

CONTACTS

- Executive Director**
Maria L. Calfee
- Director of Nursing**
Kimberly Ferguson
- Community Relations Director**
Gerald Crowder
- Life Enrichment Director**
Faye Saxton
- Food Service Director**
April Huskey
- Maintenance Director**
Tim Saxton
- Memory care Coordinator**
Elena Justice

National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

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



**American House
Hamilton Place**
1502 Gunbarrel Rd
Chattanooga | TN | 37421
423.702.4388
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.



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.

HAMILTON PLACE

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
- Jason Blevins
- Cooking Demo
- Harp with Brenda Thornson
- Timiethea Delaney
- Concert with Barkey
- Music with Hoyt Rogers
- Music with Wesley Crider
- Devotion with Janet Hendricks

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!



FOLLOW US ON FACEBOOK

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY								
<div>April 2024</div>												LOCATION KEY														
												IFL 1 st Floor 2FA 2 nd Floor Activity Room 2FI 2 nd Floor Fitness Room AR Activity Room BC Bocce Ball Court			CY Courtyard DR Dining Room LIB Library PLR Parlor OUT Outing											
			01	APRIL FOOLS' DAY			02				03				04				05				06			
			10:00a 10:30a 11:00a 2:00p 3:00p	Morning Exercises Bible Study with Janet Story with Susan Walk In Courtyard Flower Arrangements	PLR 2FA PLR CY PLR	9:30a 10:00a 11:00a 2:00p 3:00p	Bible Says With Tim Range Emotion Exercises Classic Cinema Trivia National Peanut Butter & Jelly Day Left Right Center Game	PLR PLR PLR PLR PLR	9:30a 10:00a 10:30a 2:00p 3:00p	Morning Bible study Chair Exercises Story With Susan Happy Hour With Hoyt Bullseye Game	PLR PLR PLR PLR PLR	9:00a 10:30a 1:00p 2:00p 3:00p	Morning Exercises Burning Bush choir Town Hall Meeting Popcorn & Coke Snack Family Feud	PLR PLR PLR PLR PLR	9:30a 10:00a 11:00a 2:00p 3:00p	Words Of Kindness Daily Exercises Rib and Loin Hangman Competition Bingo Mania!	PLR PLR OUT PLR PLR	9:30a 11:00a 1:00p 3:00p 5:00p	Bible Study With Friends Chat With Neighbor Manager Mystery Hour Adult Coloring Wine Down Dinner Music	PLR PLR PLR PLR DR						
07			08			09			10			11			12			13								
10:00a 11:00a 1:00p 2:00p 5:00p			T.V. Church Services Small Talk With Friends Board Game Fun Ice Cream snack Visit The Library	AR PLR PLR PLR LIB	10:00a 10:30a 11:00a 2:00p 3:00p Fun!	Easy Exercises Bible Study with Janet Makeovers With LuAnn Warm Cookie Snack Classic Cinema Word Search	PLR 2FA PLR PLR PLR	9:30a 10:00a 11:00a 2:00p 3:00p PLR	Morning Motivation Story Time With Susan All about Katherine Hepburn Fruit Snack And Chat Fancy Bracelet Arts & Crafts	PLR PLR PLR PLR PLR	9:30a 10:00a 11:00a 2:00p 3:00p	Let's Get Motivated Move Easy Exercises Checkers And More Happy Hour with Wesley! Small Cornhole Competition	PLR PLR PLR PLR PLR	9:30a 10:00a 11:00a 1:00p 3:00p PLR	Praise And Worship Ball Exercises Spin And Tell Wellness U Talk Name The Classic Movie Star	PLR PLR PLR PLR PLR	9:30a 10:00a 11:00a 2:00p 3:00p Party!	Morning Devotion Chair Stretches Morning Chat With Friends New Resident Welcome Bingo!!	PLR PLR PLR PLR PLR	9:30a 10:00a 1:00p 3:00p 4:30p	Chat With Friends Crafts In Parlor Fun With MOD Checkers Competition Relaxing Diner Music	PLR PLR PLR PLR DR				
