

CONTACTS

Executive Director
Tommie Westfield
shallowford@americanhouse.com

Wellness Director
April Hoots
423-899-8133

Community Relations Director
Lawrence Brewer
423-362-6123

Life Enrichment Director
Christine Rivers
423-899-8133

Culinary Director
Melvin Cosey
423-899-8133

Business Office Manager
Tasha Elliott
shallowfordbom@americanhouse.com

Maintenance Director
Scott Hosier
423-899-8133

Memory Care Director
Gracie West
423-899-8133

National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

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

**American House
Shallowford**
7127 Lee Highway
Chattanooga | TN | 37421
423.702.4391
AmericanHouse.com



TECH-SAVVY SENIORS AND EMOJIS

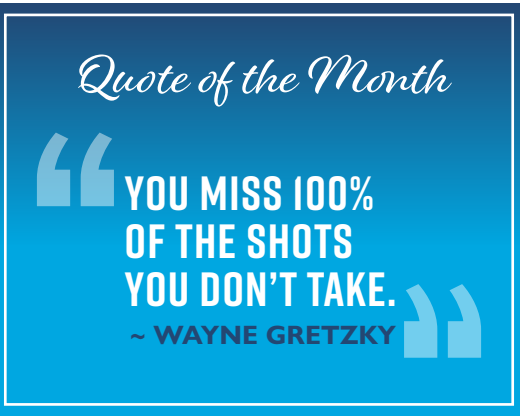
An emoji is a “small digital image or icon used to express an idea or emotion in electronic communication.” They are now a crucial part of communication in texts and social media. With thousands of individual characters, our messages to one another include a ❤️, a 👍, or 🙏, to name just a few.

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.

SHALLOWFORD ASSISTED LIVING

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!

- Every Wed Afternoon ~ BINGO!
- Every Sun Morning ~ Worship
- 2nd: Penny Auction with Linay
- 8th: Watch Solar Eclipse
- 13th: Shop for Jewelry
- 17th: Family Night *Pls RSVP*
- 18th: Let’s Garden
- 26th: Picnic at Riverpark
- 30th: Penny Auction w/ Rebekah
- Let’s Shop at Big Lots

