CONTACTS

Life Enrichment Director

Tina Deaton kingsportlifeenrichement@americanhouse.com

National Suicide Hotline

Alzheimers Association 1-800-272-3900

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



American House Kingsport 901 Teasel Dr

901 Teasel Dr Kingsport | TN | 37660 423.343.5058

AmericanHouse.com



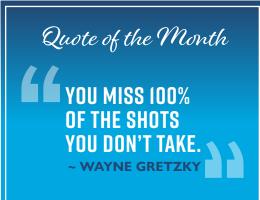
TECH-SAVVY SENIORS AND EMOJIS

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.





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.

KINGSPORT ASSISTED LIVING

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.

Nature fooled people with unpredictable weather. No matter where it came



APRIL 2024 EVENTS!

- Family Night
- 7th Shepard's Way Preforming
- Pine Brook Pickers
- Singer Jessica Lequieu
- Ray Akers Entertainment
- Country Classic Band
- Briarwood Zoom
- Curt Matheson Music

THE ORIGINS OF APRIL FOOLS' DAY

from, April Fools' Day is here, so be ready for anything!

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





		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				LOCATION KEY		
	Apr.	il 2024			ALL AL Living Room ALD AL Dining Room DR Dining Room	MCD Memory Care Dining Room MCL Memory Care Living Room OUT Outing O Outside PAT Patio PO Porch
01	I APRIL FOOLS' DAY 02	03		04	05	06
11 1:C Tir 2:C	0:00a Coffee an Chat LR 11:00a 1:00a Group Word Search AR 1:00p 2:00p Daily Bread Devotional with ina OOp Arts & Crafts AR 00p Bingo AR 1:00p	Choir Practice with Teresa LR Wal-Mart Out 10:3 Jessica Sings LR Pastor Deaton Slide Show LR Pet Therapy with Jax LR 4:00	Bible Study with Melissa AR Op Wellness U AR Op Cooking Fried Oreos AR	11:30a Devotions AR 2:00p Balloon Toss AR 3:00p Glam up Photos! AR 4:00p Tivia Breakfeast @ Tiffany's AR	10:00a Patty Piano Music LR 1:00p Crafting Hour AR 2:00p 7vens Music with Jim and Teresa 3:00p Bingo LR 4:00p Happy Hour LR	10:00a College Basketball 11:00a Fireplace Chat. 1:00p Puzzles ALL 2:00p Walking Club 3:00p Adult Coloring LR
07 08	8 09	10		 	12	<u> </u>
9:30a TBN Church Service LR 10 11:00a Fireplace Chat LR 11 1:00p Family Visits AL 2:0 3:00p Cross Word Puzzles LR 3:0 4:00p Gospel Hymn Time LR 3:3	0:00a Coffee an Chat LR 10:00a 1:00a Bible Facts! AR 11:00a 00p Glasses/ Eclipse O 1:00p 00p Total Eclipse of LR 2:00p	Pine Brook Pickers MCD Choir Practice with Teresa LR Water Color Painting AR Parachute Ball LR Decorate Donuts AR 10:00 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30 10:30	Hour of Prayer Devotions Out Pet Adopt(Stuffed animals) LR Sing Fit AR	10:00a Coffee & Chat AR 10:30a Polished! (Nails) AR 12:00p Briarwood Zoo Out 3:30p Balloon Toss AR 4:00p Word Search Classic movies AR	10:00a Ray Akers Music ALL 1:30p Noodle Ball LR 3:00p Nehemiah Banjo music LR 4:00p Music Master Curt Matheson ALL 4:30p Happy Hour LR	10:00a College Basketball 11:00a Fireplace Chat. 1:00p Puzzles 2:00p Walking Club 3:00p Adult Coloring ALL ALL ALL ALL ALL ALL ALL
14 15	5 TAX DAY BOSTON MARATHON 16	17			19	20
9:30a TBN Church Service	0:00a Coffee an Chat LR 10:30a 1:00a National McDonalds Day Out 11:00a 1:30a Out to Eat McDonalds Out 1:00p 00p Noddle Tennis AR 2:00p	Daily Bread Devotional AR 10:00	DOA Bead Dazzled Frames OP Pearl game OP Bingo and Appetizers OP Wedding Cookies AR OP AR OP AR OP AR	9:00a Coffee & Chat AR 10:00a Lunch at Hob Knob 2:00p Judy Story Telling AR 4:00p Photo Booth LR 5:00p Breakfast at Tiffanys-Family	10:30a Devotions AR 12:30p Country Classic Band LR 1:00p Family Connection with	10:00a College Basketball 11:00a Fireplace Chat. 1:00p Puzzles ALL 2:00p Walking Club 3:00p Adult Coloring LR
21 22	2 EARTH DAY PASSOVER BEGINS 23		ADMINISTRATIVE PROFESSIONALS DAY	25	26 ARBOR DAY	27
11:00a Fireplace Chat LR 11 1:00p Family Visits AL 1:0 3:00p Cross Word Puzzles LR 2:0	1:00a Daily Bread AR 1:00p 00p Town Hall AR 2:00p 00p Earth Day plant flowers O ALL 00p Bingo AR 3:00p	Choir Practice with Teresa LR Parachute Ball LR Birthday Party with Ray Akers 1:00 2:00 Cheese Cake Tasting AR Sing Fit AR	30a Daily Bread Devotions AR Dp Canvas Celery Flowers AR Dp Bingo AR	10:00a Room to Room Devotions AR 11:00a Daily News & Events AR 1:00p Pal's Carousel and Frosties Out 3:00p Balloon Toss AR 4:00p Family Room TV LR	10:30a Morning Hall Walking 1:00p Town Hall Meeting for Residents LR 2:00p Hallelujah Trio Sings 3:00p Bingo AR 4:00p Happy Hour LR	10:30a Alzheimer's Walk 11:00a Fireplace Chat. 1:00p Puzzles ALL 2:00p Walking Club 3:00p Adult Coloring LR
28 29	9 30	PASSOVER ENDS			BIRTHDAYS	
11:00a Fireplace Chat LR 1:00p Family Visits AL 2:03:00p Cross Word Puzzles LR 3:3	0:00a Coffee an Chat LR 2:00p Meet your Neighbor Social LR 2:00p Lemonade Stand LR 3:00p 3:00p Cross word AR 4:30p	Choir Practice with Teresa LR Parachute Ball LR Out & About Out Sing Fit AR Adult Coloring AR	APAIL SHOWERS			