

The Patriot

American House Sterling Heights

11255 15 Mile Road | Sterling Heights | Michigan | 48312
(586) 978-1060 | sterlingheights@americanhouse.com | americanhouse.com



Staff Directory

Paula Marsee	Executive Director
Darlene Anderson	Asst. Executive Dir.
May Thomas	Life Enrichment Dir.
Tammy Merluzzi	Night/Weekend Mgr.
Sue Sawyer	Night/Weekend Mgr.
Elizabeth Modlinski	Night/Weekend Mgr.
Keneisha Moore	Housekeeping Supvr.
John Oliver	Maintenance Supvr.
Michel Van Howe	Chef
Jim Oniones	Transporter

IMPORTANT PHONE NUMBERS

Office	(586) 978-1060
The Medical Team	(586) 264-2500
In-Home Rehab	(586) 264-5235
Beauty Salon-Bonnie	(586) 864-0134
Transportation	(586) 383-0515
Transportation Tues/Thurs	(586) 533-9655

October 2017

HALLOWEEN PARTY

TUESDAY, OCTOBER 31ST, 3 P.M.

Party with fellow residents and entertainer Dan Bergen for this year's Halloween Party. Always a great time at American House, **costumes are encouraged AND makes it more fun!**



TILLSON STREET

Tillson Street is located in Romeo, Michigan. This street is famous for their elaborate Halloween decorations during the month of October. This dedicated group of homeowners come together each year to put together a spooktacular display like none you have ever seen! Sign up and come along on Thursday, October 26.

WESTVIEW ORCHARDS

Following our trip to Tillson Street, we'll stop by Westview Orchards, farm market and cider mill.

MEALTIMES

9 am	Breakfast
12:30 pm	Dinner
5:30 pm	Supper



Happy Birthday

RESIDENTS

1	Charles D.
15	Gail
16	Aurelia
16	Pat O.
18	Rick
25	Patricia
27	Alex

STAFF

11	Darlene
25	Aileen
31	Cassidy

CELEBRATE OCTOBER BIRTHDAYS

PODIATRIST DR. HOWELL WILL BE HERE ON THURSDAY, OCTOBER 19.

Please give Dr. Howell time to set up (it will be in the Chapel again). He's here *ALL DAY* and always gets to everyone!

Spiritual Corner

NEW PRAYER GROUP MEETS

Molly, from Bethesda Full Gospel Church, has reached out to host a monthly meeting of prayer, bible readings and songs. First meeting is Saturday, October 7th.

INSPIRATIONAL READINGS AND MUSIC

May leads this twice a week meeting. Listen to readings from faith based books, daily devotionals, listen and sing along to Christian music from the past and present. You never know where these meetings will lead. It's a great opportunity to reflect on spirituality, current events, what's on your mind and what's going on here at American House.

CATHOLIC COMMUNION SERVICE

Communion Service with Father Dennis every Saturday at 4:00. Father Dennis lives at American House Roseville.



BINGO BONANZA

Next Bingo Bonanza will be at American House East I in Roseville. Wednesday, October 25. Depart right after lunch (1:30). Only \$2 to play up to 4 cards.



DETROIT INSTITUTE OF ARTS

Let's go to the DIA! Thursday, October 5th, depart after breakfast (9:30).



THANK YOU to everyone who donated school supplies. They were donated to Willow Woods Elementary School.



TAKE A RIDE WITH US TO MARINE CITY MICHIGAN!

Lunch outing to scenic Marine City. Lunch at the Riviera Restaurant, watch the ferry cross the St. Clair River taking vehicles over to Canada.



Anne's 5 Generation Photo!

Interesting Apple Facts

By Brian K. Rosso, R.D.

- October is National Apple Month.
- Eating an apple can brighten your smile.
- One apple has only 50 calories, 2 grams of fiber and no fat.
- The apple blossom is the state flower of Michigan and Arkansas.
- Apples can be kept for up to two weeks in a refrigerator (outside of any packaging).
- The state of Michigan grows more than 20 different kinds of apples. Last year, Michigan farmers sold more than 20 million bushels of apples. Here are a few: Paula Red, McIntosh, Jonathan, Empire, Idared, Rome and Honeycrisp.

Fresh apples are available at all American House locations.

