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National Suicide Hotline
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Alzheimers Association
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Institute of Aging Friendship Line
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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.

FOLLOW US ON FACEBOOK

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

WEST BLOOMFIELD

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!

- New Resident Welcome 4/5
- Resident Birthday Event 4/12
- Cooking Demo 4/16
- Family Fun Night 4/17
- Wellness U: Hospice MI 4/18
- Resident town hall 4/23
- Art/Design 4/22
- Brain Matters 4/26

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

April 2024

LOCATION KEY

- ALD AL Dining Room
- B Bistro
- CE Chair Exercise Room
- DR Dining Room
- GC Garden Court
- LO Lobby
- MPR Multipurpose Room
- OUT Outing
- O Outside
- THR Theater

01 APRIL FOOLS' DAY			02			03			04			05			06					
			8:00a Happy National Burrito day! LO	10:00a Chair exercise CE	10:00a Chair exercise CE	10:00a Chair exercise CE	10:00a Chair exercise CE	10:00a Chair exercise CE	8:00a Tiger's Opening day! LO	10:00a Coffee/Conversation LO	10:00a Coffee/Conversation LO	10:00a Coffee/Conversation LO	10:00a Coffee/Conversation LO	10:00a Coffee/Conversation LO	10:00a Coffee/Conversation LO	10:00a Coffee/Conversation LO				
			8:00a Happy April Fools day! LO	11:00a Lobby word game LO	11:00a Lobby word game LO	11:00a Lobby word game LO	11:00a Lobby word game LO	11:00a Left, Right, Center table game CE	11:00a Left, Right, Center table game CE	11:00a Left, Right, Center table game CE	10:00a Chair exercise CE	10:30a Let's play dominoes B	10:30a Let's play dominoes B	10:30a Let's play dominoes B	10:30a Let's play dominoes B	10:30a Let's play dominoes B	10:30a Let's play dominoes B			
			10:00a Chair exercise CE	1:00p Syd Fit Exercise class CE	1:00p Drumming Therapy CE	1:00p Drumming Therapy CE	1:00p Drumming Therapy CE	11:00a Chair exercise CE	11:00a Chair exercise CE	1:00p Adult coloring B	1:00p Adult coloring B	1:00p Adult coloring B	1:00p Adult coloring B	1:00p Adult coloring B	1:00p Adult coloring B					
			11:00a Lobby word game LO	2:30p Bingo Time! DR	2:30p Church Service THR	2:30p Church Service THR	2:30p Church Service THR	11:00a Lobby word game LO	1:00p Puzzle time B	1:00p Puzzle time B	1:00p Puzzle time B	1:00p Puzzle time B	1:00p Puzzle time B	1:00p Puzzle time B	1:00p Puzzle time B					
			2:30p Walk with Me! LO	5:30p Evening movie with popcorn THR	2:30p Church Service THR	2:30p Church Service THR	2:30p Church Service THR	1:30p Jewelry Class MPR	3:00p Resident Birthday (monthly)Event LO	2:30p Bingo time DR	2:30p Bingo time DR	2:30p Bingo time DR	2:30p Bingo time DR	2:30p Bingo time DR	2:30p Bingo time DR					
			5:30p Evening movie with Popcorn THR		3:30p Happy hour/ Live Entertainment LO	3:30p Happy hour/ Live Entertainment LO	3:30p Happy hour/ Live Entertainment LO	2:00p Brain Matters: Main games B	3:30p Happy hour/ Live Entertainment LO	3:00p Puzzle time B	3:00p Puzzle time B	3:00p Puzzle time B	3:00p Puzzle time B	3:00p Puzzle time B	3:00p Puzzle time B					
					4:00p Hangman word game LO	4:00p Hangman word game LO	4:00p Hangman word game LO	3:30p Evening movie with popcorn THR												
07			08			09			10			11			12			13		
10:00a Morning walk O			10:00a Chair exercise CE			10:00a Chair exercise CE			10:00a Chair exercise CE			10:00a Chair exercise CE			10:00a Chair exercise CE			10:00a Coffee/Conversation LO		
11:00a Coffee/Conversation B			11:00a Left, Right, Center table game MPR			1:00p Boom whickers Exercise class CE			1:00p Casino trip OUT			12:30p Puzzle time B			11:00a Left, Right, Center table game MPR			10:30a Let's play dominoes B		
