

The Patriot

American House Stone

3741 S. Adams Road | Rochester Hills | Michigan | 48309
(248) 853-2330 | americanhouse.com

Roxiann Brown Executive Director
Kim Roy Assistant Director
Daniel Ulmer Life Enrichment Director
Gwen Seaberry Culinary Supervisor
Patrick Crocenzi Maintenance Supervisor

Word for October: Foliage

October weather is just about perfect for any outdoor activity, from bike rides through the park to backyard football games. One of the more popular things to do this month is to take day trips to see a “cluster of leaves, flowers and branches,” otherwise known as fall’s foliage.

From the eastern coast of New England to Washington’s western edge, a cornucopia of cascading colors awaits onlookers as trees shake loose their bright leaves, leaving a wondrous reminder of Mother Nature’s beauty.



Fall Beauty

Cool breezes and changing colors are here, along with daylight savings time ending.
Enjoy autumn!

October 2017



Oktoberfest Is a Time of Food, Fun and Dance

It’s time for the Stone and Village annual October Bazaar and Festival to be held on **Saturday, October 28, from 12 to 3 p.m.**

There will be crafters and vendors who will have their works on display for you to browse and purchase. There will also be other entertainment for you to enjoy.

Entertainment will be provided by Helmut Kolke, an accordion player who has played over 35 years in Frankenmuth at the Bavarian Festivals.

Please invite your friends and family for a wonderful day of fun, shopping and socializing.

Hope to see you there!

Happy Halloween

It’s that time of year, when ghosts and goblins appear—Halloween is here again. Happy Halloween from your staff!

For Bingo Players

Family And Friends Bingo Night

Thursday, October 12, at 6:45 p.m., join us as we host the American House Village & Elmwood Buildings for an evening of fun and "BINGO." The cost is 50¢ per card (four card max). Invite family, friends and neighbors for an evening of fun!!
Jackpot at least \$90.
Hope to see you there!



Bingo Bash!

On Wednesday, October 25, at 2:45 p.m., three American Houses will join together for a Bingo Game like no other here at the **American House Village Building.** The cost is \$1.25 for up to four cards and the jackpot will be at least \$30. Be sure to come to this event if you like to play Bingo!

Halloween Party at Auburn Hills Senior Center

Friday, October 27, residents will go to the Auburn Hills Senior Center for a Halloween Party. Halloween is always fun at the Center.

Cost is \$5 for lunch and entertainment. Dan must have your money by **Oct. 13.** Bus will board at 11:15 a.m.



Dinner Outing

Tuesday, October 3, at 4:15 p.m., the bus will board to go to Chili's in Rochester Hills for dinner. Make sure to sign up ahead of time to go so no one gets left behind and reservations can be made.



Fall Color Tour

Monday, Oct. 23, at 1:15 p.m., the bus will take residents on a ride to view our beautiful fall-colored leaves! We will also stop to get some cider and doughnuts along the way. Make sure to sign up to go, so you don't miss out.



Mass at St. Mary's of the Hills

Tuesday, October 24, at 8:30 a.m., the bus will board to go to Mass at St. Mary's of the Hills Church. Breakfast after at New York Burger & Grill. Make sure to sign up ahead of time. Even if you are not religious, it is still fun to come out and spend breakfast with your friends and neighbors at American House.



Halloween Party!

Tuesday, October 31, at 6:30 p.m., in the Stone Dining Room, American House will be having our Halloween Party. Entertainment will be provided by The Balancing Earth Act.

We would like to encourage our residents and staff members to dress up in costumes.

Residents are encouraged to invite their family members.

Hope to see you there!





October Live Entertainment

October 1 - 2:30 PM	Jerry Kurtz in the Terrace
October 6 - 2:30 PM	Dennis Farac in the Terrace
October 8 - 6:00 PM	Bob Lowe in the Stone
October 13 - 2:30 PM	Phil Demarco in the Stone
October 15 - 6:00 PM	Bob Lowe in the Terrace
October 20 - 2:30 PM	Hannah Waterston in the Stone
October 22 - 1:30 PM	Terry Matthews in the Stone
October 27 - 2:30 PM	Golden Choraliars in the Terrace
October 29 - 1:30 PM	Mark Smith in the Terrace



Welcome Our NEW A.E.D

Hello, my American House family!!! If you don't already know who I am, my name is Kim Roy. I am excited to say that I've moved up from my current position as head of housekeeping and am now your new Assistant Executive Director. I look forward to my new position and doing my best to make your stay here as positive an experience as I can. So please don't hesitate to drop in with any concerns you may have.

