# LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

MURFREESBORO ASSISTED LIVING — OCTOBER 2024

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American House
SENIOR LIVING COMMUNITIES

## LIFESTYLE "MEDICINE" FOR A BETTER LIFE

Last year, Americans spent more than $722 billion on prescription drugs and nearly $4 trillion for chronic diseases and mental health conditions. But there are lifestyle medicines that are free that doctors could be prescribing for all their patients. Lifestyle "medicine" is the clinical application of healthy behaviors to prevent, treat and reverse disease. More than ever, research shows that the "pills" today's physician should be prescribing for patients are the four domains of lifestyle medicine:

**WHOLE FOOD PLANT-BASED EATING.** Diets high in fruits and vegetables and whole grains and lower in animal products and highly processed foods have been associated with the prevention of many diseases.

**REGULAR PHYSICAL ACTIVITY.** Moderate-to-vigorous aerobic activity has both immediate and long-term health benefits.

**RESTORATIVE SLEEP.** High-quality sleep can reduce inflammation, immune dysfunction and stress, all of which are associated with or cause chronic disease.

**POSITIVE PSYCHOLOGY AND SOCIAL CONNECTION.** Maintaining a positive mindset through the practice of gratitude and the quality of our relationships has perhaps the most powerful of health benefits on our well-being.

### QUOTE OF THE MONTH

"YOUTH IS THE GIFT OF NATURE, BUT AGE IS A WORK OF ART." ~ STANISLAW JERZY LEC

## COFFEE: THE NEW MINI-MEDITERRANEAN DIET

The debate about whether coffee is good for you or not goes back a long time. But the evidence is getting stronger that coffee is so beneficial that some experts are now describing coffee as a "mini-Mediterranean diet" all by itself.

Recent studies have found that coffee consumption can help reduce a person's risk for certain types of cancers, as well as Type 2 diabetes by 22%, Parkinson's disease and dementia. A recent study found people who consumed more than 60 cups of coffee per month have a 70% lower risk of liver cancer, 50% lower risk for colon or breast cancer, and a 30% lower risk of thyroid cancer as well as a 30% lower risk of developing Parkinson's disease, compared to non-coffee drinkers.

Coffee also increases metabolism of fats in the body. It's important to point out that these benefits can be reduced, or even eliminated, by the addition of milk, cream, sugar or other add-ons. Black coffee maximizes the benefits.

## AN APPRECIATION FOR FRANK SINATRA'S "YOUNG AT HEART"

Frank Sinatra became a pop star in the early 1940s and he remained an American icon until his death at the age of 82 in 1998.

Ask any fan their favorite Sinatra song and you're likely to get a different answer every time. One song that has always been a fan favorite from his catalog of songs is "Young at Heart." It embodies a message about the importance of maintaining a youthful and open mindset throughout life, which can lead to a more fulfilling and happy life.

The song's lyrics reflect on the value of age and experience. It implies if one were to live to a very old age, they would find immense joy and fulfillment from simply being alive. The song emphasizes that remaining young at heart helps you appreciate life's beauty, making the most of each day and finding happiness in every stage of life.

## OCTOBER 2024 EVENTS!

- Weekly Bus Outings
- Weekly Live Entertainment
- Weekly Beauty Shop
- Art & Design
- Fun & Games
- Cooking Demo
- Family Night

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## A DAY TO HONOR WISDOM + EXPERIENCE

Older adults are a wealth of wisdom, experience and storytelling. They inspire us to keep striving to do great things or warn us of things we may not know. It's in our best interest to look to them for guidance whenever possible. And it's why the International Day of Older Persons on October 1, 2024, is such an important day. It was first recognized in 1990 by the United Nations to promote "the full and equal enjoyment of all human rights and the fundamental freedoms by older persons."

