

## CONTACTS

### Executive Director

Eugene Valentine  
stpete@americanhouse.com

### Life Enrichment Director

Shaun L. Ehrlich  
stpetelifeenrichment@americanhouse.com

National Suicide Hotline  
988

Alzheimers Association  
1-800-272-3900

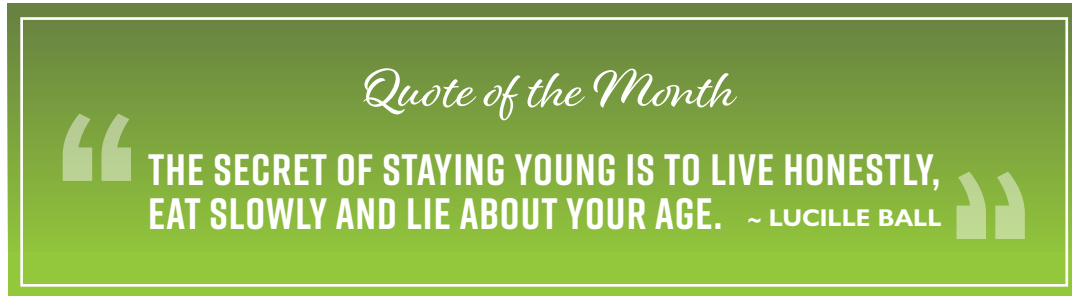
Institute of Aging Friendship Line  
1-800-971-0016



### American House St. Petersburg

1101 66th St. N  
St. Petersburg | FL | 33710  
813.280.3512  
AmericanHouse.com

**American House**  
SENIOR LIVING COMMUNITIES

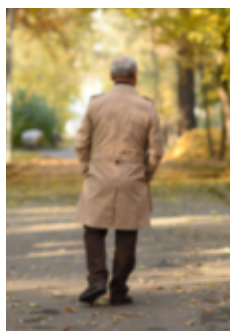


### Quote of the Month

“THE SECRET OF STAYING YOUNG IS TO LIVE HONESTLY,  
EAT SLOWLY AND LIE ABOUT YOUR AGE. ~ LUCILLE BALL”

## THE POWER AND SIMPLICITY OF WALKING

Walking is the simplest form of exercise. One of the great benefits of walking is it allows us to slow down and connect with our surroundings. This heightened awareness can lead to a greater sense of gratitude and appreciation.



Walking also boasts a series of health benefits for older adults, according to a recent Blue Zones study. Its main benefits include reducing the risk of cardiovascular disease, type 2 diabetes and dementia. Walking can also lead to improvements in sleep, mental well-being and longevity. A 30-minute walk per day decreases the likelihood of multiple age-associated diseases and improves mood and sleep quality, and lowers the risk of bone fractures.

Walking is a great way to clear our minds and gives us time to think and reflect. We can use this time to focus on our goals or simply enjoy the present moment. Walking helps us find a sense of calm and balance in our lives.

## ALEXA FEATURES YOU DON'T WANT TO LIVE WITHOUT

Alexa is Amazon's digital voice assistant that comes with innovative features to help you live more comfortably. What these features can do for you are jaw-dropping. Here are just a few:

**MEDICATION REMINDERS.** The “Medicine Tracker” feature is free and lets you know what your medications are, when you last took them and what times you should be taking them.

**STAY CONNECTED.** Alexa's “Remote Senior Care” comes with the latest sophisticated technology, yet is easy to use. It allows you to connect to your loved ones remotely with simple voice commands 24/7.

**SLEEP BETTER.** Alexa's “Train Ride” feature helps you sleep peacefully or block out unwanted noise. All you have to say is, “Alexa, open Train Ride.” It's from the makers of the top-rated “Sleep and Relaxation Sounds” skill.

**GET COZY WITH NOSTALGIA.** With Alexa's “Radio Mystery Theater,” it's easy to relive childhood evenings around the radio listening to old CBS programs. This cool Alexa feature will take you back to the original broadcasts!

Assisted Living Facility #13649

# LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

ST. PETERSBURG INDEPENDENT LIVING

MAY 2024

## THE INSPIRING TRANSFORMATION OF JOAN MACDONALD

At the age of 70, Joan MacDonald weighed 198 pounds and had a 39-inch waist. She was on medication for high blood pressure and had trouble walking up and down stairs. Joan knew if she continued on her path, things would only get worse. Her daughter Michelle gave her an ultimatum that it was high time she changed her life.

