

The Patriot

American House Charlevoix

615 Petoskey Avenue | Charlevoix | Michigan | 49720
(231) 547-2599 | americanhouse.com

Your Friendly Staff

Executive Director	Brenda Keller
Office Assistant	Sue Goss
Culinary Director	Patsy Veenstra
Maintenance Director	Ted McGlinch
Life Enrichment Director	Barb Kenwabikise
Weekend Office Support	Gail Dalpra
Stylist	Gwen Anderson

Important Numbers

Office	(231) 547-2599
AdvisaCare	(231) 373-8492
Salon	(231) 675-0791



Office Hours

Monday through Friday
8:30 a.m. to 5 p.m.
Saturday and Sunday
10 a.m to 2 p.m.

email: charlevoix@americanhouse.com

September 2017

Grandparents Day/Family Picnic

Join us on Sunday, September 10th, from 12:00-2:00 pm to celebrate Grandparents Day!!

This will be a carnival-themed outdoor celebration with a full picnic lunch. We will enjoy hamburgers, hot dogs, baked beans, watermelon and more. We even have an ice cream truck delivering dessert!! Guests are invited to eat outside with family and friends during our celebration for grandparents. There will be games, face painting and activities to participate in.



The Gift of 'Grands'

Recognizing the importance of the bonds between generations, Grandparents Day honors the gifts that grandparents and grandfriends bring to families and communities. Celebrate the first Sunday after Labor Day and throughout September, which is Intergeneration Month.

Information

An Important To-Do: Protect Against the Flu

According to WebMD, flu season can start as early as mid-October and run through the end of May. The Health Department will hold a flu shot clinic on Tuesday, October 17, starting at 9:00 am until Noon, offering flu shots to residents, staff, family members and the community. More information to come. If you have any questions, please see Sue or Brenda in the front office.

Choir Update

Choir is an important part of American House Charlevoix. Please join Margaret and your neighbors every Tuesday at 11:15 am by the piano. Everyone is welcome. We are looking for new members!



Happy Birthday



8th	Angie S.
8th	Dewey C.
15th	Pat E.
20th	Ellen M.
23rd	Judy W.

Welcome New Residents

Ann R.
Dolly C.
Jackie

Spiritual Corner

3rd	Mennonite Church Choir
3rd	Sunday Service
5th	Bible Study
6th	Scripture and Communion
10th	Sunday Service
12th	Bible Stories
13th	Scripture and Communion
17th	Sunday Service
19th	Bible Stories
19th	Community Reformed Church
20th	Scripture and Communion
24th	Sunday Service
26th	Bible Stories
27th	Scripture and Communion

FRIENDLY REMINDERS

HOUSEKEEPING

Please mark all your clothing and linens with your apartment number.

DIETARY

Please inform the dietary staff two hours before a meal if you are having a guest or you prefer the alternative meal of the day.

Meal Prices per Guest

\$4 Breakfast
\$7 Dinner (\$10 Holiday)
\$5 Supper

SIGN-OUT SHEET

Please sign out upon leaving the building and sign in upon returning. This policy is for emergency purposes.

SCHEDULED OUTINGS

Please sign up early for outings. Trips may be cancelled if there are no advanced sign-ups.

MAINTENANCE

Please report all maintenance requests to the front office. Please do not install your own curtain rods or shelving. Our maintenance department will install these items at no additional charge.

Thank you!

PENDANTS

Please remember that Pendants are for emergency use only. If you use them for non-emergency services, you may incur a fee.

Wit & Wisdom

American House Appreciates You: Our Residents!

Join us during the week of September 10th – 15th as we host various special events to celebrate YOU.

Sunday the 10th: Our Annual Grandparents Day Celebration

Monday the 11th: Milk and Cookies in the evening

Tuesday the 12th: Fresh Roasted Corn

Wednesday the 13th: Eggs Your Way

Thursday the 14th: Ice Cream Social

Friday the 15th: Resident Appreciation Dinner and Happy Hour

Thank You for Choosing American House!



