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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

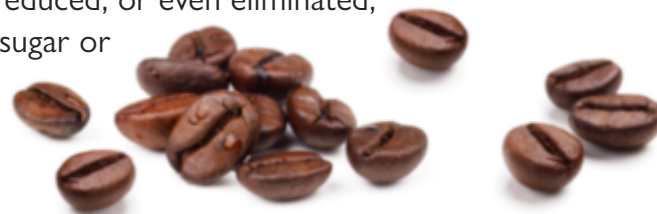
“YOUTH IS THE GIFT OF NATURE, BUT AGE IS A WORK OF ART. ~ STANISLAW JERZY LEC”

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.



LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

MERIDIAN

OCTOBER 2024

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!

- Communion 10-24-24 2PM
- Church service Oct 9th 1:30
- Church service Oct 23 1:30
- 10-1 Oktoberfest
- 10-8 Brest Cancer Event
- 10-16 Family Night
- 10-10 History Lecture 9:30 Am
- 10-25 Live Music

FOLLOW US ON FACEBOOK

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

October 2024



BIRTHDAYS

LOCATION KEY			01	02	03	ROSH HASHANAH	04	05
AR Activity Room	PAT Patio		9:00a Garden Club: Watering 1PA	10:45a Fitness: Walking Club 1FL	9:15a Garden Club: Watering 1PA	9:00a Fun Fitness FIT	9:30a Fitness Group FIT	
CAF Cafe	PLR Parlor		9:30a Scheduled Personal Trips A	1:00p Place your Halloween Candy Gram 1FA	9:30a Scheduled Personal Trips A	11:00a Wii Bowling CAF	10:30a Card Clubs CR	
DR Dining Room	S Salon		12:00p New Residents have lunch with the ED CAF	Order: Delivered OCT 31st 1FA	10:00a Manicures 1FA	1:00p Halloween Door Decoration 1FA	1:00p Darts 1FL	
L Lounge	THR Theater		1:30p Therapist-Instructed Fitness Class FIT	2:00p Bingo AR	2:00p Art & Design: Fall decorations 1FA	Contest Starts Today: Winners picked OCT 31st 1FA	2:00p American Mah-Jongg 1FA	
OUT Outing			3:00p Happy Hour CAF	3:00p Fun & Games: Believable or Batty Game 1FA	3:00p Texas Holdem CAF	2:00p Card Game: Five Crown 1FA	2:00p Veterans Club: Connet & Share CAF	
			4:00p Oktober Fest Happy Hour CAF	4:00p Card Game: Bridge AR	4:00p Happy Hour 1FL	3:00p Card Game: Euchre CAF	4:00p Story's CAF	
			6:00p Movie Night 1FL					
06	07	08	09	10	11	12	YOM KIPPUR	
9:00a Garden Club: Watering 1PA	10:00a Instructed Zumba Fitness Class FIT	9:00a Garden Club: Watering 1PA	9:00a Fitness: Walking Club 1FL	9:30a Scheduled Personal Trips A	9:30a Fun Fitness FIT	9:30a Fitness Group FIT		
10:00a Knitting Group CAF	10:45a Fitness: Chair Yoga FIT	9:30a Scheduled Personal Trips A	11:00a Bingo AR	9:30a History Lecture: Portrayals of Abraham Lincoln CAF	11:00a Book Club 1FL	10:30a Card Clubs CR		
2:00p Coffee Corner CAF	1:00p Capital Area Mobile Library Bus AUD	1:00p Art & Design: Clothespin Bats 1FA	1:30p Chruch THR	11:00a Planning Committee 1FA	1:00p Outing: MSU ART MUSEUM A	1:00p Darts 1FL		
3:00p Billiards CAF	2:00p Shopping Trip: ALDI'S Grocery Store 1FL	2:00p Breast Cancer Awareness Event CAF	2:30p Resident Ambassador Society meeting 1FA	1:30p Welcome New Residents Event 1FA	2:00p Fun & Games: Pictionary 1FA	2:00p American Mah-Jongg 1FA		
4:00p Puzzle with Friends 1FA	4:00p Scrabble CAF	4:00p Happy Hour CAF	4:00p Card Game: Bridge AR	3:00p Texas Holdem CAF	3:00p Card Game: Euchre CAF	4:00p Veterans Club: Connet & Share CAF		
		6:00p Movie Night 1FL		4:00p Happy Hour 1FL	4:00p Happy Hour 1FL	4:00p Story's CAF		
13	14 INDIGENOUS PEOPLES' DAY	15	16	17	18	19		
9:00a Garden Club: Watering 1PA	10:00a Instructed Zumba Fitness Class FIT	9:00a Garden Club: Watering 1PA	10:45a Fitness: Walking Club 1FL	9:15a Garden Club: Watering 1PA	9:00a Fun Fitness FIT	9:30a Fitness Group FIT		