It wasn't easy, but Joan learned how to use an iPhone to help follow a nutrition plan, renewed her gym membership, bought a scale and got to work. She stuck to her guns and never gave up. Some days Joan was in tears, but her personal motto kept ringing in her head: “I don't mind if my changes are slow. I'm going to go at my own pace and this time the changes are going to last for the rest of my life.”

As the months rolled by, the weight and inches were disappearing to the point Joan lost 70 pounds. She now claims to be a different woman than she was when she began her journey to wellness. Her transformation is so complete, Joan now graces magazine covers, has over 1.5 million followers on Instagram, and is the author of “Flex Your Age with Joan MacDonald.” An inspiration to millions, Joan likes to say you can't turn back the clock, but you sure can wind it up again!



## MAY 2024 EVENTS!

- Paint n' Sip w/ Nik May 24
- Ice Cream Social May 3rd
- Kentucky Derby Party May 4th
- Cinco de Mayo Fiesta May 5th
- Mothers' Day Tea May 12th
- Family Night May 15th
- Wellness U May 21st
- Cooking Demo May 22nd
- Memorial Day BBQ May 27th
- Pizza Party May 29th

## THE IMPORTANCE OF A HEALTHY AGING PLAN

Healthy aging is the ability to maintain an active, independent and purposeful lifestyle. To do so, everyone is encouraged to engage in proactive behaviors. This includes taking the necessary medications you're prescribed, exercising regularly, eating a balanced diet, minimizing alcohol consumption, not smoking and getting enough sleep at night. One of the most important proactive steps you can take is staying socially active. The main benefit of making new friends is the sense of belonging it provides and knowing fellow residents are more than just neighbors!

**LIVING WELL  
IS BEING WELL.**  
American House Senior Living Communities



LOCATION KEY					
ALD	AL Dining	LIB	Library	MCL	Memory Care Living Room
ALF	AL Front Desk	L	Lounge	TV	TV Area
ALL	AL Living Room	MS	Malt Shoppe	MPR	Multipurpose Room
ART	Art Studio	MCA	Memory Care Activity Room	O	Outside
FD	Front Desk	MCD	Memory Care Dining Room	PL	Pool
ILD	IL Dining			THR	Theater
ILF	IL Front Desk				

**BIRTHDAYS**

<p>Dotty R. 5/2 Jack C. 5/12 Carl M. 5/16 Elaine S. 5/21 Mary M. 5/22 Kit C. 5/24</p>	<p><b>01</b></p> <p>9:30a Publix Trip <b>ILF</b> 10:00a Blood Pressure Screening - Classic Home Health <b>L</b> 11:00a Bank &amp; Pharmacy <b>FD</b> 1:00p Bible Study-Jimmy <b>LIB</b> 2:30p Strength Conditioning w/ Legacy <b>L</b> 3:00p Rummikub <b>ART</b> 3:00p <b>Painting with Purpose: Alzheimer's! w/ Betsy</b> <b>ART</b></p>	<p><b>02</b></p> <p>9:30a Hunter's Music Experience <b>MS</b> 10:00a Yoga-Natalie <b>L</b> 1:00p <b>EngagedSenior: Wheel of Fortune</b> <b>THR</b> 1:30p Hand &amp; Foot <b>MPR</b> 2:00p Afternoon Movie <b>THR</b> 3:00p Nickle Left, Right, Center <b>ART</b> 4:00p Ted Talks <b>THR</b> 6:30p You Call It BINGO <b>L</b></p>	<p><b>03</b></p> <p>10:00a <b>Aqua-Aerobics with Legacy's Emily</b> <b>PL</b> 11:00a News Currents w/ Betsy <b>L</b> 12:30p <b>Painting with Purpose: Alzheimers! Linda</b> <b>ART</b> 2:00p Afternoon Movie <b>THR</b> 2:15p <b>Tech Time w/ Shaun</b> <b>LIB</b> 3:30p Bocce <b>MS</b> 4:00p <b>Ice Cream Social!</b> <b>L</b></p>	<p><b>04</b></p> <p>9:30a Exercise Video <b>L</b> 10:00a <b>Shopping Trip: Home Depot</b> <b>FD</b> 12:00p Pool/Billiards with Friends <b>L</b> 1:30p Quarter Bingo <b>MPR</b> 2:00p <b>Kentucky Derby Party</b> <b>L</b> 2:30p Hand &amp; Foot <b>MPR</b> 3:00p Afternoon Movie <b>THR</b> 4:30p Residents Reminiscing <b>L</b></p>
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**05 CINCO DE MAYO**