Out & About

- 5th 9-2:00 Open Transportation
- 6th 2:00 Walmart Shopping Trip
- 12th 9-2:00 Open Transportation
- 13th 12:00 R.O.M.E.O. Luncheon
- 19th 12:00 Kelsey B Lunch
- 19th 2:30 Country Ride
- 20th 2:00 Petoskey Shopping Trip
- 26th 9-2:00 Open Transportation
- 27th 1:30 Odawa Casino Trip

Free Hand Massages

Join us for a free hand massage Tuesday, September 5, at 1:00 pm beside the fireplace.

Massage for the elderly involves gentle stroking, kneading, and the application of light pressure on specific points. Senior citizens greatly benefit from massage by gaining an increased range of motion, strengthening muscles while reducing tension.

Entertainment Corner

- 5th Choir Practice
- 5th Hand Massages with Alyssa
- 9th Cards with Marty
- 10th Don Rivers
- 12th Choir Practice
- 13th Roger's Keyboard Oldies
- 18th Roger's Keyboard Oldies
- 19th Choir Practice
- 20th Charlevoix Ukulele Band
- 21st Watercolors with Maggie
- 25th Roger's Keyboard Oldies
- 26th Choir Practice
- 27th Tag-A-Longs

Watercolors With Maggie

Express yourself with painting on Thursday, September 21st, at 1:00 pm in the Library. All watercolor painting materials are supplied for this free painting class. Maggie will be back to teach the techniques of an amazing display of color. Enjoy the relaxation painting can give you. Beginners are always as welcome as the experienced person.