Another Great Grandparents Day Celebrated

Thank you to all who came and enjoyed the festivities during our annual Grandparents Day Celebration. It was another beautiful day full of music, food and more. We also had our giant BIG WHEEL taking people for rides. Come and celebrate with us again next year.



Looking for Volunteers

We are always looking for Volunteers to run activities so we can offer more to do.

Trivia Wiz

Can You Answer This Trivia Question?

What is the biggest animal to have inhabited the Earth?

The first person in the Stone Building and the first person in the Terrace Building to give Dan the correct answer will receive \$3. **NEW:** All others who submit correct answers will be entered into a drawing to win \$2. ****Answers must be submitted before the 15th to be considered****

The winners from last month's trivia question are **Hazel S.** from the Terrace and **Ritta D.** from the Stone. They had no winner of the random drawing. The question was: **Who said: "I'm the president of the United States, and I'm not going to eat anymore broccoli"?**

The answer was George Bush, Sr.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:30 Church Service With Pastor Allerton - Stone</p> <p>10:15 Exercises with Beth - Terrace</p> <p>11:00 Worship & Hymns With Pastor Eric & Peggi Bowman-Terrace</p> <p>2:30 Music with Jerry Kurtz - Terrace</p> <p>3:00 Snacks in TV Room-Stone & Terrace</p>	<p>2</p> <p>9:30 Trip To Meijer</p> <p>10:30 Word Games with Dawn from TMT - Terrace</p> <p>11:00 Country Store Open-Stone</p> <p>1:00 TV. Specials With Jackie</p> <p>1:30 Pictionary Game - Stone</p> <p>2:45 Bingo - Terrace</p>	<p>3</p> <p>9:45 Communion-Stone</p> <p>10:00 Communion-Terrace</p> <p>10:15 Exercise with CC+ - Stone</p> <p>10:30 Game Time - Stone</p> <p>1:30 Blackjack-Terrace</p> <p>2:45 Bingo - Stone</p> <p>4:15 Dinner outing to Chili's</p> <p>7:00 Movie Night -Stone</p>	<p>4</p> <p>10:15 Sing Along - Stone</p> <p>11:00 Country Store Open-Stone</p> <p>11:00 LCR Game With Mary-Terrace</p> <p>12:30 Blood Pressure Checks - Stone & Terrace</p> <p>1:45 Chair Volleyball - Stone</p> <p>2:45 Bingo - Terrace</p>	<p>5</p> <p>10:30 Hangman Word Game -Stone</p> <p>10:30 Exercises With Syd Fit-Terrace</p> <p>11:15 Word Scramble-Terrace</p> <p>1:45 Chair Volleyball - Terrace</p> <p>2:45 Bingo - Stone</p> <p>7:00 Poker With Jack - Terrace</p>	<p>6</p> <p>10:00 Sing Along - Terrace</p> <p>10:00 Bingo - Terrace</p> <p>10:30 Time with Dawn from TMT-Stone</p> <p>11:00 LCR Game With Mary-Terrace</p> <p>11:00 Country Store Open-Stone</p> <p>11:15 Beauty Time With Essie - Stone</p> <p>1:30 Trivia - Stone</p> <p>2:30 Music with Dennis Farac - Terrace</p>	<p>7</p> <p>11:00 Therapy Dogs Visit - Stone</p> <p>11:15 Therapy Dogs Visit - Terrace</p> <p>1:15 Trivia With Jackie - Terrace</p> <p>2:45 Bingo with Marlene</p>