14			15 TAX DAY BOSTON MARATHON			16			17			18			19			20								
9:30a 11:00a 1:00p 2:00p 5:00p			Bible Talk Ride The Nustep Visit The Courtyard Card Game Fun Watch A Good Movie	PLR AR CY PLR AR	10:00a 10:30a 11:00a 2:00p 3:00p	Cardio workout Bible Study with Janet Hangman Competition Pudding Snack and chat Painting On Canvas	PLR 2FA PLR PLR PLR	9:30a 10:00a 11:00a 2:00p 3:00p	Morning Bible Study Move Easy Exercises Classic Sing Along Soft Cookie Snack Name The Classic Movie	PLR PLR PLR PLR PLR	9:30a 10:00a 10:30a 2:00p 3:00p	Morning Inspiration Easy Workout Story Time with Susan Happy Hour With Jason B. Chat In The Hat Game	PLR PLR PLR PLR PLR	9:30a 10:00a 11:00a 1:30p 3:00p	Devotion Move Easy Exercises Classic Movie Trivia Family dollar Big Ball Fun!	PLR PLR PLR OUT PLR	9:30a 10:00a 10:30a 2:00p 3:00p	Bible Study Arm And Leg Stretches Spin And Tell Game Music And Ball Drum Fun Bingo!!	PLR PLR PLR PLR PLR	9:30a 10:00a 1:00p 3:00p 5:30p	Morning Chat With Friends Spring Crafts In Parlor Fun with MOD Crossword Puzzle Fun! Popcorn And Movie	PLR PLR PLR PLR AR				
21			22 EARTH DAY PASSOVER BEGINS			23			24 ADMINISTRATIVE PROFESSIONALS DAY			25			26 ARBOR DAY			27								
10:00a 10:30a 1:00p 2:00p 5:00p			Channel 3 church Services Board Game Fun! Puzzles And More Fruit And Yogurt Snack Visit Library	AR PLR PLR PLR LIB	10:00a 10:30a 11:00a 2:00p 3:00p	Balloon Exercises Bible Study with Janet Mani Monday Soft Pretzel Snack Bean Auction	PLR 2FA PLR PLR PLR	9:30a 10:00a 11:30a 2:00p 3:00p	Morning Bible Study Get Moving Exercise Cooking Demo With April Ambassador Appreciation All About Breakfast At Tiffany's	PLR PLR DR PLR AR	9:30a 10:00a 10:30a 2:00p 3:00p	Morning Bible Class Move Daily Fitness Classic Movie Games Happy Hour with Timiethea Left Right Center Game	PLR PLR PLR PLR PLR	9:30a 10:00a 2:00p 3:00p 5:00p	Bible Trivia Big Ball Exercise Ice Cream Social Bean Auction (LUEY) Main Event!!	PLR PLR PLR PLR DR	9:30a PLR 10:00a 10:30a 2:00p 3:00p	Joyful Words To start your Day Morning Exercise Pick A Card Game Residents Birthday Celebration Golf Competition	PLR PLR PLR PLR PLR	9:30a 10:00a 1:00p 3:00p 5:30p	Chat With Friends Adult Coloring Bingo With MOD Fun With Puzzles Visit The Library	PLR PLR PLR PLR LIB				
28			29			30 PASSOVER ENDS			BIRTHDAYS																	
10:00a 11:00a 2:00p 4:30p 5:30p			T.V. Church Services Go Fish Card Game Jello Snack Dinner Music Wine Down Word Puzzle fun	AR PLR PLR DR PLR	10:00a 10:30a 11:00a 2:00p 3:00p	Daily Fitness Bible Study with Janet Current Events Chat Ice Cream Sandwich Snack Bingo!	PLR 2FA PLR PLR PLR	9:30a 10:00a 11:00a 11:30a 2:00p 3:00p	Morning Inspiration Morning Exercise Treasure Chest Game Harp Music with Brenda Soft Pretzel Snack Family Feud Game	PLR PLR PLR DR PLR PLR			(Roger K. 4/27) Gloria M. 4/08) (Betty Wolfe 4/30)													

All activities subject to change.