NO EXCUSE NOT TO EXERCISE

Some seniors may think that staying sedentary conserves their energy and keeps them safe, but nothing could be further from the truth. Research shows that inactivity contributes to chronic health problems and keeping muscles toned can help prevent falls. Other seniors may worry that they're too old to start exercising, but better fitness can begin at any age. Walking and other light activities can deliver big benefits. Diminished mobility is no reason to shun exercise, either. Many exercises, such as lifting light weights and stretching, can be performed in a chair or bed. Check with your doctor before starting an exercise program. **Join us each day in the common area at 10:30 for our strength training class.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 Coffee and Conversation 10:30 Strength Training 11:15 Strolling Around (walking group) 1:30 Bridge Group 2:00 Blackjack 3:30 Social Hour	2 10:30 Strength Training 12:30 Brain Teasers 1:30 Bingo 3:00 Popcorn & Movie
3 10:30 Strength Training 12:00 ■ Mennonite Church Choir 12:30 Trivia 2:00 Resident's Choice 3:30 Sunday Service	4 Labor Day 10:30 Strength Training 11:15 Strolling Around (walking group) 2:00 Ice Cream Social	5 9:00 Coffee and Conversation 9:00 ■ -2:00 Open Transportation 10:00 Bible Study 10:30 Strength Training 11:15 ■ Choir Practice 11:15 Strolling Around (walking group) 1:00 ■ Hand Massages with Alyssa 2:00 Resident Meeting 3:30 Resident Auction	6 9:00 Coffee and Conversation 9:30 One on Ones 10:30 Strength Training 11:15 Strolling Around (walking group) 11:30 Scripture and Communion 2:00 Bingo 2:00 ■ Walmart Shopping Trip 6:00 Game Night	7 9:00 Coffee and Conversation 10:30 Strength Training 11:15 Strolling Around (walking group) 1:30 Manicures 3:00 Ice Cream Social 4:00 Judge & Jury	8 Happy Birthday Angie S. And Dewey C. 9:00 Coffee and Conversation 10:30 Strength Training 11:15 Strolling Around (walking group) 1:30 Bridge Group 2:00 Blackjack 3:30 Social Hour	9 10:30 Strength Training 11:00 ■ Cards with Marty 12:30 Brain Teasers 1:30 Bingo 3:00 Popcorn & Movie
10 Grandparents Day 10:30 Strength Training 12:00 ■ Don Rivers 12:00 -2:00 Grandparents Day Celebration 2:00 Resident's Choice 3:30 Sunday Service	11 9:00 Coffee and Conversation 9:00 Beauty Shop Open 10:30 Strength Training 11:00 - 12:00 Country Store Open 11:15 Strolling Around (walking group) 2:00 iPad Adventure 2:30 ■ Pain Awareness/ Wellness Presentation by Advisacare 3:30 Craft Class	12 9:00 Coffee and Conversation 10:00 Bible Stories 10:30 ■ -2:00 Open Transportation 10:30 Strength Training 11:15 Strolling Around (walking group) 11:15 ■ Choir Practice 1:00 Wellness Clinic / Free Blood Pressure Clinic 2:00 Walker Class/ Free Walker Check Up 3:00 Lemonade on the Patio	13 9:00 Coffee and Conversation 9:30 One on Ones 10:30 Strength Training 11:15 Strolling Around (walking group) 11:30 Scripture and Communion 12:00 ■ Roger's Keyboard Oldies 12:00 ■ R.O.M.E.O. Luncheon 2:00 Bingo 3:30 Wii Bowling 6:00 Game Night	14 9:00 Coffee and Conversation 10:30 Strength Training 11:15 Strolling Around (walking group) 1:30 Manicures 3:00 Ice Cream Social 4:00 Judge & Jury	15 Happy Birthday Pat E. 9:00 Coffee and Conversation 10:30 Strength Training 11:15 Strolling Around (walking group) 1:30 Bridge Group 2:00 Blackjack 3:30 Social Hour	16 10:30 Strength Training 12:30 Brain Teasers 1:30 Bingo 3:00 Popcorn & Movie
17 10:30 Strength Training 12:30 Trivia 2:00 Resident's Choice 3:30 Sunday Service	18 9:00 Beauty Shop Open 9:00 Coffee and Conversation 10:30 Strength Training 11:00 - 12:00 Country Store Open 11:15 Strolling Around (walking group) 12:00 ■ Roger's Keyboard Oldies 2:00 Scrabble 3:30 Craft Class	19 9:00 ■ -12:00 Open Transportation 9:00 Coffee and Conversation 10:00 Bible Stories 10:30 Strength Training 11:15 ■ Choir Practice 11:15 Strolling Around (walking group) 12:00 ■ Kelsey B Lunch 2:30 ■ Country Ride 4:00 Communion-Community Reformed	20 Happy Birthday Ellen M. 9:00 Coffee and Conversation 9:30 One on Ones 10:30 Strength Training 11:15 Strolling Around (walking group) 11:30 Scripture and Communion 2:00 Bingo 2:00 ■ Petoskey Shopping Trip 5:30 ■ Entertainment by "Charlevoix Ukulele Band" 6:00 Game Night	21 9:00 Health Dept. Foot Clinic 9:00 Coffee and Conversation 10:30 Strength Training 11:15 Strolling Around (walking group) 1:00 ■ Watercolors with Maggie 1:30 Manicures 3:00 Ice Cream Social 4:00 Judge & Jury	22 9:00 Coffee and Conversation 10:30 Strength Training 11:15 Strolling Around (walking group) 1:30 Bridge Group 2:00 Blackjack 3:30 Social Hour	23 Happy Birthday Judy W. 10:30 Strength Training 12:30 Brain Teasers 1:30 Bingo 3:00 Popcorn & Movie
24 10:30 Strength Training 12:30 Trivia 2:00 Resident's Choice 3:30 Sunday Service	25 9:00 Coffee and Conversation 9:00 Beauty Shop Open 10:30 Strength Training 11:00 - 12:00 Country Store Open 11:15 Strolling Around (walking group) 12:00 ■ Roger's Keyboard Oldies 2:00 Cooking Class 3:30 Chicken Foot	26 9:00 ■ -2:00 Open Transportation 9:00 Coffee and Conversation 10:00 Bible Stories 10:30 Strength Training 11:15 ■ Choir Practice 11:15 Strolling Around (walking group) 2:00 Pedro Card Game 3:00 Rummy Card Game 4:00 Goggle Maps	27 9:00 Coffee and Conversation 9:30 One on Ones 10:30 Strength Training 11:15 Strolling Around (walking group) 11:30 Scripture and Communion 1:30 ■ Odawa Casino Trip 2:00 Bingo 6:00 Game Night 7:00 ■ Entertainment by "Tag-A-Longs"	28 9:00 Coffee and Conversation 10:30 Strength Training 11:15 Strolling Around (walking group) 1:30 Manicures 3:00 Ice Cream Social 4:00 Judge & Jury	29 9:00 Coffee and Conversation 10:30 Strength Training 11:15 Strolling Around (walking group) 1:30 Bridge Group 2:00 Blackjack 3:30 Social Hour	30 10:30 Strength Training 12:30 Brain Teasers 1:30 Bingo 3:00 Popcorn & Movie