<p>9:00a St. Jude's-Bus Run <b>FD</b> 10:00a Church Service on TV <b>THR</b> 10:00a 1st Methodist-Bus Run <b>FD</b> 10:30a Eucharist Distribution <b>THR</b> 1:30p Quarter Bingo <b>L</b> 1:30p Azalea Baptist Church Hymns <b>MS</b> 2:30p <b>Cinco de Mayo Fiesta!</b> <b>L</b></p>	<p><b>06</b></p> <p>10:00a Aldi/Winn Dixie <b>FD</b> 10:00a Exercise with Natalie <b>L</b> 11:00a <i>Weekly Preview w/ Shaun</i> <b>L</b> 11:30a <b>Lunch Bunch: Red Lobster</b> <b>FD</b> 1:00p Engaged Senior <b>L</b> 2:00p Afternoon Matinee <b>THR</b> 2:30p <b>Happy Hour w/ Music by Randy</b> <b>L</b> 6:30p Pool/Billiards with Friends <b>L</b></p>	<p><b>07</b></p> <p>11:00a Engaged Senior <b>L</b> 12:00p Bocce Ball <b>L</b> 1:30p Hand &amp; Foot <b>L</b> 2:00p Afternoon Movie <b>THR</b> 3:30p Yoga-Natalie <b>L</b> 4:30p <i>Share your Story: Reminiscing w/ Shaun</i> <b>L</b></p>	<p><b>08</b></p> <p>9:30a Publix Trip <b>ILF</b> 1:00p Bible Study-Jimmy <b>LIB</b> 1:30p <i>Milksakes</i> <b>MS</b> 2:00p Afternoon Movie: <b>THR</b> 2:30p Strength Conditioning w/ Legacy <b>L</b> 3:00p Rummikub <b>ART</b> 3:00p <b>Painting with Purpose: Alzheimer's! w/ Betsy</b> <b>ART</b></p>	<p><b>09</b></p> <p>9:30a Hunter's Music Experience <b>MS</b> 10:00a <b>Laughter Yoga-Natalie</b> <b>L</b> 1:00p <b>EngagedSenior: Wheel of Fortune</b> <b>THR</b> 1:30p Hand &amp; Foot <b>MPR</b> 2:00p Afternoon Movie: <b>THR</b> 3:00p Nickle Left, Right, Center <b>ART</b> 3:15p LUEY Comedy Writing 101 <b>MPR</b> 6:30p You Call It BINGO <b>L</b></p>	<p><b>10</b></p> <p>10:00a <b>Aqua-Aerobics with Legacy's Emily</b> <b>PL</b> 11:00a News Currents w/ Betsy <b>L</b> 12:30p <b>Painting with Purpose: Alzheimers! Linda</b> <b>ART</b> 2:00p Afternoon Movie: <b>THR</b> 2:15p <b>Tech Time w/ Shaun</b> <b>LIB</b> 3:30p Bocce <b>MS</b></p>	<p><b>11</b></p> <p>9:30a Exercise Video <b>L</b> 10:00a <b>Shopping Trip: Target/Kohls</b> <b>FD</b> 12:00p Pool/Billiards with Friends <b>L</b> 1:30p Quarter Bingo <b>MPR</b> 2:30p Hand &amp; Foot <b>MPR</b> 2:30p <b>Karaoke w/ Linda</b> <b>THR</b> 3:30p Afternoon Movie: <b>THR</b> 4:30p Residents Reminiscing <b>L</b></p>
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**12 MOTHER'S DAY**

