

CONTACTS

**Executive Director**  
Joe D'Angelo

**Community Relations Director**  
Rachel Otero

**Life Enrichment Director**  
Kat Walker

**Culinary Director**  
Nikki Daniels

**Housekeeping Supervisor**  
Sue Thomas

**Maintenance Director**  
Dan Letinski

**Medical Driver**  
John Ingison  
734-558-0493

**Golden Shears Salon**  
Bernetta  
734-626-9315

**Medical Team & After Hours Emergency**  
On Staff Nurse: Earleen Slater  
734-479-4319

National Suicide Hotline  
988

Alzheimers Association  
1-800-272-3900

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

**American House  
Riverview**  
20300 Fort Street  
Riverview | MI | 48193  
734.307.0688  
**AmericanHouse.com**



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.

RIVERVIEW

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.



APRIL 2024 EVENTS!

- 4/5 Tiger's Opening Day
- 4/8-4/12 Spirit Week
- 4/17 Resident Town Hall
- 4/17 Family Night
- 4/18 Activity Committee Meet
- 4/22 Earth Day Celebrations
- 4/30 Cat Adoption Event

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!



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<div><h1>April 2024</h1></div>										LOCATION KEY			
										<b>3FN</b> 3 <sup>rd</sup> Floor North	<b>DR</b> Dining Room	<b>OUT</b> Outing	
<b>3FS</b> 3 <sup>rd</sup> Floor South	<b>FPA</b> Front Patio	<b>PAT</b> Patio											
<b>AO</b> Activities Office	<b>LIB</b> Library	<b>THR</b> Theater											
<b>BP</b> Back Patio	<b>LO</b> Lobby												
<b>CHP</b> Chapel	<b>MOB</b> Mobile												
<b>CMR</b> Community Room	<b>O</b> Outside												
01 APRIL FOOLS' DAY		02		03		04		05		06			
	9:30a Meijer <b>OUT</b> 1:30p Darts <b>CMR</b> 2:30p Movin' & Groovin' Exercise w/ <b>CMR</b> Jolynn <b>LIB</b> 6:00p Card Club <b>LIB</b> 6:30p Bible Study w/ Inter-city Baptist <b>CHP</b>	10:00a Blood Pressure Clinic <b>CMR</b> 10:00a Communion & Rosary <b>CHP</b> 2:00p Food Committee <b>DR</b> 6:00p Card Club <b>LIB</b> 6:30p Sit n Knit Group <b>LIB</b>	10:00a Morning Walk <b>LO</b> 10:30a Music of the Movies <b>THR</b> 2:30p Bingo <b>DR</b> 3:30p Cardio Boxing <b>THR</b> 6:00p Card Club <b>LIB</b>	10:00a Resident Corner Store <b>CMR</b> 10:30a Spintopia! <b>THR</b> 11:00a MGM Casino <b>OUT</b> 2:00p Cinema Cooking Demo <b>LO</b> 3:30p Skippo <b>CMR</b> 6:00p Card Club <b>LIB</b>	10:30a Morning Stretch <b>CHP</b> 1:00p Tigers Opening Day Game! <b>THR</b> 2:00p Tigers Happy 1/2 Hour <b>LO</b> 2:30p Music by Sheila & Joe <b>DR</b> 3:30p Celestial Trivia <b>THR</b> 6:00p Card Club <b>LIB</b>	10:30a Stress Less Coloring <b>LO</b> 11:00a Weekend Word Puzzles <b>LO</b> 1:00p Jigsaw Puzzles <b>3FS</b> 2:30p Bingo <b>DR</b> 3:00p The Music of John Williams <b>THR</b>							
07		08		09		10		11		12		13	
10:30a 10 Min Morning Workout <b>THR</b> 11:00a Weekly Bulletin Pickup <b>LO</b> 1:30p Scrabble <b>LIB</b> 2:30p Rummikub <b>CMR</b> 3:00p Church Service with Pastor Jeff <b>CHP</b>	9:30a Meijer <b>OUT</b> 10:00a Hearing Screenings <b>CHP</b> 1:00p Eclipse Live Stream <b>THR</b> 2:30p Spring Cinema Craft <b>CMR</b> 3:30p Motion to Music Exercise <b>THR</b> 6:00p Card Club <b>LIB</b> 6:30p Bible Study w/ Inter-city Baptist <b>CHP</b>	10:00a Communion & Rosary <b>CHP</b> 11:15a Lunch at China Bowl <b>OUT</b> 2:00p Macaroon Tasting <b>LO</b> 3:00p Cinema Jeopardy! <b>THR</b> 6:00p Card Club <b>LIB</b> 6:30p Sit n Knit Group <b>LIB</b>	10:15a Bean Bag Toss <b>LO</b> 2:00p Margaritas! <b>LO</b> 2:30p Bingo Bash! <b>DR</b> 3:30p Cardio Drumming <b>THR</b> 6:00p Card Club <b>LIB</b>	10:30a Spintopia! <b>THR</b> 11:00a Pet Day Photos <b>MOB</b> 2:00p Soda Shop Happy 1/2 Hour <b>LO</b> 2:30p Music by Floral City Harmonizers <b>LO</b> 6:00p Card Club <b>LIB</b>	10:30a Morning Stretch <b>CHP</b> 1:30p Jazz Appreciation Video <b>THR</b> 2:00p Sundae Bar! <b>LO</b> 3:15p Shout About Movies! <b>THR</b> 6:00p Card Club <b>LIB</b>	10:30a Tulip Time Relaxation Room <b>THR</b> 11:00a Weekend Word Puzzles <b>LO</b> 1:00p Jigsaw Puzzles <b>3FS</b> 2:30p Bingo <b>DR</b> 3:30p Paint A Planter <b>CMR</b>							
