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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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SENIOR LIVING COMMUNITIES



AGING AND THE
POWER OF PROTEIN

Protein is essential for every function in our body, whether it's building muscle, bone and collagen, digesting food or fighting infections. How much protein you need fluctuates throughout your life.

MEN

136 GRAMS

65
W/HEALTH
SETBACK

WOMEN


109 GRAMS

100 GRAMS


65
& THRIVING

80 GRAMS


BEST PROTEIN SOURCES




CHICKEN BREAST




SALMON




GREEK YOGURT



EGGS



QUINOA



LENTILS

AMOUNT OF
PROTEIN IN FOODS

ONE EGG6 GRAMS

2-TBSP PEANUT BUTTER ..7 GRAMS

8-OZ OF MILK8 GRAMS

4-OZ COTTAGE CHEESE ...13 GRAMS

3-OZ OF SALMON21 GRAMS

ENSURE PROTEIN DRINK ...30 GRAMS

4-OZ CHICKEN BREAST ...35 GRAMS

Quote of the Month

“

THE LONGER I LIVE, THE MORE BEAUTIFUL LIFE BECOMES.

”

~ FRANK LLOYD WRIGHT

AN AGELESS ATTITUDE IS EVERYTHING

A recent study from North Carolina State University revealed those who display a positive attitude lived an average of 7.5 years longer than those who don't. People with an upbeat outlook tend to deal with short-term stress better and reap long-term health benefits because of it. No matter what we cope with, life becomes easier when we develop an enthusiastic and ageless attitude.

Assisted Living Facility #13171

LIVING & WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

FORT MYERS MEMORY CARE


FEBRUARY 2024

DOROTHY WIGGINS: SOCIAL MEDIA STAR AT 98

Dorothy Wiggins navigates life in New York City equipped with a wooden walking stick, vintage hats, her trademark orange lipstick and a dry sense of humor. At 98, with nearly 100,000 followers on Instagram and 25,000 on TikTok, she's an unlikely social media sensation. Her most popular video, with more than nine million views, shows her hitting a serve on a tennis court and drew a comment from tennis legend Chris Evert.

Dorothy attributes her success to “hating everything.” She moans about the state of everything: food, fashion, tattoos, the lack of romance and vegans. Dorothy delivers her humorous put-downs with a wry smile and a sparkle in her eye. One reason for her popularity is she thinks social media is stupid and dislikes people walking city streets clutching their phones.

Dorothy's husband of 60 years died three years ago at the age of 100. Devastated by the loss, it was her son who turned her on to social media to help deal with her grief. She dismisses her fame as silly, but some comments on her feeds have touched her heart. A few followers said it felt like life was over for them, but after seeing Dorothy's posts, they were inspired to keep living.



FEBRUARY 2024 EVENTS!

• Art's Strech Class

• The Mobile Reader

• Happy Hour With Dennis

• Painting Class


• Balloon Toss

• Classic TV Trivia

• Bingo Hour

FEBRUARY IS HEART HEALTHY MONTH

Heart Healthy Month 2024 is dedicated to help raise awareness about heart health and cardiovascular diseases. Heart disease remains a leading cause of death worldwide, and this observance seeks to reduce its impact through awareness and action. Improving heart health involves making conscious choices to reduce risk factors and adopt heart-healthy habits. They include eating a balanced diet, exercising regularly, managing stress, monitoring blood pressure, maintaining a healthy weight and getting seven to nine hours of quality sleep a night.



LIVING WELL
IS BEING WELL.

