

CONTACTS

Executive Director
Jennifer Jones

Wellness Director
Jay Cline

Memory Care Director
Hannah Muenzner

Life Enrichment Director
Sarah Ritchie

Dietary Director
Jaime Hiefner

Maintenance Director
Gary Wanagitis

Customer Relations Director
Talbot Fields

Heather Woody
Business Office Director

National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

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

**American House
West Knoxville**
8024 Gleason Dr
Knoxville | TN | 37919
865.223.6128
AmericanHouse.com

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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.



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.

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LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

WEST KNOXVILLE

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.

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!



APRIL 2024 EVENTS!

- Monthly Family Event
- Frank and Friends
- Marc Beecher
- Smokey Mountain Variety Show
- Professional Art Classes
- JJ and Friends
- The No Name Band
- Bingo with great prizes!
- Karaoke Happy Hour
- Wellness U with Kasha

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

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

April 2024

LOCATION KEY

AR Activity Room	LIB Library	THR Theater
CHP Chapel	LO Lobby	
DR Dining Room	MC Memory Care	
FLR Florida Room	MCL Memory Care Living Room	
FD Front Desk	OUT Outing	
GR Game Room	O Outside	
LR Living Room	PAT Patio	

01 APRIL FOOLS' DAY		02		03		04		05		06			
	10:00a Devotion AR 10:30a Sittercise AR 11:30a 1950s Trivia LO 1:30p Farkle AR 2:00p Manicures AR 3:00p Bingo AR	10:00a Devotion AR 10:30a Chair Zumba AR 11:30a 1960's Trivia LR 1:00p Movie: "Breakfast at Tiffany's" LR 3:00p Menu Chat LR	10:00a Devotion AR 10:30a Exercise with Brian AR 11:30a Random Trivia LR 1:30p Art with Sheryl AR 3:00p Bingo AR	10:00a Devotion AR 10:30a Balloon Bop AR 11:00a Catholic Communion CHP 11:30a Music Trivia LR 1:30p Farkle AR 3:00p Cornhole LR	10:00a Devotion AR 10:30a Keep the Beat Exercise AR 11:30a Friday Fun Trivia LO 1:00p Kings in the Corner AR 2:00p Happy Hour with Marc Beecher LO	10:00a Walking for Fitness GR 11:00a Putt the Green LR 1:00p Word Puzzles LR 1:30p Movie Matinee LR 3:00p Sunshine and Socialize PAT							
07		08		09		10		11		12		13	
10:00a Walking for Fitness LR 11:00a Sunday Service on CW20 O 1:00p Sunshine and Socialize CHP 2:00p Devotions LR 3:00p Hallmark Movie	10:00a Devotion AR 10:30a Sittercise AR 11:30a 1950s Trivia LO 1:30p Farkle AR 2:00p Cooking Demo with Jaime AR 3:00p Bingo AR	10:00a Devotion AR 10:30a Chair Zumba AR 11:30a 1960's Trivia LR 1:30p Manicures AR 2:30p Brain Matters AR 3:00p Menu Chat LR	10:00a Devotion AR 10:30a Exercise with Brian AR 11:30a Random Trivia LR 1:30p Art with Sheryl AR 3:00p Bingo AR	10:00a Devotion AR 10:30a Balloon Bop AR 11:00a Catholic Communion CHP 11:30a Music Trivia LR 1:30p Farkle AR 2:30p Wellness with with Kasha AR	10:00a Devotion AR 10:30a Keep the Beat Exercise AR 11:00a Lunch Bunch to Texas Roadhouse OUT 1:00p Kings in the Corner AR 2:00p Karaoke Happy Hour AR	10:00a Walking for Fitness GR 11:00a Putt the Green LR 1:00p Word Puzzles LR 1:30p Movie Matinee LR 3:00p Sunshine and Socialize PAT							
14		15 TAX DAY BOSTON MARATHON		16		17		18		19		20	
10:00a Walking for Fitness LR 11:00a Sunday Service on CW20 O 1:00p Sunshine and Socialize CHP 2:00p Devotions LR 3:00p Hallmark Movie	10:00a Devotion AR 10:30a Sittercise AR 11:30a 1950s Trivia LO 1:30p Farkle AR 2:00p Cooking Class with Jaime AR 3:00p Bingo AR	9:00a Wear Your Pajamas	10:00a Devotion AR 10:30a Exercise with Brian AR 11:30a Random Trivia LR 1:00p Resident Birthday Party featuring: The No Name Band LO 3:00p Bingo AR	10:00a Devotion AR 10:30a Resident Council CHP 11:00a Catholic Communion CHP 11:30a Music Trivia LR 1:30p Farkle AR 2:30p New Resident Karaoke Social LR 5:00p Family Night: Breakfast at Tiffanys LO	10:00a Devotion AR 10:30a Keep the Beat Exercise AR 11:30a Friday Fun Trivia LO 1:00p Kings in the Corner AR 2:00p Happy Hour featuring: Frank and Friends LO	10:00a Walking for Fitness GR 11:00a Putt the Green LR 1:00p Word Puzzles LR 1:30p Movie Matinee LR 3:00p Sunshine and Socialize PAT							
21		22 EARTH DAY PASSOVER BEGINS		23		24 ADMINISTRATIVE PROFESSIONALS DAY		25		26 ARBOR DAY		27	
10:00a Walking for Fitness LR 11:00a Sunday Service on CW20 O 1:00p Sunshine and Socialize CHP 2:00p Devotions LR 3:00p Hallmark Movie	10:00a Devotion AR 10:30a Sittercise AR 11:30a 1950s Trivia LO 1:30p Farkle AR 3:00p Bingo AR	10:00a Day Trip to the Little Ponderosa Zoo OUT	10:00a Devotion AR 10:30a Exercise with Brian AR 11:30a Random Trivia LR 1:30p Art with Sheryl AR 3:00p Bingo AR	10:00a Devotion AR 10:30a Balloon Bop AR 11:00a Catholic Communion CHP 11:30a Music Trivia LR 1:30p Farkle AR 3:00p Music with Smokey Mountain Variety Show LO	10:00a Devotion AR 10:30a Keep the Beat Exercise AR 11:30a Friday Fun Trivia LO 1:00p Kings in the Corner AR 2:00p Karaoke Happy Hour LR	10:00a Walking for Fitness GR 11:00a Putt the Green LR 1:00p Word Puzzles LR 1:30p Movie Matinee LR 3:00p Sunshine and Socialize PAT							
28		29		30 PASSOVER ENDS		BIRTHDAYS							
10:00a Walking for Fitness LR 11:00a Sunday Service on CW20 O 1:00p Sunshine and Socialize CHP 2:00p Devotions LR 3:00p Hallmark Movie	10:00a Devotion AR 10:30a Sittercise AR 11:30a 1950s Trivia LO 1:30p Farkle AR 3:00p Bingo AR	10:00a Devotion AR 10:30a Chair Zumba AR 11:30a 1960's Trivia LR 1:00p Jj and Friends LO 3:00p Menu Chat LR	 <p>Mary M.- 4/01 Elmer- 4/18</p>										

All activities subject to change.