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988

Alzheimers Association
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Institute of Aging Friendship Line
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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.

FOLLOW US ON FACEBOOK

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

LEBANON MEMORY CARE

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.

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!



APRIL 2024 EVENTS!

- Breakfast at Tiffany's Event
- Drive in Movie
- Dance Class with Chelsea
- Music with Billy Tarkington
- Music with Tony Zain
- Jelly Bean Taste Test
- Hollywood Diva Word Search
- Cooking Pigs in a Blanket
- April Birthday Party



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

April 2024



LOCATION KEY

CA Common Area
 CY Courtyard
 DR Dining Room
 GL Gallery
 LO Lobby

01 APRIL FOOLS' DAY 02 03 04 05 06



10:00a Morning Exercise
 10:30a SingFit
 11:30a Name 10
 2:00p Hot Tea Social
 3:00p Noodle Ball

10:00a Seated Exercise
 10:30a Toss N Talk
 11:00a Find the Answer
 2:00p Cinema Recall
 3:00p Afternoon Bingo

10:00a Moving and Grooving
 10:30a SingFit
 11:30a YouTube Music
 2:00p Cooking Class- Oreo Dirt Pudding
 3:00p YouTube Trivia

10:00a Jazzercise- 80's music exercise
 10:30a StoryTellers
 11:30a ABC Game
 2:00p Thursday Trivia
 3:00p Afternoon Bingo

10:00a Morning Stretches
 10:30a SingFit
 11:30a Classic Game Shows
 2:00p Cooking Class- Caramel Apple Crescent Rolls
 3:00p Afternoon Movie and Popcorn

10:30a Coffee and Snack
 11:00a Morning Snack
 1:30p Bingo with Staff
 2:30p Crosswords, Word Search, and Coloring Pages
 7:00p Evening Craft

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9:00a TV Church Service
 11:00a Morning Snack
 1:30p Afternoon Snack
 2:30p Afternoon Bingo
 4:00p Evening Movie

10:00a Morning Exercise
 10:30a SingFit
 11:30a Name 10
 2:00p Ice Cream Social
 3:00p Noodle Ball

10:00a Seated Exercise
 10:30a Toss N Talk
 11:00a Find the Answer
 2:00p Tuesday Trivia
 3:00p Afternoon Bingo

10:00a Moving and Grooving
 10:30a SingFit
 11:30a YouTube Music
 2:00p Cooking Class- Cinnamon Sugar Crescent Rolls
 3:00p YouTube Trivia

10:00a Jazzercise- 80's music exercise
 10:30a StoryTellers
 11:30a ABC Game
 2:00p Drive in Movie
 3:00p Afternoon Bingo

10:00a Morning Stretches
 10:30a SingFit
 11:30a Walking Down Memory Lane
 2:00p Happy Hour
 3:00p Afternoon Movie and Popcorn

10:30a Coffee and Snack
 11:00a Morning Snack
 1:30p Bingo with Staff
 2:30p Crosswords, Word Search, and Coloring Pages
 7:00p Evening Craft

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15 TAX DAY | BOSTON MARATHON

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9:00a TV Church Service
 11:00a Morning Snack
 1:30p Afternoon Snack
 2:30p Afternoon Bingo
 4:00p Evening Movie

10:00a Morning Exercise
 10:30a SingFit
 11:30a Name 10
 2:00p Hollywood Diva Word Search
 3:00p Noodle Ball

10:00a Seated Exercise
 10:30a Toss N Talk
 11:00a Find the Answer
 2:00p Music with Billy
 3:00p Afternoon Bingo

10:00a Moving and Grooving
 10:30a SingFit
 11:30a YouTube Music
 2:00p April Birthday Party
 3:00p YouTube Trivia

10:00a Jazzercise- 80's music exercise
 10:30a StoryTellers
 11:30a ABC Game
 2:00p Music with Tony Zain
 3:00p Afternoon Bingo
 5:00p Breakfast at Tiffany's Family Night

10:00a Morning Stretches
 10:30a SingFit
 11:30a Classic Game Shows
 2:00p Happy Hour
 3:00p Afternoon Movie and Popcorn

10:30a Coffee and Snack
 11:00a Morning Snack
 1:30p Bingo with Staff
 2:30p Crosswords, Word Search, and Coloring Pages
 7:00p Evening Craft

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22 EARTH DAY | PASSOVER BEGINS

23

24 ADMINISTRATIVE PROFESSIONALS DAY

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26 ARBOR DAY

27

9:00a TV Church Service
 11:00a Morning Snack
 1:30p Afternoon Snack
 2:30p Afternoon Bingo
 4:00p Evening Movie

10:00a Morning Exercise
 10:30a SingFit
 11:30a Name 10
 2:00p Jelly Belly Taste Test
 3:00p Noodle Ball

10:00a Seated Exercise
 10:30a Toss N Talk
 11:00a Find the Answer
 2:00p Culinary Cooking Demo
 3:00p Afternoon Bingo

10:00a Moving and Grooving
 10:30a SingFit
 11:30a YouTube Music
 2:00p Cooking Class- Pigs in a Blanket
 3:00p YouTube Trivia

10:00a Jazzercise- 80's music exercise
 10:30a StoryTellers
 11:30a ABC Game
 2:00p Take a Walk Thursday
 3:00p Afternoon Bingo

10:00a Morning Stretches
 10:30a SingFit
 11:30a Walking Down Memory Lane
 2:00p Happy Hour
 3:00p Afternoon Movie and Soft Pretzels

10:30a Coffee and Snack
 11:00a Morning Snack
 1:30p Bingo with Staff
 2:30p Crosswords, Word Search, and Coloring Pages
 7:00p Evening Craft

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30 PASSOVER ENDS



BIRTHDAYS

9:00a TV Church Service
 11:00a Morning Snack
 1:30p Afternoon Snack
 2:30p Afternoon Bingo
 4:00p Evening Movie

10:00a Morning Exercise
 10:30a SingFit
 11:30a Name 10
 2:00p Monday Afternoon Sunshine
 3:00p Noodle Ball

10:00a Seated Exercise
 10:30a Toss N Talk
 11:00a Find the Answer
 2:00p Dance Class with Chelsea
 3:00p Afternoon Bingo



Elsie A. 4/6
 Vickie W. 4/18
 Barbara H. 4/21
 Dorothy M. 4/23
 Rosa M. 4/29

All activities subject to change.