

CONTACTS

- Executive Director**  
Tabitha Sheriff
- Community Relations Director**  
Casaundra Boyd
- Culinary Director**  
Tommie Coleman
- Life Enrichment Director**  
Robbin Larkin
- Maintenance Director**  
Morris Davis

**Housekeeping Director**  
Stephanie Cadeau

**The Medical Team**  
Linda, Keisha, Ashely

**Office Support**  
Alexis Jones

National Suicide Hotline  
988

Alzheimers Association  
1-800-272-3900

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

**American House  
Westland Hunter**  
35700 Hunter Ave  
Westland | MI | 48185  
734.238.3070  
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**American House**  
SENIOR LIVING COMMUNITIES

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.

WESTLAND HUNTER

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!

- Family Night
- Drive In Movie
- Townhall Meeting
- Cherry On Top Ice Cream Social
- Cup Cake Demo/Sale
- Fiesta Bingo
- Food Committee Meeting

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!

 FOLLOW US ON FACEBOOK

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY																		
<div><h1>April 2024</h1></div>												LOCATION KEY																								
												IFL 1 <sup>st</sup> Floor BG Butterfly Garden CAF Café CTR Craft Room DR Dining Room FPO Front Porch			LO Lobby OUT Outing PAT Patio S Salon SOL Solarium APT Your Apartment																					
			01	APRIL FOOLS' DAY			02				03				04				05				06													
			9:00a Game 10:30a 11:00a 1:30p 2:00p	Classic Cinema Recall  Chair Volleyball Balance Class Community Store BINGO			LO SOL CAF CAF DR	9:00a 10:00a 1:30p 3:00p 6:00p	Brain Games Grocery Outing Quarter Toss Protestant Services Movie Time			CAF Out SOL CTR CAF	9:30a 11:00a 2:00p 2:00p 3:00p 6:00p	Trivia Stylin with Ameila Steve Kouich Happy Hour Wellness U Euchre Night			CAF S CAF CAF CAF DR	9:30a 10:30a 12:30p 2:00p 3:30p	Brain Games Chair Zumba Arts & Crafts BINGO! Reading with Robbin			CAF CAF CAF DR SOL	10:30a 12:00p 2:00p 3:00p 3:00p 6:00p	Chair Volleyball Coloring and Convo Keno Board Game Painting with Durwood Spintopia Card Club			SOL CAF DR CAF SOL DR	10:30a 1:00p 2:00p 3:00p 4:00p	Hangman UNO BINGO! Movie Matinee Red Hat Society			CAF CAF DR CAF CTR				
07			08			09			10			11			12			13																		
9:00a 10:00a 10:00a Henry 10:00a 3:00p 6:00p			Morning News Cup Cake Demonstration/Sale Worship Service w/ Pastor Catholic Services Trivia Puzzles			CAF CAF CAF CAF CTR CAF CTR	10:00a 10:00a 10:30a 11:00a 1:30p 2:00p	Board Game Day! Cup Cake Demo/Sale Chair Volleyball Balance Class Community Store BINGO			CAF CAF SOL CAF CAF DR	9:00a 10:00a 1:30p 2:00p 3:00p 3:00p	Brain Games Grocery Outing Quarter Toss Resident Town Hall Meeting Drive in Movie Protestant Services			CAF Out SOL SOL DR CAF CTR	9:30a 11:00a 2:00p 2:00p 6:00p	Trivia Stylin with Ameila Steve Kouich Wine Tasting Event  Euchre Night			CAF S CAF CAF DR SOL	9:30a 10:30a 12:30p 2:00p 3:30p	Brain Games Chair Zumba Arts & Crafts Fiesta Bingo! Reading with Robbin			CAF CAF CAF DR SOL	10:30a 12:00p 12:00p 2:00p 3:00p 6:00p	Chair Volleyball Coloring and Convo Knitting Club Keno Board Game Cherry on Top Ice Cream  Card Club			SOL CAF SOL DR CAF SOL DR	10:30a 1:00p 2:00p 3:00p 4:00p	Hangman UNO BINGO! Movie Matinee Red Hat Society			CAF CAF DR CAF CTR