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>April 2024</div>												LOCATION KEY								
												AL Assisted Living AR Activity Room CY Courtyard NU Cyclers NU-Step			DR Dining Room HAL Hallway LIB Library LO Lobby					
			01 APRIL FOOLS' DAY			02			03			04			05			06		
			10:00a Physical Fitness AR 10:30a Fun Facts of the Day AR 10:45a Rummikub AR 11:30a Weight Clinic with AccentCare, Melissa DR 2:00p April Fools Ice Cream Social! LO 6:00p Gather & Chat LO	10:00a Seated Tap Dance Exercise AR 10:30a Fun Facts of the Day AR 10:45a "Hi / Low" Cards with Naino AR 2:00p Penny Auction with Linay, ALC Primary Care@Home! LO 6:00p Word Search LO	10:00a Move Daly Aerobics Class AR 10:45a Reminisce with Brooke & Jordan AR 2:00p Eyes on the Prize Bingo! DR 3:00p Welcome Shower for New Residents DR 6:00p Word Search LO	10:00a Whole Body Workout AR 10:30a Fun Facts of the Day AR 10:45a Skip Bo AR 2:00p Musical Performance with Ryan Stinson! DR 3:15p Let Us Entertain You Happy Hour with Classic Cinema Trivia LO 6:00p Movie Night LO	10:00a Let's Get Physical AR 10:30a Fun Facts of the Day AR 10:45a Joggin' Your Noggin' AR 2:00p Let's Go Shop at Pop Shelf! LO 6:00p Crossword Puzzle AR	10:00a Chicken Soup for the Soul LO 10:30a Devotions & Snack LO 2:30p Word Scramble LO 3:00p Word Hunt LO 6:00p Gather & Chat LO												
07			08			09			10			11			12			13		
10:30a Coffee and Cookies LO 11:00a Worship & Devotions with Pastor Colter LO 1:30p Let's Take a Walk LO 2:00p Crossword Challenge LO 2:30p Can You Find the Words? LO 6:00p Gather & Chat LO	10:00a Physical Fitness AR 10:30a Fun Facts of the Day AR 10:45a Rummikub AR 2:00p "Old Coot Club" for Men with Ken LIB 3:00p Snow Cone Party on the Front Porch LO 4:00p Watch the Solar Eclipse! LO 6:00p Gather & Chat LO	10:00a Seated Tap Dance Exercise AR 10:30a Fun Facts of the Day AR 10:45a "Hi / Low" Cards with Naino AR 2:00p Birthday Bash ~ Celebrate Monthly Birthdays LO 6:00p Word Search LO	10:00a Balance & Stability AR 10:30a Fun Facts of the Day AR 10:45a Bible Study with Pastor Colter AR 2:00p Eyes on the Prize Bingo! DR 5:00p Piano Concert with Jordan DR 6:00p Word Search LO	10:00a Whole Body Workout AR 10:30a Fun Facts of the Day AR 10:45a Wellness U: Discovery Health Series with Cathy AR 1:45p Popcorn Social & Classic Movie Matinee LO 2:00p Shop at Dollar Tree LO 6:00p Movie Night LO	10:00a Let's Get Physical AR 10:30a Fun Facts of the Day AR 10:45a Joggin' Your Noggin' AR 2:00p Classic Cinema Arts & Crafts AR 2:30p Bocce Ball DR 6:00p Crossword Puzzle AR	10:00a Chicken Soup for the Soul LO 10:30a Devotions & Snack LO 2:00p Shop at "Southern Simplistic Jewels" for Jewelry! LO 2:30p Word Scramble LO 3:00p Word Hunt LO 6:00p Gather & Chat LO														
14			15 TAX DAY BOSTON MARATHON			16			17			18			19			20		
10:30a Coffee and Cookies LO 11:00a Worship & Devotions with Pastor Colter LO 1:30p Let's Take a Walk LO 2:00p Crossword Challenge LO 2:30p Can You Find the Words? LO 6:00p Gather & Chat LO	10:00a Physical Fitness AR 10:30a Fun Facts of the Day AR 10:45a Rummikub AR 2:00p "The Bee-Hive Club" for the Ladies with Melanie AR 3:00p Wheel of Fortune - "Spintopia" AR Style LO 6:00p Gather & Chat LO	10:00a Seated Tap Dance Exercise AR 10:30a Fun Facts of the Day AR 2:00p Devotions with Steve, Amedisys LO 2:30p Homemade Cookies with Lawrence LO 6:00p Word Search LO	10:00a Move Daly Aerobics Class AR 10:45a Reminisce with Brooke & Jordan AR 12:00p Family Lunch: Breakfast at Tiffany's Brunch Extravaganza! *Please RSVP* DR 2:00p Eyes on the Prize Bingo! DR 6:00p Word Search LO	10:00a Whole Body Workout AR 10:30a Fun Facts of the Day AR 10:45a Scrabble AR 2:00p Spring is in the Air, Let's Get Ready to Garden! CY 6:00p Movie Night LO	10:00a Let's Get Physical AR 10:30a Fun Facts of the Day AR 10:45a Joggin' Your Noggin' AR 12:00p Music with Ben Kehrer! DR 2:00p Let's Go Shop at Big Lots! LO 6:00p Crossword Puzzle AR	10:00a Chicken Soup for the Soul LO 10:30a Devotions & Snack LO 2:30p Word Scramble LO 3:00p Word Hunt LO 6:00p Gather & Chat LO														
21			22 EARTH DAY PASSOVER BEGINS			23			24 ADMINISTRATIVE PROFESSIONALS DAY			25			26 ARBOR DAY			27		
10:30a Coffee and Cookies LO 11:00a Worship & Devotions with Pastor Colter LO 1:30p Let's Take a Walk LO 2:00p Crossword Challenge LO 2:30p Can You Find the Words? LO 6:00p Gather & Chat LO	10:00a Physical Fitness AR 10:30a Fun Facts of the Day AR 10:45a Rummikub AR 1:00p Music with Michael Prettyman, Grace Works Church DR 2:00p Trip to Dollar Tree LO 6:00p Gather & Chat LO	10:00a Seated Tap Dance Exercise AR 10:30a Fun Facts of the Day AR 10:45a "Hi / Low" Cards with Naino AR 2:00p Popcorn Social & Classic Movie Matinee LO 6:00p Word Search LO	10:00a Balance & Stability AR 10:30a Fun Facts of the Day AR 10:45a Bible Study with Pastor Colter AR 2:00p Eyes on the Prize Bingo! DR 3:00p Cooking Demo with Cosey DR 6:00p Word Search LO	10:00a Whole Body Workout AR 10:30a Fun Facts of the Day AR 10:45a Chinese Checkers AR 2:00p Knot Blankets for the Homeless LO 2:30p Groovy Smoothies LO 6:00p Movie Night LO	10:00a Let's Get Physical AR 10:30a Fun Facts of the Day AR 10:45a Joggin' Your Noggin' AR 11:30a Picnic at Riverpark with Naino! LO 2:30p Bocce Ball DR 3:00p Snack Break - Ice Cream Social DR 6:00p Crossword Puzzle AR	10:00a Chicken Soup for the Soul LO 10:30a Devotions & Snack LO 2:30p Word Scramble LO 3:00p Word Hunt LO 6:00p Gather & Chat LO														
28			29			30 PASSOVER ENDS			BIRTHDAYS											
10:30a Coffee and Cookies LO 11:00a Worship & Devotions with Pastor Colter LO 1:30p Let's Take a Walk LO 2:00p Crossword Challenge LO 2:30p Can You Find the Words? LO 6:00p Gather & Chat LO	10:00a Physical Fitness AR 10:30a Fun Facts of the Day AR 10:45a Rummikub AR 2:00p Bingo with Dustin, Hearth Hospice DR 3:15p Resident Council DR 6:00p Gather & Chat LO	10:00a Seated Tap Dance Exercise AR 10:30a Fun Facts of the Day AR 10:45a "Hi / Low" Cards with Naino AR 2:00p Penny Auction with Rebekah! LO 6:00p Word Search LO			Happy Birthday! Claude Price: Apr 10th															