LIVING WELL IS BEING WELL.
American House Senior Living Communities

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|

## BIRTHDAYS

Bill B. 10/31

## LOCATION KEY

| | | | |
|---|---|---|---|
| **AR** | Activity Room | **LO** | Lobby |
| **DR** | Dining Room | **OUT** | Outing |
| **F** | Foyer | **S** | Salon |
| **LIB** | Library | | |

### 01

10:00a Coffee with Bailey **AR**
11:00a Daily Chronicles **AR**
12:00p World Vegetarian Day **DR**
2:30p Pastor Jim **LO**
3:00p Country Store **AR**
6:00p **Chapel Service** **LIB**

### 02

10:00a Cooking Demo **DR**
10:30a Superman Strength **AR**
11:30a Daily Chronicles **AR**
2:00p Bingo **AR**
2:30p Classic TV Talkshow Episode **AR**

### 03 ROSH HASHANAH

10:00a Gospel Gal **F**
11:00a British Snack Attack **LO**
11:30a Daily Chronicles **AR**
2:00p Wags Visit **LO**
2:30p LUEY: Flower Art **AR**
3:00p Music provided by Music For Seniors **AR**

### 04

7:30a Get your Cinnamon Roll! **DR**
9:00a Movie Matinee Part 1 **AR**
10:00a Scenic Drive **OUT**
10:30a Seated Yoga **AR**
11:30a Daily Chronicles **AR**
12:00p Taco Bar Day **DR**
1:00p Movie Matinee Part 2 **AR**
2:00p Bingo **AR**
2:30p All About Those Bats **LO**

### 05

10:00a News & Coffee
11:00a Walk With Me!
11:30a Daily Chronicles **AR**
2:00p Puzzling Times
4:00p Word Search & Crossword Challenge
5:00p ChitChat

### 06

10:00a News & Coffee
11:00a Walk With Me!
11:30a Daily Chronicles **AR**
2:00p Puzzling Times
4:00p Word Search & Crossword Challenge
5:00p ChitChat

### 07

10:00a Bus Outing! Wal-Mart **OUT**
11:00a Who? What? Where? Trivia **AR**
11:30a Daily Chronicles **AR**
12:00p Hurry For the Curry **DR**
1:30p Walk this Weigh!
2:00p Bingo **AR**
2:30p Nail Care **S**

### 08

10:00a Discover the Fluffernutter **AR**
10:30a History of Alvin C. York **AR**
11:30a Daily Chronicles **AR**
12:00p National Salmon Day **DR**
2:30p Pastor Jim **LO**
3:00p Homemade Cookie Social **LO**

### 09

10:00a Seven Greatest Unsolved Mysteries of the World Discussion **AR**
10:30a Superman Strength **AR**
11:30a Daily Chronicles **AR**
12:00p International Pizza Day **DR**
1:00p Chapel Service **LIB**
2:00p Bingo **AR**

### 10

10:00a Gospel Gal **F**
11:00a LUEY: 70's Music Trivia **LO**
11:30a Daily Chronicles **AR**
12:00p Angel Food Cake Day **DR**
2:00p Cookie Decorating Class **AR**
2:30p LUEY: Disco Music **AR**
3:00p Music with Dean Patrick **LO**

### 11

10:00a Tennessee Hills Campground Picnic **OUT**
10:30a Seated Yoga **AR**
11:30a Daily Chronicles **AR**
12:00p National Gumbo Day **DR**
2:00p Bingo **AR**
2:30p Southern Barbecue Sauce Taste Test **AR**

### 12 YOM KIPPUR

10:00a News & Coffee
11:00a Walk With Me!
11:30a Daily Chronicles **AR**
12:00p National Pulled Pork Day **DR**
2:00p Puzzling Times
4:00p Word Search & Crossword Challenge
5:00p ChitChat

### 13

10:00a News & Coffee
11:00a Walk With Me!
11:30a Daily Chronicles **AR**
2:00p Gospel Singers **LO**
4:00p Word Search & Crossword Challenge
5:00p ChitChat

### 14 INDIGENOUS PEOPLES' DAY

10:00a Bus Outing! Wal-Mart **OUT**
11:00a Who? What? Where? Trivia **AR**
11:30a Daily Chronicles **AR**
1:30p Walk this Weigh!
2:00p Bingo **AR**
2:30p Nail Care **S**

### 15

10:00a Pastor Appreciation Cards **AR**
11:30a Daily Chronicles **AR**
12:00p National Lemon Bar Day **DR**
2:00p Coffee & Conversation with Culinary **AR**
2:30p Pastor Jim **LO**
6:00p **Chapel Service** **LIB**

