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National Suicide Hotline
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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.



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.

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 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><h1>April 2024</h1></div>												LOCATION KEY														
												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				05				06			
			11:00a 1:00p 2:00p 3:00p 6:00p	Movin' w/ Linda Corn Hole Puzzle Time Crafter's Group Faith in Action	LO LO LO EFG CHP	10:00a 1:00p 2:30p 3:00p 4:00p	Hear MI- Hearing aid Cleaning & Check 5 Below Quarter BINGO Name that Tune Games w/ Jenna	LO OUT DR EFG EFG	11:00a 1:00p 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	Chair Yoga UNO Trivia New Resident Social Bible Study Activity Meeting	EFG ABC EFG ABC CHP ABC	12:00a 1:00p 2:30p 4:00p 6:00p	Cardio Balance MORC Information Session Prize Bingo Tiger Trivia Fireside Chat	LO LO DR ABC LO	10:00a 10:00a 1:00p 3:00p 6:00p 6:00p	Dancing DVD I Love Lucy TV Time Games w/ New Life Church Kings in the Corner Fireside Chat Evening News	EFG LO ABC LO LO LO						
07			08			09			10			11			12			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 LO	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 1:00p 2:30p 3:30p 4:00p	Yoga w/ Adrienne Would you Rather Quarter BINGO Wellness U: Mental Health Games w/ Jenna	LO ABC DR LO EFG	11:00a 1:00p 2:00p 3:00p 4:00p	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	Chair Yoga Exercise w/ Tammy Resident B-day Party w/Olivia What's the verdict Cards w/ Friends	EFG LO LO EFG LO	11:00a 1:00p 2:30p 3:30p 6:00p	Coloring & Coffee Hangman Prize Bingo Bocce Ball Fireside Chat	EFG 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 LO				
14			15 TAX DAY BOSTON MARATHON			16			17			18			19			20								
10:30a 11:00a 2:30p 3:30p 6:00p			Sit-Down Dancing Rosary Service Quarter Bingo Popcorn & Movie Work on Puzzles	LO CHP DR EFG LO	11:00a 1:00p 2:00p 3:00p 4:00p	Movin' w/ Linda Ladder Ball Puzzle Time Crafter's Group Choice of Cards	LO LO LO EFG LO	10:00a 1:00p 2:30p 3:30p 4:00p	Kroger Crosswords & Cookies Quarter BINGO Puzzles Choice of Cards	OUT ABC DR LO LO	11:00a 1:00p 2:00p 3:00p 5:00p LO	Coffee & Chat Puzzle Time Pictionary Coloring & Crosswords Family Night w/ Paul Goodrow	ABC LO LO LO LO	11:00a 1:00p 2:00p 3:00p 3:00p 4:00p 6:30p	Chair Yoga UNO Word Search's Hangman Bible Study Cooking Demo BINGO w/ St.Pio	EFG ABC ABC LO CHP ABC DR	12:00a 1:00p 2:30p 4:00p 6:00p	Cardio Balance Crosswords & Coffee Prize Bingo Coloring w/ Friends Fireside Chat	LO 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 LO				
21			22 EARTH DAY PASSOVER BEGINS			23			24 ADMINISTRATIVE PROFESSIONALS DAY			25			26 ARBOR DAY			27								
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 LO	11:00a 1:00p 2:00p 3:00p 4:00p	Coloring & Coffee Tech Talk w/ Mark Puzzle Time Crafter's Group Choice of Cards	EFG ABC LO EFG LO	10:00a 11:00a 1:00p 2:30p 3:30p	Dollar Store Yoga w/ Adrienne Resident Meeting Quarter BINGO Fitness Trivia w/ Dr. Steve	OUT LO LO DR ABC	11:00a 1:00p 2:00p 3:00p 4:00p	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 4:00p	Cards w/ Friends Chair Yoga Exercise w/ Tammy Happy Hour w/ Bella Musica Trivia	LO EFG LO LO EFG	11:00a 2:30p 2:30p 3:00p 6:00p	Tea & Talk Puzzle Time Prize Bingo Bocce Ball & Drinks w/ East 1 Fireside Chat	ABC 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 LO				
28			29			30 PASSOVER ENDS			BIRTHDAYS																	
10:30a 11:00a 2:30p 3:30p 6:00p			Sit-Down Dancing Rosary Service Quarter Bingo Popcorn & Movie Work on Puzzles	LO CHP DR EFG LO	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 4:00p	Brunch Bunch: Coney Island Sing-a-long Quarter BINGO Puzzle Time Games w/ Jenna	OUT EFG DR LO EFG				Jean "Betty" V 4/1 Myrna W 4/4 Duane C 4/6 Jacqueline F 4/16												

All activities subject to change.