14		15 TAX DAY   BOSTON MARATHON		16		17		18		19		20	
10:30a 10 Min Morning Workout <b>THR</b> 11:00a Weekly Bulletin Pickup <b>LO</b> 1:30p Scrabble <b>LIB</b> 2:00p Rummikub <b>CMR</b> 3:00p Church Service with Pastor Jeff <b>CHP</b>	9:30a Meijer <b>OUT</b> 2:00p McDonald's Day Taste & Chat <b>CMR</b> 2:30p Wellness Chat with TMT <b>CMR</b> 3:30p Motion to Music Exercise <b>CHP</b> 6:00p Card Club <b>LIB</b> 6:30p Bible Study w/ Inter-city Baptist <b>CHP</b>	10:00a Blood Pressure Clinic <b>CMR</b> 10:00a Communion & Rosary <b>CHP</b> 10:30a Corner Store <b>CMR</b> 1:00p New Resident Orientation <b>CHP</b> 2:00p Rummikub <b>CMR</b> 6:00p Card Club <b>LIB</b> 6:30p Sit n Knit Group <b>LIB</b>	10:30a Morning Walk <b>O</b> 2:00p Food Committee <b>DR</b> 2:30p Resident Town Hall <b>DR</b> 4:30p Breakfast At Tiffany's Brunch <b>LO</b> 5:30p Quarter Mania Fundraiser! <b>DR</b> 6:00p Card Club <b>LIB</b>	10:00a Dollar Tree <b>OUT</b> 10:30a Spintopia! <b>THR</b> 2:00p Watershed Demo by Crosswinds <b>DR</b> Marsh <b>CMR</b> 3:15p Activity Committee Meeting <b>CMR</b> 6:00p Card Club <b>LIB</b>	10:30a Morning Stretch <b>CHP</b> 1:30p Ladies Euchre Meetup <b>CMR</b> 2:00p Volunteer Appreciation Happy <b>LO</b> Hour <b>THR</b> 3:30p Movie Music Trivia! <b>THR</b> 6:00p Evening Movie: <i>Queen Bees</i> <b>THR</b>	10:30a Classic TV Shows <b>THR</b> 11:00a Weekend Vword Puzzles <b>LO</b> 1:00p Jigsaw Puzzles <b>3FS</b> 2:00p Classic Movie: The Music Man <b>DR</b> 2:30p Bingo <b>DR</b>							
21		22 EARTH DAY   PASSOVER BEGINS		23		24 ADMINISTRATIVE PROFESSIONALS DAY		25		26 ARBOR DAY		27	
10:30a 10 Min Morning Workout <b>THR</b> 11:00a Weekly Bulletin Pickup <b>LO</b> 1:30p Scrabble <b>LIB</b> 2:30p Rummikub <b>CMR</b> 3:00p Church Service with Pastor Jeff <b>CHP</b>	9:30a Meijer <b>OUT</b> 1:30p Earth Day Scavenger Hunt <b>MOB</b> 2:30p Earth Day Project <b>CMR</b> 6:00p Card Club <b>LIB</b> 6:30p Bible Study w/ Inter-city Baptist <b>CHP</b>	10:00a Communion & Rosary <b>CHP</b> 12:00p Movie Theater Outing <b>OUT</b> 2:30p Music by Billy Dixon <b>DR</b> 6:00p Card Club <b>LIB</b> 6:30p Sit n Knit Group <b>LIB</b>	10:30a Mindfulness Session <b>THR</b> 1:30p Top 20 Moments of Cinema <b>THR</b> Classics <b>THR</b> 2:30p Bingo <b>DR</b> 3:30p Chair Yoga <b>THR</b> 6:00p Card Club <b>LIB</b>	10:30a Spintopia! <b>THR</b> 1:30p Mindfulness Coloring <b>CMR</b> 2:15p Balloon Volleyball <b>DR</b> 3:30p Bunco <b>CMR</b> 6:00p Card Club <b>LIB</b>	10:30a Morning Stretch <b>CHP</b> 2:00p Birthday Happy 1/2 Hour <b>LO</b> 2:30p Music by Aaron Jonah Lewis <b>DR</b> 3:00p Poetry Game <b>CMR</b> 6:00p Card Club <b>LIB</b>	10:30a Top 20 Oscar Winning Songs <b>THR</b> 11:00a Weekend Word Puzzles <b>LO</b> 1:00p Jigsaw Puzzles <b>3FS</b> 2:30p Bingo <b>DR</b> 3:30p Afternoon Laugh: Pet TV! <b>THR</b>							
28		29		30 PASSOVER ENDS		BIRTHDAYS							
10:30a 10 Min Morning Workout <b>THR</b> 11:00a Weekly Bulletin Pickup <b>LO</b> 1:30p Scrabble <b>LIB</b> 2:30p Rummikub <b>CMR</b> 3:00p Church Service with Pastor Jeff <b>CHP</b>	9:30a Meijer <b>OUT</b> 2:00p Animal Shelter Project <b>CMR</b> 3:30p Motion to Music Exercise Video <b>CHP</b> 6:00p Card Club <b>LIB</b> 6:30p Bible Study w/ Inter-city Baptist <b>CHP</b>	10:00a Blood Pressure Clinic <b>CMR</b> 10:00a Communion & Rosary <b>CHP</b> 11:00a Cat Adoption Event <b>CMR</b> 1:30p Ask A Nurse <b>THR</b> 2:30p Music by Rick Davis <b>DR</b> 6:30p Sit n Knit Group <b>LIB</b>		Monica P 4/11 Scott J 4/19 Bonnie S 4/23 George D 4/27 Alice C 4/30 Mark T 4/30									

All activities subject to change.