

CONTACTS

Executive Director
Chris Jackson

Senior Business Office Manager
Britney Mitchell

Life Enrichment Director
Jill Teper

Culinary Director
Nyesha Gant

Maintenance Director
Mike Reeter

Community Relations Directors
Amanda Beaudin and Jade McCollister

Transportation Driver
Rex
810-841-7315

Theramax Rehab Services
Shawn Chandna
248-417-3646

AdvisaCare
After Hours Number
586-773-3425

National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

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

**American House
East I**
17255 Common Rd
Roseville | MI | 48066
586.722.9396
AmericanHouse.com

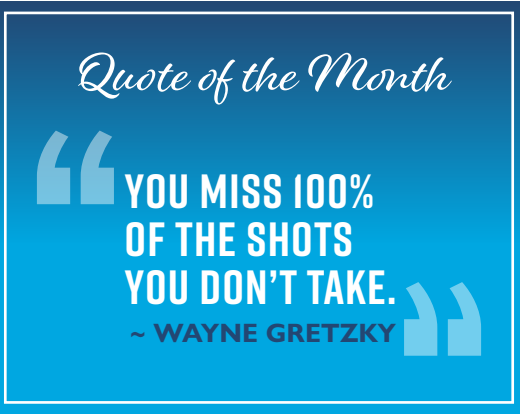


TECH-SAVVY SENIORS AND EMOJIS

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.

LIVING WELL
INSPIRING A HAPPIER, HEALTHIER YOU.

EAST I

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!

- 4/5 Tiger Opening Day
- 4/8-4/9 Dort Elementary K-1st
- 4/8-4/12 Spirit Week
- 4/11 Diner Style Happy Hour
- 4/10 Happy Hour w/Frank T
- 4/15-4/16 Dort Elementary 2-3
- 4/17 FN: Breakfast at Tiffanys
- 4/22-4/23 Dort Elementary 5-6
- 4/24 Happy Hour w/Billy Dixon
- 4/30 Resident Birthday Party

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!



