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National Suicide Hotline
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Alzheimers Association
1-800-272-3900

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American House
SENIOR LIVING COMMUNITIES

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.



WHAT’S YOUR STORY? TELL US
WITH OUR RESIDENT SURVEY!

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.

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

SOUTHLAND

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!

- Family Night
- Fraud Awareness Seminar
- Brunch Bunch Outing Carrabba
- Fishing Trip
- Breakfast Special
- Southland Center Shopping Mall
- Gideon's Bible Study Luncheon
- Birthday Celebration
- Sing along Music Bingo
- Nail care with Beth

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

 FOLLOW US ON FACEBOOK

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				LOCATION KEY		
				<div> <div> 1FL 1st Floor 2FL 2nd Floor 2FA 2nd Floor Activity Room AR Activity Room CHP Chapel </div> <div> DR Dining Room DRP Dining Room Patio D2D Door to Door Service GR Game Room LIB Library </div> <div> OUT Outing O Outside THR Theater APT Your Apartment </div> </div>		
	01 APRIL FOOLS' DAY	02	03	04	05	06
	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	10:00a Chair Exercise CHP 10:30a Outdoor Morning Stroll 1ST 2:00p Music Bingo with DJ Betty DR 3:15p Cornhole Tournament O 4:30p Dominios AR	10:00a Chair Exercise CHP 10:30a Brain Matters 1ST 2:00p Cash Bingo DR 3:30p Croquet O 6:30p Intercity Baptist Bible Study CHP	10:00a Chair Exercise CHP 10:30a Meijer OUT 2:00p Prize Bingo DR 3:30p Cognitive Programming 2FA 6:00p Communion & Rosary CHP	10:00a Chair Exercise CHP 1:00p Piano with Ralph and Judy CHP 1:30p Sound Mind & Body CHP 2:00p Happy Hour with Bobby T DR 5:00p Dominos AR 6:00p Carol Burnett Hour CHP	10:30a Puzzle Time GR 1:00p Movie Matinee THR 2:00p Euchre AR 3:00p Scrabble AR 5:00p Dominoes AR
07	08	09	10	11	12	13
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	8:00a Fantastic French Toast DR 10:00a Chair Exercise CHP 1:30p Scrabble 2FA 2:00p Balloon Volleyball DR 3:00p Gideon's Bible Study CHP 5:00p Count Domino 1FL	10:00a Chair Exercise CHP 10:30a Prayer & Luncheon at Gideon Chapel OUT 2:00p Ice Cream Social meet our Neighbors 2FA 2:00p Fit & Flavor with Jane CHP 4:30p Dominios AR	10:00a Chair Exercise CHP 10:30a Trivia Fun & Games 1ST 2:00p Cash Bingo DR 3:00p Art & Design Paint Project CHP 6:30p Intercity Baptist Bible Study	10:00a Chair Exercise CHP 10:30a Meijer OUT 2:00p Bingo Bash & Prize Bonanza DR 3:30p Cognitive Programming 2FA 6:00p Communion & Rosary CHP	10:00a Chair Exercise CHP 1:00p Piano with Ralph and Judy CHP 1:30p Sound Mind & Body CHP 2:00p Spirit Soiree Happy Hour with Tom Slaton DR 5:00p Dominos AR	10:30a Puzzle Time GR 1:00p Movie Matinee THR 2:00p Euchre AR 3:00p Scrabble AR 5:00p Dominoes AR
14	15 TAX DAY BOSTON MARATHON	16	17	18	19	20
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	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	10:00a Auction 2FA 10:00a Chair Exercise CHP 2:00p Resident Meeting DR 3:00p Afternoon Stroll O 4:30p Dominios AR	10:00a Chair Exercise CHP 2:00p Bingo 2FA 3:00p Scrabble 2FA 5:00p Family Night Event "Breakfast at Tiffany's" DR 6:30p Intercity Baptist Bible Study CHP	10:00a Chair Exercise CHP 10:30a Meijer OUT 2:00p Prize Bingo DR 3:30p Cognitive Programming 2FA 6:00p Communion & Rosary CHP	10:00a Chair Exercise CHP 1:00p Piano with Ralph and Judy CHP 1:30p Sound Mind & Body CHP 2:00p Birthday Celebration with Billy Dixon DR 5:00p Dominos AR 6:00p Carol Burnett Hour CHP	9:00a Nail Care with Beth CHP 10:30a Puzzle Time GR 1:00p Movie Matinee THR 2:00p Euchre AR 3:00p Scrabble AR 5:00p Dominoes AR
21	22 EARTH DAY PASSOVER BEGINS	23	24 ADMINISTRATIVE PROFESSIONALS DAY	25	26 ARBOR DAY	27
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	10:00a Chair Exercise CHP 10:30a Southland Mall Visit OUT 2:00p Balloon Volleyball DR 3:00p Gideon's Bible Study CHP 5:00p Count Domino 1FL	10:00a Chair Exercise CHP 10:30a Walmart OUT 2:00p Rhythm & Groove with Jane CHP 3:00p Cognitive Programming CHP 4:30p Dominios AR	10:00a Chair Exercise CHP 2:00p Food Committee Gathering with Cooking Demo DR 3:30p Outdoor Afternoon Stroll 1ST 4:00p One to One Time APT 6:30p Intercity Baptist Bible Study CHP	10:00a Fishing Trip at Heritage Park OUT 10:00a Chair Exercise CHP 2:00p Prize Bingo DR 3:00p Wellness U Fraud Prevention 2FA 6:00p Communion & Rosary CHP	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	10:30a Puzzle Time GR 1:00p Movie Matinee THR 2:00p Euchre AR 3:00p Scrabble AR 5:00p Dominoes AR
28	29	30 PASSOVER ENDS	BIRTHDAYS			
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	10:00a Chair Exercise CHP 10:30a Brunch Bunch at Carrabba's OUT 2:00p Balloon Volleyball DR 3:00p Gideon's Bible Study CHP 5:00p Count Domino 1FL	10:00a Auction 2FA 10:00a Chair Exercise CHP 2:00p Outdoor Afternoon Stroll O 3:00p Bible Study with the Bandy's & Bryan's CHP 4:30p Dominios AR	 <div> Happy Birthday David W. 4/7 Phyllis K. 4/9 Sharlene J. 4/11 Elenora I. 4/12 Clarence B. 4/17 </div> <div> Doris M. 4/17 John J. 4/17 Mona D. 4/27 </div>			

All activities subject to change.