1:00p Adult coloring B			2:00p Art Class with Latresa MPR			2:30p Bingo Time! DR			2:30p Church Service THR			2:30p Bingo Time! DR			1:00p Puzzle time B			1:00p Zen coloring B		
3:00p Table card game B			2:00p Art/Design B			3:30p Happy hour/ Live Entertainment LO			3:30p Left, Right, Center table game LO			3:00p Adult coloring "ZEN" THR			3:00p Resident Birthday (monthly)Event LO			2:30p Bingo time DR		
5:00p Evening walk O			4:00p Walk with ME! LO						4:00p Hangman word game LO			5:30p Evening movie THR			3:30p Happy hour/ Live Entertainment LO			3:00p Puzzle time B		
14			15 TAX DAY BOSTON MARATHON			16			17			18			19			20		
10:00a Morning walk O			10:00a Chair exercise CE			10:00a Chair exercise CE			10:00a Chair exercise CE			10:00a Chair exercise CE			10:00a Chair exercise CE			10:00a Coffee/Conversation LO		
11:00a Coffee/Conversation B			11:00a Slapz card table game MPR			1:00p Boom whickers Exercise class CE			11:00a Slapzi card game MPR			1:00p Wellness U: Hospice of Michigan presentation with refreshments B			11:00a Slapzi card game MPR			10:30a Let's play dominoes B		
1:00p Adult coloring B			1:00p Jewelry class MPR			1:00p Cooking Demo with the chef MPR			12:30p Afternoon movie THR			2:30p Michigan presentation with refreshments DR			11:00a Slapzi card game MPR			1:00p Zen coloring B		
3:00p Table card game B			3:30p Crafting time B			2:30p Bingo Time! DR			2:30p Church Service THR			2:30p Bingo Time! DR			3:30p Happy hour/ Live Entertainment LO			2:30p Bingo time DR		
5:00p Evening walk O			5:30p Evening movie THR			5:30p Evening movie THR			3:30p Happy hour/ Live Entertainment LO			3:00p Adult coloring B			3:00p Happy hour/ Live Entertainment LO			3:00p Puzzle time B		
						5:30p Evening movie THR			5:00p Family Fun Night! LO			5:30p Evening movie THR								
21			22 EARTH DAY PASSOVER BEGINS			23			24 ADMINISTRATIVE PROFESSIONALS DAY			25			26 ARBOR DAY			27		
10:00a Morning walk O			8:00a Passover LO			10:00a Chair exercise CE			10:00a Chair exercise CE			10:00a Chair exercise CE			10:00a Chair exercise CE			10:00a Coffee/Conversation LO		
11:00a Coffee/Conversation B			8:00a Happy Earth day! LO			11:00a Movie Trip CE			11:00a Lunch outing OUT			11:00a Slapzi card game MPR			11:00a Brain Matters: working with the main B			10:30a Let's play dominoes B		
1:00p Adult coloring B			10:00a Chair exercise CE			11:00a Drumming Therapy CE			11:00a Lobby word game LO			2:30p Bingo Time! DR			1:00p Jewelry class MPR			1:00p Zen coloring B		
3:00p Table card game B			11:00a Meditation hour THR			1:30p Resident Town Hall Meeting DR			2:30p Church Service THR			3:00p Slpzi card game MPR			3:30p Happy hour/ Live Entertainment LO			2:30p Bingo time DR		
5:00p Evening walk O			11:00a Art/Design B			2:30p Bingo Time! DR			3:00p Slpzi card game MPR			5:30p Evening movie THR			5:30p Evening movie THR			3:00p Puzzle time B		
			5:30p Evening movie THR						5:30p Evening movie THR											
28			29			30 PASSOVER ENDS			APRIL SHOWERS			BIRTHDAYS								
10:00a Morning walk O			10:00a Chair exercise CE			10:00a Chair exercise CE						Happy Birthday to all the Residents birthday's in April!!!								
11:00a Coffee/Conversation B			11:00a Lobby word game LO			11:00a Feel the Beat CE														
1:00p Adult coloring B			12:30p Jewelry class MPR			1:30p Walk with Me! LO														
3:00p Table card game B			2:00p Let's make Smoothies LO			2:30p Bingo Time! DR														
5:00p Evening walk O			5:30p Evening movie THR			5:30p Evening movie THR														

All activities subject to change.