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SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY								
<div>April 2024</div>												LOCATION KEY														
												<div>A</div> Atrium	<div>HAL</div> Hallway	<div>O</div> Outside	<div>CHP</div> Chapel	<div>GGR</div> Green Golf Room	<div>PAT</div> Patio	<div>CTR</div> Craft Room	<div>LIB</div> Library	<div>PR</div> Puzzle Room	<div>DR</div> Dining Room	<div>L</div> Lounge	<div>SUR</div> Sign Up Required	<div>FS</div> Fireside Theater	<div>LAD</div> Lower Level AD	<div>FIT</div> Fitness Center
			01	APRIL FOOLS' DAY			02				03				04				05				06			
			10:00a 11:00a 1:30p 2:00p 5:30p 6:00p 6:00p	Hair Salon Open Rosary General Store Open Cards w/Josephine Cribbage w/Friends Fireside Chat Rummikube	LBC CHP LBC LIB LIB A LIB	10:30a 11:00a 1:00p 3:00p 6:00p 6:00p	Tuesday Trivia Rosary Hear Michigan Ctrs 7 Card Match Game Night Fireside Chat	LIB CHP LIB LIB LIB A	10:00a 10:30a 11:00a 2:00p 3:00p 3:00p 5:30p 6:00p	Chair Tai Chi Dictionary Game Rosary Happy Hour w/Carl A Wii Open Bowling General Store Open Cribbage w/Friends Fireside Chat	FIT LIB CHP A L LBC LIB A	10:00a 10:00a 11:00a 12:30p 1:00p 6:00p 6:00p	Seated Exercise Bus to Banks Rosary BP Checks w/Jamie Bus to Meijer Fireside Chat Sunset Bingo	FIT SUR CHP L SUR A LAD	10:00a 11:00a 1:00p 1:30p 3:00p 6:00p	Chair Yoga Rosary Tiger's Opening Day General Store Open Bocce Ball Fireside Chat	FIT CHP L LBC GGR A	10:00a 11:00a 1:00p 2:00p 6:00p 6:00p	Seated Exercise Rosary Popcorn & Movie Cards w/Friends Fireside Chat Poker Night	FIT CHP FS PR A L						
07			08			09			10			11			12			13								
10:00a 11:00a 1:00p 1:00p 2:00p 3:00p 6:00p	Seated Exercise Rosary Sunday Movie Chicks w/Sticks Cards w/Friends Left Right Center Fireside Chat	FIT CHP FS LIB PR LIB A	10:00a 11:00a 12:30p 1:30p 2:30p 3:30p 5:30p 6:00p 6:00p	Hair Salon Open Rosary Visit w/Holt Elem.-K General Store Open Brain Matters Engaged Senior Cribbage w/Friends Fireside Chat Rummikube	LBC CHP LIB LBC LIB FS LIB A LIB	10:30a 11:00a 12:30p 1:00p 2:30p 3:30p 6:00p 6:00p	Tuesday Trivia Rosary Bingo w/Holt Elem-1 Ceramics w/Sue Feel the Beat w/Carol Activity Meeting Game Night Fireside Chat	LIB CHP LIB LAD A LIB LIB A	10:00a 10:00a 11:00a 2:00p 3:00p 3:00p 5:30p 6:00p	Chair Tai Chi BLURT!! Rosary Happy Hour w/Frank T Wii Open Bowling General Store Open Cribbage w/Friends Fireside Chat	FIT LIB CHP A L LBC LIB A	10:00a 10:00a 11:00a 12:30p 2:30p 6:00p 6:00p	Bus to Dollar Tree Seated Exercise Rosary Diner Themed HH Art & Design Fireside Chat Sunset Bingo	SUR FIT CHP A LIB A LAD	10:00a 11:00a 1:00p 1:30p 3:00p 6:00p	Chair Yoga Rosary Ice Cream Sundae Bar General Store Open Bocce Ball Fireside Chat	FIT CHP A LBC GGR A	10:00a 11:00a 1:00p 2:00p 6:00p 6:00p	Seated Exercise Rosary Popcorn & Movie Cards w/Friends Fireside Chat Poker Night	FIT CHP FS PR A L						
14			15 TAX DAY BOSTON MARATHON			16			17			18			19			20								
10:00a 11:00a 1:00p 1:00p 2:00p 3:00p 6:00p	Seated Exercise Rosary Sunday Movie Chicks w/Sticks Cards w/Friends Left Right Center Fireside Chat	FIT CHP FS LIB PR LIB A	10:00a 11:00a 12:30p 1:30p 2:30p 3:30p 5:30p 6:00p 6:00p	Hair Salon Open Rosary Visit w/Holt Elem-2 General Store Open Fun & Games Engaged Senior Cribbage w/Friends Fireside Chat Rummikube	LBC CHP CR LBC SUR FS LIB A LIB	10:30a 11:00a 12:30p 2:00p 3:00p 6:00p 6:00p	Tuesday Trivia Rosary Visit w/Holt Elem-3 Cooking Demo Derby Horse Race Game Night Fireside Chat	LIB CHP CR DR GGR LIB A	10:00a 11:00a 1:00p 3:00p 3:00p 5:00p 5:30p 6:00p	Chair Tai Chi Rosary Name 5 Game Wii Open Bowling General Store Open FN: Breakfast at Tiffany's Cribbage w/Friends Fireside Chat	FIT CHP LAD L LBC DR LIB A	10:00a 10:00a 11:00a 12:30p 1:00p 6:00p 6:00p	Bus to Kroger Seated Exercise Rosary BP Checks w/Jamie Partridge Creek Mall Fireside Chat Sunset Bingo	SUR FIT CHP L SUR A LAD	10:00a 11:00a 1:00p 1:30p 2:00p 3:00p 6:00p	Chair Yoga Rosary Res. Council Mtg General Store Open Songbook Sing Along Bocce Ball Fireside Chat	FIT CHP DR LBC A GGR A	10:00a 11:00a 1:00p 2:00p 6:00p 6:00p	Seated Exercise Rosary Popcorn & Movie Cards w/Friends Fireside Chat Poker Night	FIT CHP FS PR A L						
21			22 EARTH DAY PASSOVER BEGINS			23			24 ADMINISTRATIVE PROFESSIONALS DAY			25			26 ARBOR DAY			27								
10:00a 11:00a 1:00p 1:00p 2:00p 3:00p 6:00p	Seated Exercise Rosary Sunday Movie Chicks w/Sticks Cards w/Friends Left Right Center Fireside Chat	FIT CHP FS LIB PR LIB A	10:00a 11:00a 12:30p 1:30p 2:00p 3:30p 5:30p 6:00p 6:00p	Hair Salon Open Rosary Visit w/Holt Elem-4 General Store Open Wisdom of Gratitude Engaged Senior Cribbage w/Friends Fireside Chat Rummikube	LBC CHP CR LBC L FS LIB A LIB	10:30a 11:00a 12:30p 2:30p 3:30p 6:00p 6:00p	Tuesday Trivia Rosary Visit w/Holt Elem-5 Feel the Beat w/Carol New Resident Social Game Night Fireside Chat	LIB CHP GGR A A LIB A	10:00a 10:30a 11:00a 2:00p 3:00p 3:00p 5:30p 6:00p	Chair Tai Chi Toss and Talk Rosary Happy Hour w/Billy D Wii Open Bowling General Store Open Cribbage w/Friends Fireside Chat	FIT LIB CHP A L LBC LIB A	10:00a 10:00a 11:00a 11:30a 3:30p 6:00p 6:00p	Bus to Dollar General Seated Exercise Rosary Lunch at Buddy's Pizza Fun w/Jill Fireside Chat Sunset Bingo	SUR FIT CHP SUR LIB A LAD	10:00a 11:00a 1:00p 1:30p 3:00p 6:00p	Chair Yoga Rosary Let's Get Crafty General Store Open Bocce Ball Fireside Chat	FIT CHP CR LBC GGR A	10:00a 11:00a 1:00p 2:00p 6:00p 6:00p	Seated Exercise Rosary Popcorn & Movie Cards w/Friends Fireside Chat Poker Night	FIT CHP FS PR A L						
28			29			30 PASSOVER ENDS			BIRTHDAYS																	
10:00a 11:00a 1:00p 1:00p 2:00p 3:00p 6:00p	Seated Exercise Rosary Sunday Movie Chicks w/Sticks Cards w/Friends Left Right Center Fireside Chat	FIT CHP FS LIB PR LIB A	10:00a 11:00a 1:00p 1:30p 3:30p 5:30p 6:00p 6:00p	Hair Salon Open Rosary Wine & Reminisce General Store Open Engaged Senior Cribbage w/Friends Fireside Chat Rummikube	LBC CHP L LBC FS LIB A LIB	10:30a 11:00a 1:00p 1:00p 2:30p 6:00p 6:00p	Tuesday Trivia Rosary Chair Volleyball Chair Volleyball Res. Birthday Party Game Night Fireside Chat	LIB CHP DR DR A LIB A			Happy April Birthdays!! 4/10 Pat G 4/18 Joseph D (V) 4/25 Alice S 4/27 Carol H										4/28 Stacey W 4/28 Charlie N					

All activities subject to change.