10:00a Knitting Group CAF	10:45a Fitness: Chair Yoga FIT	9:30a Scheduled Personal Trips A	1:00p Brain Matters: <u>Dancing Through the Decades, Dance Style Word Scramble</u> 1FA	9:30a Scheduled Personal Trips A	11:00a Fun & Games: PUB TRIVIA 1FA	10:30a Card Clubs CR		
2:00p Live Entertainment: Basement Blue Grass Music CAF	1:00p Capital Area Mobile Library Bus AUD	1:30p Therapist-Instructed Fitness Class 1FL	2:00p Bingo AR	11:00a Fun & Games: Scattergories 1FA	11:30a Outing: Shopping and Lunch in OLD TOWN A	1:00p Darts 1FL		
3:00p Billiards CAF	2:00p Shopping Trip: Walmart A	3:00p Celebrating: National I love Lucy Day 1FA	4:00p Card Game: Bridge AR	1:00p Art and Design: Halloween Door Wreaths 1FA	2:30p Card Game: Euchre CAF	2:00p American Mah-Jongg 1FA		
4:00p Puzzle with Friends 1FA	4:00p Scrabble CAF	4:00p Happy Hour CAF	5:00p Family Night: Disco Dance Party CAF	3:00p Texas Holdem CAF	4:00p Billiards CAF	4:00p Veterans Club: Connet & Share CAF		
		6:00p Movie Night 1FL		4:00p Happy Hour 1FL		4:00p Story's CAF		
20	21	22	23	24	25	26		
9:00a Garden Club: Watering 1PA	10:00a Instructed Zumba Fitness Class FIT	9:00a Garden Club: Watering 1PA	9:00a Fitness: Walking Club 1FL	9:15a Garden Club: Watering 1PA	9:00a Fun Fitness FIT	9:30a Fitness Group FIT		
10:00a Knitting Group CAF	10:45a Fitness: Chair Yoga FIT	9:30a Scheduled Personal Trips A	11:00a Bingo AR	9:30a Scheduled Personal Trips A	11:00a Book Club 1FL	10:30a Card Clubs CR		
1:00p Brain Matters: <u>Dancing Through the Decades, Dance Your Way to Better Brain Health</u> 1FA	1:00p Capital Area Mobile Library Bus AUD	2:00p Cooking Demonstration: Chefs Choice CAF	12:00p OUTING: Lunch at Chili's restaurant A	11:00a Fireman Fuel Up: Lets go show the Fireman some appreciation A	1:00p Brain Matters: Dancing Through the Decades Word Search 1FA	1:00p Darts 1FL		
2:00p Coffee Corner CAF	2:00p Chefs Corner DR	3:00p Halloween Pet Consume Contest CAF	1:30p Chruch THR	2:00p Communion with sister Pat CAF	2:00p Entertainment: Live Music 1FA	2:00p American Mah-Jongg 1FA		
3:00p Billiards CAF	2:30p Shopping Trip: Meijer Grocery store A	4:00p Happy Hour CAF	3:00p Crotchet Group 1FA	3:00p Monthly Birthday Party CAF	3:00p Card Game: Euchre CAF	4:00p Veterans Club: Connet & Share CAF		
4:00p Puzzle with Friends 1FA	4:00p Scrabble CAF	6:00p Movie Night 1FL	4:00p Card Game: Bridge AR	4:00p Happy Hour 1FL		4:00p Story's CAF		
27	28	29	30	31 HALLOWEEN				
9:00a Garden Club: Watering 1PA	10:00a Instructed Zumba Fitness Class FIT	9:00a Garden Club: Watering 1PA	9:00a Fitness: Walking Club 1FL	9:15a Garden Club: Watering 1PA				
10:00a Knitting Group CAF	10:45a Fitness: Chair Yoga FIT	9:30a Scheduled Personal Trips A	11:00a Bingo AR	9:30a Scheduled Personal Trips A				
1:00p Create an 'OFRENDIA" With Jane N 2FA	1:00p Capital Area Mobile Library Bus AUD	1:00p Resident Ambassador Society meeting 1FA	1:30p Pumpkin Decorating Contest: Drop off your pumpkins & place your vote!! CAF	10:00a Planning Committee: Set up Halloween Party / Haslett Band Performance CAF				
2:00p Coffee Corner CAF	2:00p Resident Town Hall Meeting CAF	2:00p Halloween Tarot Card Reader CAF	3:00p Planning Committee 1FA	1:00p Halloween Party / Haslett Band Performance CAF				
3:00p Billiards CAF	3:00p Shopping Trip: Trader Joe's A	4:00p Happy Hour CAF	4:00p Card Game: Bridge 1FL	3:00p Texas Holdem CAF				
4:00p Puzzle with Friends 1FA	4:00p Scrabble CAF	6:00p Movie Night 1FL		4:00p Happy Hour 1FL				

All activities subject to change.