore DR 5:00p Dominos AR</p>	<p>10:30a Puzzle Time GR 1:00p Movie Matinee THR 2:00p Euchre AR 3:00p Scrabble AR 5:00p Dominoes AR</p>
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19	20	21	22	23	24	25
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<p>9:30a Morning Church Service with Minister Terrance CHP 1:00p Puzzle Time GR 2:00p Time of Worship with Jerry & Sharon CHP 2:00p Rummy AR 3:00p Billiards: Pool Table & Shuffle Board GR 5:00p Dominoes AR</p>	<p>9:00a Frankenmuth Outing OUT 10:00a Chair Exercise CHP 2:00p Balloon Volleyball DR 3:00p Gideon's Bible Study CHP 5:00p Count Domino 1FL</p>	<p>10:00a Chair Exercise CHP 10:30a Walmart OUT 2:00p Resident Meeting DR 4:30p Dominios AR 6:00p Pinochle 2FA</p>	<p>10:00a Chair Exercise CHP 10:30a Outdoor Morning Stroll O 2:00p Cash Bingo DR 3:30p Meet our Neighbors 2FA 6:30p Intercity Baptist Bible Study CHP</p>	<p>10:00a Fishing Trip OUT 10:00a Chair Exercise CHP 2:00p Prize Bingo DR 3:00p Advisacare: Medical Benefits 2FA 6:00p Communion & Rosary CHP</p>	<p>10:00a Chair Exercise CHP 1:00p Piano with Ralph and Judy CHP 1:30p Sound Mind & Body CHP 2:00p Karaoke Happy Hour DR 5:00p Dominos AR 6:00p Carol Burnett Hour CHP</p>	<p>10:30a Puzzle Time GR 1:00p Movie Matinee THR 2:00p Euchre AR 3:00p Scrabble AR 5:00p Dominoes AR</p>
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26	27	28	29	30	31
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<p>9:30a Morning Church Service with Minister Terrance CHP 1:00p Puzzle Time GR 2:00p Rummy AR 3:00p Billiards: Pool Table & Shuffle Board GR 5:00p Dominoes AR</p>	<p>MEMORIAL DAY</p> <p>10:00a Chair Exercise CHP 1:00p Puzzle Time GR 2:00p Balloon Volleyball DR 3:00p Gideon's Bible Study CHP 5:00p Count Domino 1FL</p>	<p>10:00a Chair Exercise CHP 10:00a Auction 2FA 1:30p Sing Along with Ralph & Judy CHP 2:00p Rhythm & Groove with Jane CHP 4:30p Dominios AR 6:00p Pinochle 2FA</p>	<p>10:00a Chair Exercise CHP 10:30a Outdoor Morning Stroll O 2:00p Cash Bingo DR 3:30p Croquet DRP 6:30p Intercity Baptist Bible Study CHP</p>	<p>10:00a Chair Exercise CHP 10:30a Meijer OUT 1:00p Advisacare: grooving through grief 2FA 2:00p Prize Bingo DR 6:00p Communion & Rosary CHP</p>	<p>10:00a Chair Exercise CHP 1:00p Piano with Ralph and Judy CHP 1:30p Sound Mind & Body CHP 2:00p Happy Hour with Barry VanEngelen DR 5:00p Dominos AR</p>	
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