American House Senior Living Communities

~{CUSTOM_IDENTIFIER}~

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
<div>February 2024</div>																				
BIRTHDAYS									01			02 GROUNDHOG DAY			03					
			Happy February Birthdays						9:30a In The News			10:00a Art's Stretch & Flex			10:00a Juice And Snacks AR 1:00p Movie Time AR 3:00p Game Time AR 4:30p Time To Dine AR 5:15p Soothing Sounds AR					
									10:00a Favorite TV Classics AR 1:00p The Most Amazing Cakes AR 2:00p Hour Of Worship AR 3:00p Ice Cream Social Time AR 3:30p A Stroll Around The Courtyard AR			10:30a Feed The Birds AR 1:00p Biography: Lucille Ball AR 1:30p I Love Lucy Show AR 2:00p Today Is Groundhog Day AR 3:00p Happy Hour Celebration AR								
04			05			06			07			08			09			10 LUNAR NEW YEAR		
10:00a Gospel Hymns AR 10:30a Healthy Snack AR 11:00a Worship Service AR 4:30p Time To Dine AR 6:00p Nature At It's Best AR			10:00a Weekly Fun Facts AR 10:30a Balloon Toss Challenge AR 12:30p Movie Time With Snacks AR 2:00p Afternoon Exercise Class AR 3:00p Fun And Games With Louise AR			10:00a Art's Stretch & Flex AR 10:30a Feed The Birds CY 1:00p Coloring Class: Valentines Day AR 2:00p The Honeymooners Hour AR 3:00p How Chocolate Is Made AR 3:30p A Cup Of Cocoa For All AR			9:30a Word Games AR 10:15a Sing Fit Class AR 12:30p Unlikely Animal Friends AR 1:30p Bingo With Friends AR 2:30p Million Dollar Mansions AR 3:30p Afternoon Tea Party AR			9:30a In The News 10:00a Word Games: Opposites AR Attract 1:30p Our Mobile Reader: Cupid AR 1:30p Hour Of Worship AR 2:30p Patriotic Sing Along Time AR 3:30p			10:00a Art's Stretch & Flex 10:30a Feed The Birds AR 1:00p Dance With Me! AR 2:00p Happy Hour Sing Along AR 3:30p Paper Airplane Races AR			10:00a Juice And Snacks AR 1:00p Movie Time AR 3:00p Game Time AR 4:30p Time To Dine AR 5:15p Soothing Sounds AR		
11 SUPER BOWL SUNDAY			12			13 MARDI GRAS			14 ASH WEDNESDAY / VALENTINE'S DAY			15			16			17		
10:00a Gospel Hymns AR 10:30a Healthy Snack AR 11:00a Worship Service AR 4:30p Time To Dine AR 6:00p Nature At It's Best AR			10:00a Weekly Fun Facts AR 10:30a These Are The Happy Days AR 12:30p Movie Time With Snacks AR 2:00p My Favorite Sitcoms AR 3:00p Fun And Games With Louise AR			10:00a Art's Stretch & Flex AR 10:30a Feed The Birds CY 1:00p Manicures And Massages AR 2:00p Coloring With My Friends AR 3:30p Famous TV Duo's Trivia AR			9:30a Word Games AR 10:15a Sing Fit Class AR 1:00p Bingo With Friends AR 2:00p Party Time With Dennis AR Schaefer 2:00p AR 3:30p Funny Valentine Animals AR			9:30a In The News 10:00a 999+ Colorful Cakes AR 10:30a Music From Dolly Parton AR 1:00p Aqua Painting With Friends AR 2:00p Hour Of Worship AR 3:00p Ice Cream Social Hour AR			10:00a Art's Stretch & Flex 10:30a Feed The Birds AR 1:00p The Ed Sullivan Show AR 2:00p Balloon Toss Challenge AR 2:30p Fill In The Phrase Game AR 3:30p Classic TV Show Trivia AR			10:00a Juice And Snacks AR 1:00p Movie Time AR 3:00p Game Time AR 4:30p Time To Dine AR 5:15p Soothing Sounds AR		
18			19 PRESIDENTS' DAY			20			21			22			23			24		
10:00a Gospel Hymns AR 10:30a Healthy Snack AR 11:00a Worship Service AR 4:30p Time To Dine AR 6:00p Nature At It's Best AR			10:00a Weekly Fun Facts AR 10:30a Today Is Presidents Day AR 12:30p Movie Time With Snacks AR 2:00p Hollywood Hunks AR 3:00p Fun And Games With Louise AR			10:00a Art's Stretch & Flex AR 10:30a Feed The Birds CY 1:00p Art Class With Julie AR 2:00p The Ed Sullivan Show AR 3:00p Hot Chocolate And Treats AR			9:30a Word Games AR 10:15a Sing Fit Class AR 1:00p Biography: Johnny Carson AR 1:30p Bingo With Friends AR 2:30p Conversation Cards With Julie AR 3:30p TV Classic: Mr. Ed AR			9:30a In The News 10:00a Balloon Toss Challenge AR 10:30a Sing Along With Susie Q AR 1:00p Lassie And Other Famous Dogs AR 2:30p Hour Of Worship AR 3:30p A Stroll Around The Courtyard AR			10:00a Art's Stretch & Flex 10:30a Feed The Birds AR 1:00p Fill In The Phrase Game AR 2:00p Celebrating February Birthdays AR 3:00p Watching Ballroom Dancing AR			10:00a Juice And Snacks AR 1:00p Movie Time AR 3:00p Game Time AR 4:30p Time To Dine AR 5:15p Soothing Sounds AR		
25			26			27			28			29			LOCATION KEY					
10:00a Gospel Hymns AR 10:30a Healthy Snack AR 11:00a Worship Service AR 4:30p Time To Dine AR 6:00p Nature At It's Best AR			10:00a Weekly Fun Facts AR 10:30a Timeless Television Trivia AR 12:30p Movie Time With Snacks AR 2:00p Wheel Of Fortune Game AR 3:00p Fun And Games With Louise AR			10:00a Art's Stretch & Flex AR 10:30a Feed The Birds CY 1:00p Our Favorite Music Oldies AR 2:00p Funny TV Comedy Shows AR 3:30p A Stroll Around The Courtyard AR			9:30a Word Games AR 10:15a Sing Fit Class AR 1:00p Fancy Hollywood Dresses AR 1:30p Bingo With Friends AR 3:00p Banana Splits For Everyone AR			9:30a In The News 10:00a Today Is Leap Day AR 10:30a Biography: Andy Griffith AR 1:00p Let's Get Physical AR 1:30p TV Theme Songs Sing Along AR 2:30p Hour Of Worship AR 3:30p Ice Cream Social AR			2FA 2 nd Floor Activity Room 2FG 2 nd Floor Game Room 2LI 2 nd Floor Library 3FT 3 rd Floor Theater AR Activity Room B Bistro CY Courtyard DR Dining Room FD Front Desk LO Lobby PL Pool APT Your Apartment					