<p>9:00a St. Jude's-Bus Run <b>FD</b> 10:00a Church Service on TV <b>THR</b> 10:00a 1st Methodist-Bus Run <b>FD</b> 10:30a Eucharist Distribution <b>THR</b> 11:30a <b>Mothers' Day Tea</b> <b>DR</b> 1:30p Quarter Bingo <b>L</b> 3:00p Rummikub <b>ART</b></p>	<p><b>13</b></p> <p>10:00a Tyrone Area Shopping <b>FD</b> 10:00a Exercise with Natalie <b>L</b> 11:00a <i>Weekly Preview w/ Shaun</i> <b>L</b> 11:30a <b>Lunch @ Miller's Alehouse</b> <b>FD</b> 1:00p Engaged Senior <b>L</b> 1:00p <b>LUEY Cornball Bingo</b> <b>MPR</b> 2:30p <b>Happy Hour w/ Music by Randy</b> <b>L</b> 6:30p Pool/Billiards with Friends <b>L</b></p>	<p><b>14</b></p> <p>11:00a Engaged Senior <b>L</b> 12:00p Bocce Ball <b>L</b> 1:30p Hand &amp; Foot <b>L</b> 2:00p Afternoon Movie: <b>THR</b> 2:30p <i>Dazzle Day Jewelry by Salon 23</i> <b>L</b> 3:30p Yoga-Natalie <b>L</b> 4:30p <i>Share your Story: Reminiscing w/ Shaun</i> <b>L</b></p>	<p><b>15</b></p> <p>9:30a Publix Trip <b>ILF</b> 11:00a Bank &amp; Pharmacy <b>FD</b> 1:00p Bible Study-Jimmy <b>LIB</b> 2:00p <i>American House Humor</i> <b>THR</b> 2:30p Strength Conditioning w/ Legacy <b>L</b> 3:00p Rummikub <b>ART</b> 6:00p <b>LUEY Family Night</b> <b>L</b> <b>Feat. Comedic Magic of Matt Durham</b> <b>L</b></p>	<p><b>16</b></p> <p>9:30a Hunter's Music Experience <b>MS</b> 10:00a Yoga-Natalie <b>L</b> 1:00p <b>EngagedSenior: Wheel of Fortune</b> <b>THR</b> 1:30p Hand &amp; Foot <b>MPR</b> 1:30p Open Bible Study <b>LIB</b> 2:00p Afternoon Movie: <b>THR</b> 3:00p Nickle Left, Right, Center <b>ART</b> 6:30p You Call It BINGO <b>L</b></p>	<p><b>17</b></p> <p>10:00a <b>Chele Boutique</b> <b>MS</b> 10:00a <b>Aqua-Aerobics with Legacy's Emily</b> <b>PL</b> 11:00a News Currents w/ Betsy <b>L</b> 12:30p <b>Painting with Purpose: Alzheimers! Linda</b> <b>ART</b> 2:00p Afternoon Movie: <b>THR</b> 2:15p <b>Tech Time w/ Shaun</b> <b>LIB</b> 3:30p Bocce <b>MS</b></p>	<p><b>18</b></p> <p>9:30a Exercise Video <b>L</b> 10:00a <b>Outing: Sunken Gardens</b> <b>FD</b> 10:30a <b>Dori's Trunk Show</b> <b>MS</b> 12:00p Pool/Billiards with Friends <b>L</b> 1:30p Quarter Bingo <b>MPR</b> 2:30p Hand &amp; Foot <b>MPR</b> 2:30p <b>Karaoke w/ Linda</b> <b>THR</b> 3:30p Afternoon Movie: <b>THR</b> 4:30p Residents Reminiscing <b>L</b></p>
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**19**

<p>9:00a St. Jude's-Bus Run <b>FD</b> 10:00a Church Service on TV <b>THR</b> 10:00a 1st Methodist-Bus Run <b>FD</b> 10:30a Eucharist Distribution <b>THR</b> 1:30p Quarter Bingo <b>L</b> 2:30p Sports Sundays <b>L</b> 3:00p Rummikub <b>ART</b></p>	<p><b>20</b></p> <p>10:00a Aldi/Winn Dixie <b>FD</b> 10:00a Exercise with Natalie <b>L</b> 11:00a <i>Weekly Preview w/ Shaun</i> <b>L</b> 11:00a <b>Hymn Sing-along with Ruth</b> <b>THR</b> 11:30a <b>Lunch Bunch: Bonefish</b> <b>FD</b> 1:00p Engaged Senior <b>L</b> 2:30p <b>Birthday Celebration Happy Hour w/ Music by Randy</b> <b>L</b></p>	<p><b>21</b></p> <p>11:00a Engaged Senior <b>L</b> 12:00p Bocce Ball <b>L</b> 1:30p Hand &amp; Foot <b>L</b> 1:30p <b>Wellness U w/ Legacy</b> <b>THR</b> 2:00p Afternoon Movie: <b>THR</b> 3:30p Yoga-Natalie <b>L</b> 4:30p <i>Share your Story: Reminiscing w/ Shaun</i> <b>L</b></p>	<p><b>22</b></p> <p>9:30a Publix Trip <b>ILF</b> 1:00p Bible Study-Jimmy <b>LIB</b> 1:30p <b>LUEY Cooking Demo</b> <b>L</b> 2:30p Strength Conditioning w/ Legacy <b>L</b> 3:00p Rummikub <b>ART</b> 3:00p <b>Painting w/ Purpose</b> <b>ART</b> 3:30p <b>IL Planning Committee - Bistro</b> <b>L</b> 4:30p <b>Welcome Committee</b> <b>LIB</b></p>	<p><b>23</b></p> <p>9:30a Hunter's Music Experience <b>MS</b> 10:00a Yoga-Natalie <b>L</b> 1:00p <b>EngagedSenior: Wheel of Fortune</b> <b>THR</b> 1:30p Hand &amp; Foot <b>MPR</b> 3:00p Nickle Left, Right, Center <b>ART</b> 3:30p <b>Resident Council Meeting</b> <b>MPR</b> 6:30p You Call It BINGO <b>L</b></p>	<p><b>24</b></p> <p>10:00a <b>Aqua-Aerobics with Legacy's Emily</b> <b>PL</b> 11:00a News Currents w/ Betsy <b>L</b> 1:00p <b>Paint N' Sip with Nik</b> <b>ART</b> 2:00p Afternoon Movie: <b>THR</b> 2:15p <b>Tech Time w/ Shaun</b> <b>LIB</b> 3:30p Bocce <b>MS</b></p>	<p><b>25</b></p> <p>9:30a Exercise Video <b>L</b> 10:00a <b>Shopping Trip: Seminole City Center</b> <b>FD</b> 12:00p Pool/Billiards with Friends <b>L</b> 1:30p Quarter Bingo <b>MPR</b> 2:30p Hand &amp; Foot <b>MPR</b> 3:00p Engaged Senior Comedic Clips <b>THR</b> 4:30p Residents Reminiscing <b>L</b></p>
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**26**

