### CONTACTS

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# **Beauty Shop Operator**Barb Pollar

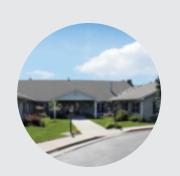
AdvisaCare Med Tech

National Suicide Hotline

(231)342-6179

Alzheimers Association 1-800-272-3900

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



# American House Petoskey

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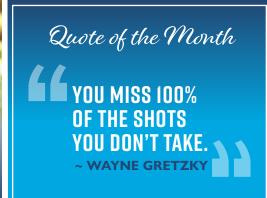
### TECH-SAVVY SENIORS AND EMOJIS

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 , 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.

PETOSKEY 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!**

- 4/2 Voting Registration
- 4/3 Cooking Demo
- 4/3 Resident Town Hall
- 4/5 Foot Clinic
- 4/18 After School Kids Visit
- 4/19 New Resident Happy Hour
- 4/23 LTBHS Fur Friends
- 4/24 LTBHS Project
- 4/25 LTBHS Outing
- 4/30 Outing Crooked Tree Arts

### 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





	SUNDAY			MONDAY			TUESDAY			WEDNESDAY		THURSDAY			FRIDAY			SATURDAY	
																LOCA	ITION KEY		
		2			4	pr	il 2024	4		7	,			DF FIF	Dining Room Fireplace	LIB Librai MT The N DUT Outir PAT Patio	Medical Tean	S Salon m SUR Sign Up Required TV TV Area	d
	Ada Vo		<b>01</b> 9:00a	APRIL FOOLS' DAY  Open Transportation	OUT	<b>02</b> 8:00a	Morning Coffee	DR	<b>03</b> 8:00a	Morning Coffee DF	04 R 8:00a	Morning Coffee	DR	<b>05</b> 8:00a	Morning Coffee	DR	<b>06</b> 8:00a	Morning Coffee	DR
•	200		7.00a 10:30a 11:00a 11:15a 12:00p 2:00p <b>FIR</b> 3:00p 3:30p	Exercise & Strength Rhythm & Groove Wii Bowling Resident Birthday Ever April Fool's-Riddles & G Puzzles in the Library Walking Group: Inside	DR DR TV nt DR	9:30a 10:30a 11:00a 11:30a 2:00p 3:00p 4:00p 4:45p	Fireplace Chatter Exercise & Strength Rhythm & Groove Voting Registration Support GroupAdvisaCare Group Karaoke Adult Coloring Supper	FIR DR DR LIB LIB TV LIB DR	9:30a 10:30a 11:00a 11:00a 11:15a 2:00p 3:15p 3:30p	Short Stories FIF Exercise & Strength Veterans Group Rhythm & Groove Wii Bowling Art & DesignThe Care Team Cooking Demo w/ Tamie Resident Town Hall FIF Short Stories FIF Exercise & Strength DF LIE Column Stories FIF Exercise & Strength DF LIE Column Stories FIF Exercise & Strength DF Exercise & St	R 10:00 R 10:30 B 11:00 R 2:00p V Botto B 4:00p R 4:45p	a Game of Trimino's a Exercise & Strength a Rhythm & Groove Movie & Popcorn-The Glas am Boat (1966) 1h50m Let's play Cards	FIR DR DR	9:00a 10:00a 11:15a 12:00p 2:00p 3:00p	Foot Clinic w/Dr. Dek Bible Study with Tim & Exercise & Strength Detroit Tigers Opening Colossal Word Puzzle Happy Hour- Billy Mac Friends by the Fireplace Supper	torte S lim LIB DR g Day DR FIR DR	10:30a 11:00a 11:15a 12:00p 13:00p 14:45p	Exercise & Strength Rhythm & Groove Wii Bowling Saturday Trivia Pay to Play BINGO Supper	DR DR TV FIR DR DR
07			08			09			10		11			12			13		
8:00a 10:30a 11:00a 11:15a 2:00p 2:45p 4:45p	Morning Coffee Exercise & Strength Rhythm & Groove Wii Bowling Board Games Church Service Supper	DR S DR S TV FIR DR S	8:30a <b>Breakfa</b> 9:00a 10:30a 11:00a 11:15a 2:00p 3:00p 3:30p	Great Eggspectations ast!  Open Transportation Exercise & Strength Rhythm & Groove Wii Bowling Adult Coloring Puzzles in the Library Walking Group: Inside	DR OUT DR DR TV LIB LIB	8:00a 9:30a 10:30a 11:00a 2:00p 3:00p 4:45p	Morning Coffee One on One with Teresa Exercise & Strength Rhythm & Groove Game of Uno Fiesta Bingo! Supper	DR AO DR DR LIB DR DR	9:30a 10:30a 11:00a 11:00a 11:15a 2:00p 2:30p 4:00p 4:45p	Morning News & Views Exercise & Strength  Veterans Group Rhythm & Groove Wii Bowling Poetry in the Library Sunshine Gardener's Club Pairings & Perspectives Supper  FIRE DR	R 10:30 B 11:00 R 2:00p V 3:00p B 4:00p T 4:45p	a Rhythm & Groove Fun & Games- Movie Classic <b>Wellness U</b> Affinity Home C Game of Cornhole	DR DR DR SFIR Care DR FIR DR	8:00a 10:00a 11:15a 2:00p 3:00p Music b 4:00p 4:45p	Morning Coffee Bible Study with Tim & Exercise & Strength Colossal Word Puzzle Cherry On Top Su y Steel & Wood Friends by the Fireplac Supper	DI FII ndae Bar- DI	B 10:30a R 11:00a R 11:15a 2:00p R 3:00p R 4:45p	Morning Coffee Exercise & Strength Rhythm & Groove Wii Bowling Saturday Trivia Pay to Play Bingo Supper	DR DR DR TV FIR DR
