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National Suicide Hotline 988

Alzheimers Association 1-800-272-3900

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

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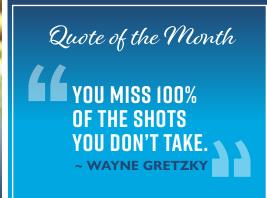
TECH-SAVVY SENIORS AND EMOJIS

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.



INSPIRING A HAPPIER, HEALTHIER YOU.

EAST II 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.

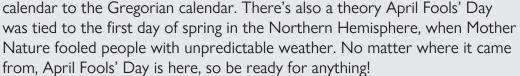


APRIL 2024 EVENTS!

- Hear Michigan
- 5 Below Outing
- MORC Info Session
- New Resident Social
- Resident Birthday Party
- Tigers Trivia & Pizza
- Wellness U: Mental Health
- Family Night w/ Paul Goodrow
- Bocce Ball w/ East 1- Outing
- Tech Talk w/ Mark

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







	SUNDAY			MONDAY			TUESDAY		WEDNESDAY	THURSDAY			FRIDAY			SATURDAY			
														LOCATION KEY					
				4			pril 2024							ABC ABC Common Area BAS Basement CHP Chapel DR Dining Room			EFG EFG Common Area LO Lobby OUT Outing PAT Patio		
			01	APRIL FOOLS' DAY		02		03			04		0	15			06		
٦			2:00p 3:00p	Movin' w/ Linda Corn Hole Puzzle Time Crafter's Group Faith in Action	LO LO LO EFG CHP	10:00a Check 1:00p 2:30p 3:00p 4:00p	Hear MI- Hearing aid Cleaning & LC 5 Below OUT Quarter BINGO DR Name that Tune EFG Games w/ Jenna EFG	2:00p 3:00p 3:00p	Crosswords & Coffee BP Checks w/ Tyra Left, Right, Center Choice of Cards Engaged Senior	EFG LO ABC LO EFG	11:00a 1:00p 2:00p 3:00p 3:00p 4:00p	UNO Trivia New Resident Social Bible Study A A C	ABC 1:0 EFG 2:3 ABC 4:0		Cardio Balance MORC Information Session Prize Bingo Tiger Trivia Fireside Chat	LO DR ABC LO	10:00a 10:00a 1:00p 3:00p 6:00p	Dancing DVD I Love Lucy TV Time Games w/ New Life Chu Kings in the Corner Fireside Chat Evening News	EFG LO nurch ABC LO LO
07			08			09		10			_11		1	2			13		
10:30a 11:00a 2:30p 3:30p 6:00p	Chair Yoga Rosary Service Quarter Bingo Popcorn & Movie Work on Puzzles	LO CHP DR EFG	11:00a 1:00p 2:00p 3:00p 4:00p	Coloring & Coffee Tech Talk w/ Mark Puzzle Time Crafter's Group Choice of Cards	LO EFG LO EFG LO	11:00a	Yoga w/ Adrienne Would you Rather Quarter BINGO Wellness U: Mental Health Games w/ Jenna LC ABC DR LC EFG	11:00a 1:00p 2:00p 3:00p	Hangman Crosswords & Coffee Left, Right, Center Engaged Senior Ladder Ball	LO EFG ABC EFG LO	11:00a 1:00p 2:30p 4:00p 6:00p	Exercise w/ Tammy Resident B-day Party w/Olivia I What's the verdict E	FG 1 LO 1 LO 2 FG 3	1:00a :00p :30p :30p :00p	Coloring & Coffee Hangman Prize Bingo Bocce Ball Fireside Chat	LO LO	10:00a 10:00a 11:00a 1:00p 3:00p 6:00p	Dancing DVD I Love Lucy TV Time Euchre Club Puzzle Pick Up Kings in the Corner Evening News	EFG LO ABC LO LO
14			15 TA)	X DAY BOSTON MARATHO	<u>D</u> N	16		17			18		1	9			20		
10:30a 11:00a 2:30p 3:30p 6:00p	Sit-Down Dancing Rosary Service Quarter Bingo Popcorn & Movie Work on Puzzles	CHP DR EFG	1:00p 2:00p 3:00p	Movin' w/ Linda Ladder Ball Puzzle Time Crafter's Group Choice of Cards	EFG	1:00p 2:30p 3:30p	Kroger Crosswords & Cookies Quarter BINGO Puzzles Choice of Cards OUT ABC COOKIES COO	1:00p 2:00p 3:00p	Coffee & Chat Puzzle Time Pictionary Coloring & Crosswords Family Night w/ Paul Good	LO Irow	1:00p 2:00p 3:00p 3:00p 4:00p	UNO AE Word Search's AE Hangman L Bible Study CF Cooking Demo AE	BC 2:: BC 2:: LO 4:	2:00a 00p 30p 00p 00p	Cardio Balance Crosswords & Coffee Prize Bingo Coloring w/ Friends Fireside Chat	LO DR LO LO	10:00a 10:00a 11:00a 1:00p 3:00p 6:00p	Dancing DVD I Love Lucy TV Time Euchre Club Puzzle Pick Up Kings in the Corner Evening News	EFG LO ABC LO LO
21			22 FAR	RTH DAY PASSOVER BEGI	INC	23		2/L AN	MINISTRATIVE PROFESSIONALS D	ΛV	25		2	6	ARBOR DAY		27		
10:30a 11:00a	Chair Yoga Rosary Service Quarter Bingo Popcorn & Movie Work on Puzzles	LO CHP DR EFG	11:00a 1:00p 2:00p 3:00p	Coloring & Coffee Tech Talk w/ Mark Puzzle Time Crafter's Group Choice of Cards	EFG ABC LO EFG	10:00a 11:00a	Dollar Store Yoga w/ Adrienne Resident Meeting Quarter BINGO Fitness Trivia w/ Dr. Steve ABC	11:00a 1:00p 2:00p 3:00p	Tea & Talk BP Checks w/ Tyra Left, Right, Center Engaged Senior Corn Hole	ABC LO ABC EFG LO	12:00a 11:00a 1:00p 2:30p	Chair Yoga Exercise w/ Tammy Happy Hour w/ Bella Musica I	LO 1 FG 2 LO 2 LO 3	1:00a :30p :30p :00p DUT :00p		LO DR	10:00a 10:00a 11:00a 11:00p 3:00p 6:00p	Dancing DVD I Love Lucy TV Time Euchre Club Puzzle Pick Up Kings in the Corner Evening News	EFG LO ABC LO LO
28			29			30	PASSOVER ENDS								BIRTHDAYS				
	Sit-Down Dancing Rosary Service Quarter Bingo Popcorn & Movie Work on Puzzles	LO CHP DR EFG	11:00a 1:00p 2:00p 3:00p 4:00p	Would you Rather Corn Hole Puzzle Time Crafter's Group Choice of Cards	EFG LO LO EFG LO	10:00a 1:00p 2:30p 3:00p	Brunch Bunch: Coney Island OUT Sing-a-long EFC Quarter BINGO DF Puzzle Time LC Games w/ Jenna EFC	R	APAIL SHOWERS		Myrn: Duan	Betty" V 4/1 a W 4/4 e C 4/6 eline F 4/16							
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All activities subject to change.