#### CONTACTS

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**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

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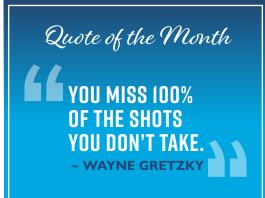
### TECH-SAVVY SENIORS AND EMOJIS

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 , 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.

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.

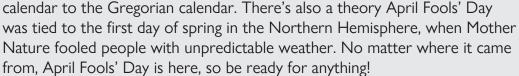


## **APRIL 2024 EVENTS!**

- 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







	SUNDAY			MONDAY			TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			SATURDAY	
								_			A			LOCATI		TION KEY	
		d	4p	ril 202	24	7				1			IFL 1st Floor 2FA 2nd Floor Activity 2FI 2nd Floor Fitness AR Activity Room BC Bocce Ball Cour	Room	DR Lie PLR	Courtyard Dining Room Library Parlor Outing	
			01	APRIL FOOLS' DAY	-11-	02		03	M	04	M	0		51.5	06		
7			10:00a 10:30a 11:00a 2:00p 3:00p	Morning Exercises Bible Study with Janet Story with Susan Walk In Courtyard Flower Arrangements	2FA PLR CY	10:00a 11:00a 2:00p <b>Jelly Day</b>	Bible Says With Tim Range Emotion Exercises Classic Cinema Trivia National Peanut Butter Left Right Center Game 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 PLF	10:30a 1:00p 2:00p	Burning Bush choir Town Hall Meeting Popcorn & Coke Snack PLF	R 9:30 R 10:4 R 11:4 R 2:00 R 3:00	00a Daily Exercises 00a <b>Rib and Loin</b> 0p <b>Hangman Competition</b>	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		10:00a 10:30a 11:00a 2:00p 3:00p <b>Fun!</b>	Easy Exercises Bible Study with Janet Makeovers With LuAnn Warm Cookie Snack Classic Cinema Word Se	PLR PLR earch PLR	10:00a 11:00a <b>PLR</b> 2:00p	Morning Motivation Story Time With Susan All about Katherine Hepburn Fruit Snack And Chat Fancy Bracelet Arts & Crafts	9:30a 10:00a 11:00a 2:00p <b>PLR</b> 3:00p	Let's Get Motivated Move Easy Exercises PLR Checkers And More PLR Happy Hour with Wesley!  Small Cornhole Competition PLR	10:00a 11:00a 1:00p 3:00p	Praise And Worship PLR Ball Exercises PLR Spin And Tell PLR Wellness U Talk PLR Name The Classic Movie Star	R 10 R 11 R 2:0 r <b>Pa</b>	Morning Devotion  Chair Stretches  On Morning Chat With Friend  New Resident Welcon  arty!  Bingo!!		9:30a 10:00a 1:00p 3:00p 4:30p	Chat With Friends Crafts In Parlor Fun With MOD Checkers Competition Relaxing Diner Music	PLF PLF PLF PLF DF
14			15 TA	X DAY   BOSTON MARATHON		16		17		18		19			20		
9:30a	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	9:30a 10:00a 11:00a 2:00p	Morning Bible Study Move Easy Exercises Classic Sing Along Soft Cookie Snack Name The Classic Movie PLR PLR	9:30a 10:00a 10:30a 2:00p <b>PLR</b> 3:00p		9:30a 10:00a 11:00a 1:30p 3:00p	Devotion Move Easy Exercises Classic Movie Trivia Family dollar Big Ball Fun! PLR OUT PLR	9:3 10: 10: 10: 2:0	0a Bible Study 00a Arm And Leg Stretches 30a Spin And Tell Game 0p <b>Music And Ball Drum F</b>	PLR unPLR	9:30a 10:00a 1:00p	Morning Chat With Friends Spring Crafts In Parlor Fun with MOD <b>Crossword Puzzle Fun!</b> Popcorn And Movie	PLR PLR
21			22 EAF	RTH DAY   PASSOVER BEGINS	<u> </u>	23		24 AD	MINISTRATIVE PROFESSIONALS DAY	25		26	G ARBOR DAY		27		
1:00p 2:00p	Channel 3 church Services Board Game Fun! Puzzles And More Fruit And Yogurt Snack Visit Library	PLR	10:00a 10:30a 11:00a 2:00p 3:00p	Balloon Exercises <b>Bible Study with Janet</b> Mani Monday  Soft Pretzel Snack  Bean Auction	PLR PLR	9:30a 10:00a 11:30a 2:00p <b>Event</b>	All About Breakfast At	9:30a 10:00a 10:30a 2:00p <b>PLR</b> 3:00p	Morning Bible Class PLF Move Daily Fitness PLF Classic Movie Games PLF Happy Hour with Timiethea  Left Right Center Game PLF	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 PLR PLR	R PI R 10 R 10 R 2:0	Joyful Words To start your LR  1:00a Morning Exercise 1:30a Pick A Card Game 1:00p Residents Birthday 1:00p 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	PLI PLI PLI LII
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 <b>Bible Study with Janet</b> Current Events Chat Ice Cream Sandwich Snack Bingo!	PLR 2FA PLR PLR PLR	11:00a 11:30a 2:00p	Morning Inspiration Morning Exercise Treasure Chest Game Harp Music with Brenda Soft Pretzel Snack Family Feud Game PLR PLR PLR		APAIL SHOWERS	Glor	ger K. 4/27) ia M. 4/08) ty Wolfe 4/30)						

All activities subject to change.