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**Amelia's Salon**  
Amelia  
(248) 798-1799

National Suicide Hotline  
988

Alzheimers Association  
1-800-272-3900

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

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11525 Farmington Rd  
Livonia | MI | 48150  
734.736.4044  
**AmericanHouse.com**



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.



**BEST PROTEIN SOURCES**



**AMOUNT OF PROTEIN IN FOODS**

ONE EGG	6 GRAMS
2-TBSP PEANUT BUTTER	7 GRAMS
8-OZ OF MILK	8 GRAMS
4-OZ COTTAGE CHEESE	13 GRAMS
3-OZ OF SALMON	21 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.

**LIVING & WELL**

INSPIRING A HAPPIER, HEALTHIER YOU.

LIVONIA

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!**

- Happy Hour Fridays @2pm
- Rosary & Mass 2/7 @1:30pm
- Garden Club 2/8 @2pm
- Wellness U:Nutrition 2/8 10am
- Super Bowl Party 2/11 @1pm
- Valentine's Dance 2/14 @ 2pm
- Art For All Ages 2/16 @ 10am
- Music Therapy 2/20 @10:30am
- Family Event 2/21 @5pm
- Cooking Demo 2/22 @2pm

**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.



SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
<div>February 2024</div>																				
BIRTHDAYS									01			02			GROUNDHOG DAY			03		
			Richard B. 2/1 MaryEllen R. 2/4 George M. 2/15 Caron M. 2/15 Gerald W. 2/18 Cecelia H. 2/20			Melanie C. 2/24 Lois E. 2/29			10:00a BP Checks CAF 10:00a Balloon Volleyball LO 10:30a Coffee Club DR 11:00a Blurt DR 2:00p Fresh Air Ride OUT 3:30p Let's Talk LO 6:00p Card Games CAF			10:00a Exercise w/Kaylin LO 10:30a Coffee Club DR 1:30p Walking Club O 2:00p Happy Hour DR 3:30p Book Club DR 6:00p Evening Movie CAF			9:30a Meditation Time APT 10:00a Walking Club O 10:30a News & Views CAF 3:00p Board Games CAF 6:00p Let's Talk LO					
04			05			06			07			08			09			10		
9:30a Meditation Time APT 10:30a Coffee & Chat CAF 2:00p Bingo DR 3:00p Communion Service LO 3:30p Let's Talk LO 6:30p Card Games CAF			10:00a Balloon Volleyball LO 10:30a Coffee Club DR 11:00a LUEY: Word Search DR 1:30p Walking Club O 2:00p Resident Meeting DR 3:30p Book Club DR 6:00p Evening Movie CAF			10:00a Balloon Volleyball LO 10:30a Coffee Club DR 11:30a Chili's OUT 1:30p Walking Club O 2:00p Bingo DR 3:30p Name 5 DR 6:00p Board Games CAF			10:00a Coffee Club DR 10:30a Engaged Senior CAF 1:30p Rosary DR 1:30p Walking Club O 2:00p Mass DR 3:30p Book Club DR 6:00p Evening Movie CAF			10:00a Dollar Tree OUT 10:00a BP Checks CAF 10:00a Wellness U DR 10:30a Coffee Club DR 1:30p 2:00p LUEY: Garden Club DR 3:30p Current Events DR 6:00p Card Games CAF			10:00a Exercise w/Kaylin LO 10:30a Coffee Club DR 1:30p Walking Club O 2:00p Resident Birthday Happy Hour DR 3:30p Book Club DR 6:00p Evening Movie CAF			9:30a Meditation Time APT 10:00a Walking Club O 10:30a News & Views CAF 3:00p Board Games CAF 6:00p Let's Talk LO		
11			12			13			14			15			16			17		
SUPER BOWL SUNDAY						MARDI GRAS			ASH WEDNESDAY / VALENTINE'S DAY											