14			15 TA	K DAY   BOSTON MARATHOI	١	16			17		18			19			20		
8:00a 10:30a 11:00a 11:15a 2:00p 3:00p 4:45p	Morning Coffee Exercise & Strength Rhythm & Groove Wii Bowling Board Games Pay to Play BINGO Supper	DR S DR TV FIR DR S	11:00a	Morning Coffee Open Transportation Exercise & Strength Rhythm & Groove Wii Bowling Adult Coloring Puzzles in the Library Walking Group: Inside Supper	DR TV	9:30a	Morning Coffee One on One with Teresa Exercise & Strength Rhythm & Groove Brain Games Crafting McLaren Health Supper	DR AO DR DR FIR LIB DR	8:00a 10:30a 11:00a 11:00a 11:15a 3:00p 5:00p <b>DR</b>	Exercise & Strength Veterans Group Rhythm & Groove Wii Bowling TV	R 8:00a P:30a B 10:30a R 11:00a V 1:30p 2:30p 3:30p 4:45p	Morning Coffee Morning News & Views Exercise & Strength Rhythm & Groove Word Search Feel the Beat After School Kids Visit Supper	DR FIR	8:00a 10:00a 11:15a 2:00p 3:00p <b>Event</b> 3:00p 4:00p 4:45p	Morning Coffee Bible Study with Tim & Exercise & Strength Colossal Word Puzzle New Resident Wel Happy Hour- Gene Friends by the Fireplace Supper	DR FIR come DR Warner DR	10:30a 11:00a 11:15a 2:00p 3:00p 4:45p	Morning Coffee Exercise & Strength Rhythm & Groove Wii Bowling Saturday Trivia Pay to Play Bingo Supper	DR DR DR TV FIR DR
21			22 EAF	RTH DAY   PASSOVER BEGIN	S	23			24 ADN	MINISTRATIVE PROFESSIONALS DAY	25			26	ARBOR DAY		27		
8:00a 10:30a 11:00a 11:15a 2:00p 3:00p 4:45p	Morning Coffee Exercise & Strength Rhythm & Groove Wii Bowling Board Games Pay to Play Bingo Supper	DR DR TV FIR DR DR	8:00a 9:00a 10:30a 11:00a 11:15a 2:00p 3:00p 3:30p 4:45p	Morning Coffee Open Transportation Exercise & Strength Rhythm & Groove Wii Bowling Adult Coloring Puzzles in the Library Walking Group: Inside Supper			Morning Coffee One on One with Teresa Exercise & Strength Rhythm & Groove LTBHS Fur Friends visit Sunshine Gardener's Club Supper	DR AO DR DR LIB LIB DR	8:00a 9:00a 10:30a 11:00a 11:00a 11:15a 2:00p 3:00p 4:45p	Dog/Cat Blanket Project Exercise & Strength Veterans Group Rhythm & Groove  LIE	R 10:30 B 11:00 R 2:00p V 3:30p B 4:00p R 4:45p	a One on One with Teresa Exercise & Strength Rhythm & Groove Outing to LTBHS Word Search Brain Matters	DR FIR DR DR OUT FIR FIR DR	11:15a 2:00p 3:00p	Morning Coffee Bible Study with Tim & Exercise & Strength Colossal Word Puzzle National Pretzel I  Pusic by Brian Griffin Group Game by The Supper	DI FII Day Happy DI	B 10:30a R 11:00a R 11:15a 2:00p R 3:00p R 4:45p	Morning Coffee Exercise & Strength Rhythm & Groove Wii Bowling Saturday Trivia Pay to Play Bingo Supper	DR DR DR TV FIR DR
28			29			30	PASSOVER ENDS								BIRTHDAYS				
8:00a 10:30a 11:00a 11:15a 2:00p 3:00p 4:45p	Morning Coffee Exercise & Strength Rhythm & Groove Wii Bowling Board Games Pay to Play Bingo Supper	DR DR TV FIR DR DR	8:00a 9:00a 10:30a 11:00a 11:15a 1:00p <b>DR</b> 3:00p 3:30p	Morning Coffee Open Transportation Exercise & Strength Rhythm & Groove Wii Bowling Super Hero Day w/ Advi Puzzles in the Library Walking Group: Inside	OUT DR DR TV	10:30a 11:00a 2:00p	Morning Coffee One on One with Teresa Exercise & Strength Rhythm & Groove Crooked Tree Arts Cent Art Gallery News & Views Supper	DR AO DR DR er OUT FIR DR		APAIL SHOWERS	Со	ni L 4/6 nnie C. 4/6 et S. 4/14							
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All activities subject to change.

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