14			15 TAX DAY   BOSTON MARATHON			16			17			18			19			20																		
9:00a 10:00a Henry 10:00a 3:00p 6:00p			Morning News Worship Service w/ Pastor  Catholic Services Trivia Puzzles			CAF CAF CAF CAF CTR	10:00a 10:30a 11:00a 1:30p 2:00p 2:00p	Board Game Day! Chair Volleyball Balance Class Community Store BINGO Cooking Demo			CAF SOL CAF CAF DR DR	9:00a 10:00a 1:30p 2:00p 3:00p 6:00p	Brain Games Grocery Outing Quarter Toss Food Committee Meeting  Protestant Services Movie Time			CAF Out SOL SOL CTR CAF	9:30a 11:00a 2:00p 2:00p 5:00p 6:00p	Trivia Stylin with Ameila Steve Kouich Happy Hour Family Night Euchre Night			CAF S CAF CAF DR DR	9:30a 10:30a 12:30p 2:00p 3:30p	Brain Games Chair Zumba Arts & Crafts BINGO! Reading with Robbin			CAF CAF CAF DR SOL	10:30a 11:00a 12:00p 2:00p 3:00p 3:00p 6:00p	Chair Volleyball John Hanba Coloring and Convo Keno Board Game Painting with Durwood Spintopia Card Club			SOL DR CAF DR CAF SOL DR	10:30a 1:00p 2:00p 3:00p 4:00p	Hangman UNO BINGO! Movie Matinee Red Hat Society			CAF CAF DR CAF CTR
21			22 EARTH DAY   PASSOVER BEGINS			23			24 ADMINISTRATIVE PROFESSIONALS DAY			25			26 ARBOR DAY			27																		
9:00a 10:00a Henry 10:00a 3:00p 6:00p			Morning News Worship Service w/ Pastor  Catholic Services Trivia Puzzles			CAF CAF CAF CAF CTR	10:00a 10:30a 11:00a 1:30p 2:00p	Board Game Day! Chair Volleyball Balance Class Community Store BINGO			CAF SOL CAF CAF DR	9:00a 10:00a 1:30p 3:00p 6:00p	Brain Games Grocery Outing Quarter Toss Protestant Services Movie Time			CAF Out SOL CTR CAF	9:30a 11:00a 2:00p 2:00p 6:00p	Trivia Stylin with Ameila Steve Kouich Happy Hour Euchre Night			CAF S CAF CAF DR	9:30a 10:30a 12:30p 2:00p 3:30p 3:30p	Brain Games Chair Zumba Arts & Crafts BINGO! Birthday Bash! Reading with Robbin			CAF CAF CAF DR CAF SOL	10:30a 12:00p 12:00p 1:00p 2:00p 3:00p 6:00p	Chair Volleyball Coloring and Convo Knitting Club Birthday Bash Keno Board Game Spintopia Card Club			SOL CAF SOL CAF DR CAF SOL DR	10:30a 1:00p 2:00p 3:00p 4:00p	Hangman UNO BINGO! Movie Matinee Red Hat Society			CAF CAF DR CAF CTR
28			29			30 PASSOVER ENDS			BIRTHDAYS																											
9:00a 10:00a Henry 10:00a 3:00p 6:00p			Morning News Worship Service w/ Pastor  Catholic Services Trivia Puzzles			CAF CAF CTR CAF CTR	10:00a 10:30a 11:00a 1:30p 2:00p	Board Game Day! Chair Volleyball Balance Class Community Store BINGO			CAF SOL CAF CAF DR	9:00a 10:00a 1:30p 2:00p 3:00p 6:00p	Brain Games Grocery Outing Quarter Toss Welcome Home Meet & Greet Protestant Services Movie Time			CAF Out SOL CAF CTR CAF			Roosevelt T. 4/2 John R. 4/12 Ronald I. 4/13 Marcus P. 4/17 Steve N. 4/19																	

All activities subject to change.