9:30a Meditation Time APT 10:30a Coffee & Chat CAF 1:00p Super Bowl Party CAF 3:00p Communion Service LO 3:30p Let's Talk LO 6:30p Card Games CAF			10:00a Balloon Volleyball LO 10:30a Coffee Club DR 11:00a LUEY: Word Search DR 1:30p Walking Club O 2:00p Fresh Air Ride OUT 2:00p Happy Hour DR 3:30p Let's Talk CAF 6:00p Evening Movie CAF			10:00a Balloon Volleyball LO 10:30a Coffee Club DR 11:00a Trivia DR 1:30p Walking Club O 2:00p Bingo DR 3:30p Name 5 DR 6:00p Board Games CAF			10:00a Coffee Club DR 10:30a Engaged Senior CAF 1:30p Walking Club O 2:00p Valentine's Day Happy Hour 2:00p 3:30p Let's Talk DR 6:00p Evening Movie CAF			10:00a Walmart OUT 10:00a BP Checks CAF 10:00a Balloon Volleyball LO 10:30a Coffee Club DR 1:30p Walking Club O 2:00p New Resident Happy Hour 3:30p Current Events DR 6:00p Card Games CAF			10:00a Art For All Ages DR 10:00a Exercise w/Kaylin LO 1:30p Walking Club O 2:00p Happy Hour DR 3:30p Book Club DR 6:00p Evening Movie CAF			9:30a Meditation Time APT 10:00a Walking Club O 10:30a News & Views CAF 3:00p Board Games CAF 6:00p Let's Talk LO		
18			19			20			21			22			23			24		
			PRESIDENTS' DAY																	
9:00a Massages w/ Alan CAF 9:30a Meditation Time APT 10:30a Coffee & Chat CAF 2:00p Bingo DR 3:00p Communion Service LO 3:30p Let's Talk LO 6:30p Card Games CAF			10:00a Wild Bins OUT 10:00a Balloon Volleyball LO 10:30a Coffee Club DR 1:30p Walking Club O 2:00p LUEY: Word Search DR 3:30p Book Club DR 6:00p Evening Movie CAF			10:00a Coffee Club DR 10:30a Music Therapy CAF 1:30p Walking Club O 2:00p Bingo DR 3:30p Name 5 DR 6:00p Board Games CAF			10:00a Coffee Club DR 10:30a Friendly Feud DR 1:30p Walking Club O 2:00p Blurt DR 3:30p Book Club DR 5:00p Love Boat Family Event DR			10:00a BP Checks CAF 10:00a Coffee Club CAF 10:30a Engaged Senior CAF 1:30p Walking Club O 2:00p Love Boat Cooking Demo DR 3:30p Current Events DR 6:00p Card Games CAF			10:00a Exercise w/Kaylin LO 10:30a Coffee Club DR 1:30p Walking Club O 2:00p Happy Hour DR 3:30p Book Club DR 6:00p Evening Movie CAF			9:30a Meditation Time APT 10:00a Walking Club O 10:30a News & Views CAF 3:00p Board Games CAF 6:00p Let's Talk LO		
25			26			27			28			29			LOCATION KEY					
9:30a Meditation Time APT 10:30a Coffee & Chat CAF 2:00p Bingo DR 3:00p Communion Service LO 3:30p Let's Talk LO 6:30p Card Games CAF			10:00a Balloon Volleyball LO 10:30a Music Conversation DR 1:30p Walking Club O 2:00p Happy Hour DR 3:30p Book Club DR 6:00p Evening Movie CAF			10:00a Meijer OUT 10:30a Coffee Club DR 1:30p Walking Club O 2:00p Bingo DR 3:30p Name 5 DR 6:00p Board Games CAF			10:00a Coffee Club CAF 10:30a Engaged Senior CAF 1:30p Walking Club O 2:00p Food Committee Meeting DR 3:30p Book Club DR 6:00p Evening Movie CAF			10:00a BP Checks CAF 10:00a Coffee Club DR 10:30a African American History DR 1:30p Walking Club O 2:00p Bingo DR 3:30p Current Events DR 6:00p Card Games CAF			CAF Café DR Dining Room LO Lobby MT The Medical Team OUT Outing O Outside APT Your Apartment					