Wit & Wisdom

"Cats do not have to be shown how to have a good time, for they are unfailing ingenious in that respect."
—James Mason

"Cats can work out mathematically the exact place to sit that will cause the most inconvenience."
—Pam Brown

"I read that when cats are cuddling and kneading you, and you think it's cute, they're really just checking your vitals for weak spots."
—Kandyse McClure

"Cats seem to go on the principle that it never does any harm to ask for what you want."
—Joseph Wood Krutch

"A cat has absolute emotional honesty: Human beings, for one reason or another, may hide their feelings, but a cat does not."
—Ernest Hemingway

October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
International Raccoon Appreciation Day 2:00 Ice Cream Social Time (SS) 6:00 Turner Classic Movie (L)	Guardian Angels Day 10:00 Sit and Be Fit (MR) 10:30 Rosary (C) 11:00 Crafts with Nancy (DR) 3:00 Horse Racing (DR) 4:30 Game: Find A Word (L)	Butterfly and Hummingbird Day 10:00 Sign Up for Premier Physicians Care 10:00 Right Fit Exercise (C) 11:00 Shopping at Meijer 2:00 Dominoes (DR) 3:00 BINGO! (DR)	National Ships-in-Bottles Day 10:00 Inspirational Readings and Music (C) 2:00 BUNCO (DR) 3:00 Entertainment with Dr. Butler (MR)★	Harvest Moon-Fullest Moon of the Year 9:30 Outing to Detroit Institute of Arts 10:00 Dick Van Dyke Show Marathon begins (MR) 11:00 Sign Up to see Kathy from The Hearing People 11:00 Euchre (SS) 3:00 BINGO! (DR)	World Smile Day-Yellow Smiley Face Was Created in 1963 10:00 Inspirational Readings and Music (C) 2:00 Bunco (DR) 3:00 Entertainment TBA ★	National Forgiveness Day 11:00 New Prayer Group Meets (C) 2:00 Kings In The Corner (SS) 3:00 Movie Time (MR)
Oct 8-14 Emergency Nurses Week 2:00 Ice Cream Social Time (SS) 6:00 Turner Classic Movie (L)	U.S.A. - Columbus Day 10:00 Sit and Be Fit (MR) 10:30 Rosary (C) 11:00 Sewing Circle (AR) 2:00 Pets visit today 3:00 Horse Racing (DR) 4:30 Game: Find A Word (L)	National Angel Food Cake Day 10:00 Sign Up for Dr. Cohen or Premier Physicians Care 10:00 Right Fit Exercise (C) 10:30 Depart for Marine City Outing 2:00 Dominoes (DR) 3:00 BINGO! (DR)	National Pizza Day 10:00 Inspirational Readings and Music (C) 2:00 BUNCO (DR) 3:00 Root Beer Floats and sing along (DR) 4:15 Find A Word (L)	Christopher Columbus Arrived in America, Oct. 12, 1492 10:00 Adult Coloring (DR) 11:00 Cards (DR) 3:00 BINGO! (DR)	Silly Sayings Day 10:00 Inspirational Readings and Music (C) 2:00 Bunco (DR) 3:00 Entertainment with Joe Armijo (L)★	Be Bald and Be Free Day 2:00 Kings In The Corner (SS) 3:00 Movie Time (MR)
Oct. 15-21 Gourmet Coffee Week 2:00 Ice Cream Social Time (SS) 6:00 Turner Classic Movie (L)	National Boss Day 10:00 Sit and Be Fit (MR) 10:30 Rosary (C) 11:00 Sewing Circle (AR) 3:00 Horse Racing (DR) 4:30 Game: Find A Word (L)	National Pasta Day 10:00 Right Fit Exercise (C) 10:00 Sign Up for Premier Physicians Care 11:00 Euchre 2:00 Dominoes (DR) 3:00 BINGO! (DR)	National Chocolate Cupcake Day 10:00 Inspirational Readings and Music (C) 11:30 MOVIN' & GROOVIN' (L) 2:00 BUNCO (DR)	National Seafood Bisque Day 10:00 Adult Coloring (DR) 10:30 DR. HOWELL, PODIATRIST 11:00 Cards (DR) 3:00 BINGO! (DR) 4:15 Fun 'n Games (L)	National Brandied Fruit Day 9:30 GREEK TOWN CASINO 10:00 Inspirational Readings and Music (C) 2:00 Bunco (DR) 3:00 Entertainment with Greg Greer (DR)★	Sweetest Day 2:00 Kings In The Corner (SS) 3:00 Movie Time (MR)
Mother-in-law Day 2:00 Ice Cream Social Time (SS) 6:00 Turner Classic Movie (L)	Dumbo's Birthday - 1941 10:00 Sit and Be Fit (MR) 10:30 Rosary (C) 11:00 Sewing Circle (AR) 2:00 Pets visit today 3:00 Horse Racing (DR) 4:30 Game: Find A Word (L)	Good and Plenty Day 10:00 Sign Up for Dr. Cohen or Premier Physicians Care 10:00 Right Fit Exercise (C) 11:00 Euchre 2:00 Dominoes (DR) 3:00 BINGO! (DR)	Sourest Day - Hug a Sourpuss 10:00 Inspirational Readings and Music (C) 1:30 DEPART FOR BINGO BONANZA at American House Roseville 2:00 BUNCO (DR) 3:00 Entertainment by Jean Garvey (L)	Trivia-1944, Better Homes and Gardens Introduced the Term "Family Room" 10:00 Adult Coloring (DR) 11:00 Cards (DR) 3:00 BINGO! (DR)	Cranky Coworkers' Day 10:00 Inspirational Readings and Music (C) 2:00 Bunco (DR) 3:00 Celebrate October Birthdays with Twila & Sam (DR)★	Make a Difference Day - National Day of Community Service Day 2:00 Kings In The Corner (SS) 3:00 Movie Time (MR)
National Oatmeal Day 2:00 Ice Cream Social Time (SS) 6:00 Turner Classic Movie (L)	National Candy Corn Day 10:00 Sit and Be Fit (MR) 10:30 Rosary (C) 11:00 Witches Hat Making (DR) 3:00 Horse Racing (DR) 4:30 Game: Find A Word (L)	Halloween 10:00 Right Fit Exercise (C) 10:00 Sign Up to see Premier Physicians 11:00 Kings In The Corner (SS) 3:00 HALLOWEEN PARTY! (DR)		ABBREVIATIONS Movie Room (MR) Dining Room (DR) Chapel (C) Senior Scoops (SS) Lobby (L)		

