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National Suicide Hotline
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Alzheimers Association
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Institute of Aging Friendship Line
1-800-971-0016

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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 ❤️, 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.

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

TROY

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!

- 4/1 April Fools' Day
- 4/4 National Walking Day
- 4/5 Detroit Tigers Opening Day
- 4/8 2024 Total Solar Eclipse
- 4/13 Girl Scouts Visits
- 4/13 National Scrabble Day
- 4/17 Family Night! 5:00 p.m.
- 4/18 Monthly Birthday Party
- 4/22 Earth Day
- 4/26 National Pretzel Day

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!



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SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY					
<div>April 2024</div>												LOCATION KEY											
												<div>2FA2nd Floor Activity Room</div> <div>ACAnytime Cafe</div> <div>DRDining Room</div> <div>LRLiving Room</div>			<div>OUTOuting</div> <div>PATPatio</div> <div>THRTheater</div> <div>MTThe Medical Team</div>								
			01APRIL FOOLS' DAY			02			03			04			05			06					
			8:30a Exercise DR 10:00a Bible Discussion 2FA 10:00a Trivia AC 2:00p Scrabble AR 2:00p Grief Support w/Gwen THR 3:00p EngagedSenior Games THR 7:00p Bingo \$1 DR			8:30a Exercise DR 9:30a Dollar Tree Outing OUT 11:30a Word Scramble LR 2:30p Move & Groove w/Susette DR 3:30p UNO AC 6:00p Table Games / Cards 2FA			8:30a Exercise DR 10:00a Hangman LR 12:00p Snack Cart THR 2:30p New Res. Meet & Greet AC 2:30p Ice Cream Cones AC 7:00p Bingo \$1 DR			8:30a Exercise DR 9:30a Kroger OUT 10:00a Scrabble AC 11:30a Walking Group PAT 2:30p Ent.: Red Barn Band DR 2:30p Happy Hour DR 6:00p Blackjack 2FA			8:30a Exercise DR 10:00a Game - Spintopia THR 1:00p Tigers Opening Day Game THR 2:30p Bowling AC 3:00p Blood Pressure Check MT 7:00p Bingo \$1 DR			10:00a Wii Bowling THR 10:30a "Alexa" Music LR 10:30a Rosary AR 2:00p Euchre 2FA 2:00p Afternoon Movie THR 6:00p Card Sharks 2FA					
			07			08			09			10			11			12			13		
			10:30a Therapy in Color 2FA 12:00p Guitar & Sing w/Steve LR 1:00p Communion W/ John TV 2:00p Pinochle 2FA 2:30p Sunday Matinee TV 6:00p Wii Games THR			8:30a Exercise DR 10:00a Bible Discussion 2FA 10:00a (Classic Cinema Trivia) AC 10:00a Brain Matters- AC 2:00p Scrabble AR 2:00p Solar Eclipse Viewing PAT 3:00p EngagedSenior Games THR 7:00p Bingo \$1 DR			8:30a Breakfast Bunch-Maple Leaf OUT 9:00a Exercise Video THR 10:00a A.H. Mystery Book Club AC 2:30p Entertainment- Dennis F. DR 2:30p Happy Hour DR 6:00p Table Games / Cards 2FA			8:30a Exercise DR 10:00a Words in a Word Game LR 12:00p Snack Cart THR 2:00p Blackjack AR 2:30p Devotions & Hymns TV 7:00p Bingo \$1 DR			8:30a Exercise DR 9:30a Meijer OUT 10:00a Euchre AC 2:00p "LUEY" Cooking Demo AC 3:00p Card Sharks AC 6:00p Blackjack 2FA			8:30a Exercise DR 10:00a Art & Design w/ Ann & Jan 2FA 10:00a Game - Spintopia THR 2:30p Bowling AC 3:00p Blood Pressure Check MT 7:00p Bingo \$1 DR			10:00a Wii Bowling THR 10:30a "Alexa" Music LR 10:30a Crafts/Cookies w/Girl Scouts 2FA 2:00p Euchre 2FA 2:00p Afternoon Movie THR 6:00p Card Sharks 2FA		