Talk About It

Restaurant Review

Bob-In-Again

We each enjoyed a delicious hamburger grilled to perfection with the size of the burger overflowing the bun. Our fries were hot and crispy, and service was great. We were impressed with the raspberry and coconut custard cones we savored for dessert. When you're in the mood for a scrumptious burger, this is a great place to go for a burger.

Bingo at

Castle Farms

We were thrilled to have such a tremendous turnout at Castle Farms during our Bingo for the Venetian Festival. Thank you to all who made this event a success!! It was a fantastic time.



River Boat Tour



We had a fantastic time riding down the river, enjoying the sun as we tried to get a glimpse of the wildlife that makes the waterway their home.

Fishing Trip



It was an exciting time when Tom landed a fish while we were in Boyne City at their new fishing dock for the afternoon.

Gardening

Despite what you've been told, it can actually be good to get your hands dirty—when it involves gardening, that is. It turns out there's a strain of bacteria in the soil that can increase the feel-good brain chemical serotonin, says a University of Bristol study. So go ahead and dig in!





Did You Know American House Charlevoix is on Facebook?

We love to share what's happening at American House! Stay "in the know" by liking and following our Facebook page.

Follow these four easy steps and soon, you'll see posts and pictures from American House Charlevoix in your Facebook News Feed.

Step 1: Go to www.americanhouse.com.

Step 2: Find American House Charlevoix by searching under "Our Communities" at the top of the page.

Step 3: Once on our website, click on the Facebook icon located on the right-side of the page under our contact information.

Step 4: Click the "Like" and "Follow" buttons located underneath our community's cover photo.

It's that simple! We look forward to sharing our community news with you.

Brainteaser

Question: I appear once in summer and twice in autumn, but I don't appear in any other season of the year. What am I?

Answer: The letter U.

Interesting Corn Facts

By Brian K. Rosso, R.D.

Michigan farmers produce 335 million bushels of corn annually. I hope you find the following facts on corn interesting.

- There are 11,000 corn farmers in Michigan.
- One ear of corn has 800 kernels.
- Yellow is not the only color of corn. It can also be green, red, white or purple.
- Corn is grown on every continent except Antarctica.
- Another word for corn is maize.
- Forty percent of the corn produced is used to make ethanol.
- Corn is actually part of the grass family.
- Corn is a major food staple for livestock and poultry.
- Michigan is part of the Corn Belt, an area of the country where corn grows the best.
- Sweet corn is a great source of fiber, iron, thiamin and vitamin C.

Visit an American House today and enjoy some sweet corn, a regular item on our menu.



Fill a large pot about 3/4 full of water and bring to a boil. Stir in sugar and lemon juice, dissolving the sugar. Gently place ears of **corn** into boiling water, cover the pot, turn off the heat, and let the **corn** cook in the hot water until tender, about 10 minutes.

Remember Me?

During her 50-year career, audiences got to know actress Deborah Kerr as the leading lady in some of Hollywood's most famous films.

She was born in Helensburgh, Scotland, on Sept. 30, 1921.

As a teen, Kerr earned a scholarship to study ballet in London, but later switched to acting and made several films in Britain.

Her first role in an American film came in 1947 opposite Clark Gable in "The Hucksters."

In one of the most memorable scenes in movie history, she shared a passionate kiss on the beach with Burt Lancaster in the 1953 war drama "From Here to Eternity."

Among her many roles are two other enduring favorites: as Anna the governess in the film version of the musical "The King and I" and as Cary Grant's love interest in "An Affair to Remember."

September 2017

American House Senior Living Communities
615 Petoskey Ave.
Charlevoix, MI 49720



Happy Labor Day!

Kick back and relax.