TMT Corner

THE MEDICAL TEAM

The Medical Team can provide personal care services to our residents. Services offered include shower assistance, a.m. and p.m. care, and more! The Medical Team staff can be reached at (586) 264-2500 or (734) 779-9700.

The Medical Team is also available for pill reminders, which allow them to dispense blister-packed medications to residents and handle all of the reordering. One less thing to worry about!

PLEASE NOTE:

Please let TMT know if you are signed up for skilled care or rehab services with someone out of the building. We are constantly striving to provide consistent care for our residents.

SALUTE TO OUR VIETNAM VETERAN HEROES

During Patriot Week 2017, American House celebrated patriotism. This special ceremony included speeches, music and a moving story about a fallen soldier.



Kenny Lang opening song "The Green Beret."



Mayor Michael Taylor and Judge Michael Warren were among the speakers of the day.



Kenny leads in God Bless America.



VIETNAM VETERAN CHAPTER 154 COLOR GUARD



Autumn is Here!
Enjoy the Season.

GRANDPARENTS DAY

Such a special day of the year! We sure enjoyed meeting the families of our residents.



Sue works in our dining room and brought her adorable little grandson.



Sterling Heights High School Cheerleaders did face painting and played games with the youngsters.



IHR ARTICLE

AN INFORMATIVE ARTICLE COMPLIMENTS OF IN HOME REHAB POSTURE TIPS AND EXERCISE

Posture is important in our daily health. Our postural habits can influence strain on joints and muscles and create pain. Spinal posture influences our entire alignment of internal organs and muscles as well. Breathing, digestion, elimination, and muscle function are compromised with poor posture. Talk with your physical and occupational therapist today to learn tips, techniques and simple exercises to enhance your posture and your health.

TEST YOUR ALARM PENDANT

It's important that residents periodically test their alarm pendants. Just give our medical team a heads-up beforehand.

October 2017



**American
House** 
SENIOR LIVING COMMUNITIES

AMERICAN HOUSE STERLING I

11255 15 Mile Road
Sterling Heights, MI 48312