			14			15TAX DAY BOSTON MARATHON			16			17			18			19			20		
			10:30a Therapy in Color 2FA 1:00p Communion W/ John TV 2:00p Pinochle 2FA 2:30p Sunday Matinee TV 6:00p Wii Games THR			8:30a Exercise DR 10:00a Bible Discussion 2FA 10:00a Trivia AC 2:00p Scrabble AR 2:00p Grief Support & Music THR 3:00p EngagedSenior Games THR 7:00p Bingo \$1 DR			8:30a Exercise DR 10:00a Fun & Games-Classic Cinema AC 11:00a Lunch at Kwong Tung OUT 2:00p DIA Guest Speaker DR 2:30p Topic- Picturing Music DR 6:00p Table Games / Cards 2FA			8:30a Resident Meeting DR 9:00a Exercise DR 10:00a Hangman LR 12:00p Snack Cart THR 2:30p Candy Bar / Chips Bingo DR 5:00p Family Night- B'fast at Tiffany's DR 5:00p Entertainment- Vanessa C DR 7:00p Bingo \$1 DR			8:30a Exercise DR 9:30a Meijer OUT 10:00a Trivia AC 2:30p Entertainment- Gary P. DR 2:30p Birthday Party! DR 6:00p Blackjack 2FA			8:30a Exercise DR 10:00a Game - Spintopia THR 2:30p Bowling AC 3:00p Blood Pressure Check MT 7:00p Bingo \$1 DR			10:00a Wii Bowling THR 10:30a "Alexa" Music LR 10:30a Rosary AR 2:00p Euchre 2FA 2:00p Afternoon Movie THR 6:00p Card Sharks 2FA		
			21			22EARTH DAY PASSOVER BEGINS			23			24ADMINISTRATIVE PROFESSIONALS DAY			25			26ARBOR DAY			27		
10:30a Therapy in Color 2FA 12:00p Guitar & Sing w/Steve LR 1:00p Communion W/ John TV 2:00p Pinochle 2FA 2:30p Sunday Matinee TV 6:00p Wii Games THR			8:30a Exercise DR 10:00a Bible Discussion 2FA 10:00a Trivia AC 2:00p Scrabble AR 2:30p Sing Along w/ Sara AC 3:00p EngagedSenior Games THR 7:00p Bingo \$1 DR			8:30a Exercise DR 10:00a Cornhole Game AC 2:00p 2U Vision Store LR 2:30p Wellness U w/Jennie AC 2:30p Topic- Parkinson's AC 6:00p Table Games / Cards 2FA			8:30a Exercise DR 10:00a Words in a Word Game AR 12:00p Snack Cart THR 2:30p Entertainment- George S. DR 7:00p Bingo \$1 DR			8:30a Exercise DR 9:30a Meijer OUT 10:00a Conversation Cards LR 2:30p Entertainment- Kelly M. DR 2:30p Happy Hour DR 6:00p Blackjack 2FA			8:30a Exercise DR 10:00a Game - Spintopia THR 2:30p Bowling AC 3:00p Blood Pressure Check MT 7:00p Bingo \$1 DR			10:00a Wii Bowling THR 10:30a "Alexa" Music LR 2:00p Euchre 2FA 2:00p Afternoon Movie THR 6:00p Card Sharks 2FA					
28			29			30PASSOVER ENDS			BIRTHDAYS														
10:30a Therapy in Color 2FA 1:00p Communion W/ John TV 2:00p Pinochle 2FA 2:30p Sunday Matinee TV 6:00p Wii Games THR			8:30a Exercise DR 10:00a Bible Discussion 2FA 10:00a Trivia AC 2:00p Scrabble AR 2:00p Grief Support w/Gwen THR 3:00p EngagedSenior Games THR 7:00p Bingo \$1 DR			8:30a Exercise DR 10:00a Reminisce & Cookies AC 11:00a Lunch at Esplendido Rest. OUT 2:30p Entertainment- Kathleen T. DR 2:30p Happy Hour DR 6:00p Table Games / Cards 2FA						4/1 Patricia D. 4/1 Carol C. 4/5 Timothy K. 4/8 Loretta B. 4/8 Earl E. 4/16 Barbara A.						4/16 "Holly" M. 4/28 Beverly J.					