### 16

10:00a **Step Into Wellness** **AR**
10:30a **Wellness U!** **AR**
11:00a Superman Strength **AR**
11:30a Daily Chronicles **AR**
12:00p National BBQ Day **DR**
2:00p Bingo **AR**
2:30p Superstition Trivia **AR**

### 17

10:00a Gospel Gal **F**
11:30a Daily Chronicles **AR**
12:00p National Pasta Day **DR**
2:30p Name That Tune **AR**
3:00p Music provided by Music For Seniors **AR**
5:00p **Family Night: Saturday Night Fever** **DR**

### 18

8:00a **Rock Island State Park** **OUT**
10:30a Seated Yoga **AR**
11:30a Daily Chronicles **AR**
12:30p The Eastern Star Order Venus Chapel Visit **DR**
1:00p Movie Matinee **AR**
2:00p Bingo **AR**

### 19

10:00a News & Coffee
11:00a Walk With Me!
11:30a Daily Chronicles **AR**
12:00p Seafood Bisque Day **DR**
2:00p Puzzling Times
4:00p Word Search & Crossword Challenge
5:00p ChitChat

### 20

10:00a News & Coffee
11:00a Walk With Me!
11:30a Daily Chronicles **AR**
2:00p Puzzling Times
4:00p Word Search & Crossword Challenge
5:00p ChitChat

### 21

10:00a Bus Outing! Wal-Mart **OUT**
11:00a Who? What? Where? Trivia **AR**
11:30a Daily Chronicles **AR**
1:30p Walk this Weigh!
2:00p Bingo **AR**
2:30p Nail Care **S**

### 22

10:00a Color My World **AR**
11:00a Peanut Toss **AR**
11:30a Daily Chronicles **AR**
1:30p Smart Is Cool: Einstein **AR**
2:00p Nuts About Nuts! **AR**
2:30p Pastor Jim **LO**

### 23

10:30a Superman Strength **AR**
11:30a Daily Chronicles **AR**
12:00p National Boston Cream Pie Day **DR**
1:00p Chapel Service **LIB**
2:00p Bingo **AR**

### 24

10:00a Gospel Gal **F**
11:00a Evolution of the Camera Discussion **AR**
11:30a Daily Chronicles **AR**
2:30p Welcome Home **LO**
3:00p Booze & Tattoos **LO**

### 25

10:00a Scenic Drive **OUT**
10:30a Seated Yoga **AR**
11:00a **Lunch Bunch: IHOP** **OUT**
11:30a Daily Chronicles **AR**
12:00p National Breadstick Day **DR**
2:00p Bingo **AR**

### 26

10:00a News & Coffee
11:00a Walk With Me!
11:30a Daily Chronicles **AR**
12:00p National Tennessee Day! Meat & Three **DR**
2:00p Puzzling Times
4:00p Word Search & Crossword Challenge
5:00p ChitChat

### 27

10:00a News & Coffee
11:00a Walk With Me!
11:30a Daily Chronicles **AR**
2:00p Puzzling Times
4:00p Word Search & Crossword Challenge
5:00p ChitChat

### 28

10:00a Bus Outing! Wal-Mart **OUT**
11:00a Who? What? Where? Trivia **AR**
11:30a Daily Chronicles **AR**
1:30p Walk this Weigh!
2:00p Bingo **AR**
2:30p Nail Care **S**

### 29

10:00a Spelling FAMILY RECIPES **AR**
10:30a PINCH Categories **AR**
11:30a Daily Chronicles **AR**
12:00p Chicken Fried Steak with Peppered Gravy Day **DR**
2:00p Solving the Old-Fashioned Oatmeal Word Search **AR**
2:30p Pastor Jim **LO**
3:00p Country Store **AR**

### 30

10:30a Superman Strength **AR**
11:30a Daily Chronicles **AR**
1:00p Chapel Service **LIB**
2:00p Bingo **AR**
2:30p **Birthday Bash** **AR**
3:00p **Town Hall** **AR**

### 31 HALLOWEEN

10:00a Gospel Gal **F**
11:30a Daily Chronicles **AR**
2:00p Caramel Apple Bar **AR**
2:30p Season of the Witch Halloween Party **AR**
3:00p Halloween Games **AR**

All activities subject to change.