<p>9:00a St. Jude's-Bus Run <b>FD</b> 10:00a Church Service on TV <b>THR</b> 10:00a 1st Methodist-Bus Run <b>FD</b> 10:30a Eucharist Distribution <b>THR</b> 1:30p Quarter Bingo <b>L</b> 2:30p Sports Sundays <b>L</b> 3:00p Rummikub <b>ART</b></p>	<p><b>27 MEMORIAL DAY</b></p> <p>10:00a Tyrone Area Shopping <b>FD</b> 10:00a Exercise with Natalie <b>L</b> 11:00a <i>Weekly Preview w/ Shaun</i> <b>L</b> 11:30a <b>Lunch Bunch: Carrabba's</b> <b>FD</b> 11:30a <b>Memorial Day BBQ</b> <b>DR</b> 1:00p Engaged Senior <b>L</b> 2:00p <i>Saving Private Ryan</i> <b>THR</b> 2:30p <b>New Resident Welcome Happy Hour w/ Music by Randy</b> <b>L</b></p>	<p><b>28</b></p> <p>11:00a Engaged Senior <b>L</b> 12:00p Bocce Ball <b>L</b> 1:30p Hand &amp; Foot <b>L</b> 2:00p Afternoon Movie: <b>THR</b> 2:00p <b>Bingo w/ Jaime</b> <b>L</b> 3:30p Yoga-Natalie <b>L</b> 4:30p <i>Share your Story: Reminiscing w/ Shaun</i> <b>L</b></p>	<p><b>29</b></p> <p>9:30a Publix Trip <b>ILF</b> 11:00a Bank &amp; Pharmacy <b>FD</b> 12:00p <b>Pizza Party!</b> <b>DR</b> 1:00p Bible Study-Jimmy <b>LIB</b> 2:30p Strength Conditioning w/ Legacy <b>L</b> 3:00p Rummikub <b>ART</b> 3:00p <b>Painting with Purpose: Alzheimer's! w/ Betsy</b> <b>ART</b></p>	<p><b>30</b></p> <p>9:30a Hunter's Music Experience <b>MS</b> 10:00a Yoga-Natalie <b>L</b> 1:00p <b>EngagedSenior: Wheel of Fortune</b> <b>THR</b> 1:30p Hand &amp; Foot <b>MPR</b> 2:00p Afternoon Movie: <b>THR</b> 3:00p Nickle Left, Right, Center <b>ART</b> 4:00p Ted Talks <b>THR</b> 6:30p You Call It BINGO <b>L</b></p>	<p><b>31</b></p> <p>10:00a <b>Aqua-Aerobics with Legacy's Emily</b> <b>PL</b> 11:00a News Currents w/ Betsy <b>L</b> 12:30p <b>Painting with Purpose: Alzheimers! Linda</b> <b>ART</b> 2:00p Afternoon Movie: <b>THR</b> 2:15p <b>Tech Time w/ Shaun</b> <b>LIB</b> 3:30p Bocce <b>MS</b></p>	
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