<p>8</p> <p>9:30 Church Service With Pastor Allerton - Stone</p> <p>11:00 Worship & Hymns With Pastor Eric & Peggi Bowman-Terrace</p> <p>3:00 Snacks in TV Room-Stone & Terrace</p> <p>6:00 Music with Bob Lowe - Stone</p>	<p>9</p> <p>Columbus Day</p> <p>9:30 Trip To Meijer</p> <p>10:30 Word Games with Dawn from TMT - Terrace</p> <p>11:00 Country Store Open-Stone</p> <p>1:00 TV. Specials With Jackie</p> <p>1:30 Pictionary Game - Stone</p> <p>2:45 Bingo - Terrace</p>	<p>10</p> <p>9:45 Communion-Stone</p> <p>10:00 Communion-Terrace</p> <p>10:15 Exercise with CC+ - Terrace</p> <p>10:30 Game Time - Stone</p> <p>1:30 Blackjack-Terrace</p> <p>2:45 Bingo - Stone</p> <p>7:00 Movie Night -Stone</p>	<p>11</p> <p>10:15 Sing Along - Stone</p> <p>11:00 Country Store Open-Stone</p> <p>11:00 LCR Game With Mary-Terrace</p> <p>12:30 Blood Pressure Checks - Stone & Terrace</p> <p>1:45 Game w/ Essie - Stone</p> <p>2:45 Bingo - Terrace</p> <p>7:00 Poker with Jack - Terrace (Alternate Time)</p>	<p>12</p> <p>10:30 Exercises With Syd Fit-Terrace</p> <p>10:30 Hangman Word Game -Stone</p> <p>11:15 Word Scramble-Terrace</p> <p>1:45 Chair Volleyball - Terrace</p> <p>2:45 Bingo - Stone</p> <p>6:45 Family & Friends Bingo - Stone</p> <p>7:00 Vision Baptist Church-Stone</p>	<p>13</p> <p>10:00 Sing Along - Terrace</p> <p>10:00 Bingo - Terrace</p> <p>10:30 Time with Dawn from TMT-Stone</p> <p>11:00 Country Store Open-Stone</p> <p>11:00 LCR Game With Mary-Terrace</p> <p>11:15 Beauty Time With Essie - Stone</p> <p>1:30 Trivia - Terrace</p> <p>2:30 Music with Phil Demarco - Stone</p>	<p>14</p> <p>1:15 Trivia With Jackie - Terrace</p> <p>2:45 Bingo with Marlene</p>
<p>15</p> <p>9:30 Church Service With Pastor Allerton - Stone</p> <p>10:15 Exercises with Beth - Terrace</p> <p>11:00 Worship & Hymns With Pastor Eric & Peggi Bowman-Terrace</p> <p>3:00 Snacks in TV Room-Stone & Terrace</p> <p>6:00 Music with Bob Lowe - Terrace</p>	<p>16</p> <p>9:30 Trip To Meijer</p> <p>10:30 Word Games with Dawn from TMT - Terrace</p> <p>11:00 Country Store Open-Stone</p> <p>1:00 TV. Specials With Jackie</p> <p>1:30 Pictionary Game - Stone</p> <p>2:45 Bingo - Terrace</p>	<p>17</p> <p>9:45 Communion-Stone</p> <p>10:00 Communion-Terrace</p> <p>10:15 Exercise with CC+ - Stone</p> <p>10:30 Game Time - Stone</p> <p>1:30 Rochester Musical - Stone</p> <p>1:30 Blackjack-Terrace</p> <p>3:00 Exotic Zoo @ Elmwood</p> <p>7:00 Movie Night -Stone</p>	<p>18</p> <p>10:15 Sing Along - Stone</p> <p>11:00 LCR Game With Mary-Terrace</p> <p>11:00 Country Store Open-Stone</p> <p>12:30 Blood Pressure Checks - Stone & Terrace</p> <p>1:45 Game w/ Essie - Stone</p> <p>2:45 Bingo - Terrace</p>	<p>19</p> <p>10:30 Hangman Word Game -Stone</p> <p>10:30 Exercises With Syd Fit-Terrace</p> <p>11:15 Word Scramble-Terrace</p> <p>1:45 Chair Volleyball - Terrace</p> <p>2:45 Bingo - Stone</p> <p>7:00 Poker With Jack - Terrace</p>	<p>20</p> <p>10:00 Sing Along - Terrace</p> <p>10:00 Bingo - Terrace</p> <p>10:30 Time with Dawn from TMT-Stone</p> <p>11:00 Country Store Open-Stone</p> <p>11:00 LCR Game With Mary-Terrace</p> <p>11:15 Beauty Time With Essie - Stone</p> <p>1:30 Trivia - Terrace</p> <p>2:30 Music with Hannah Waterston - Stone</p>	<p>21</p> <p>11:00 Therapy Dogs Visit - Stone</p> <p>11:15 Therapy Dogs Visit - Terrace</p> <p>1:15 Trivia With Jackie - Terrace</p> <p>2:45 Bingo with Marlene</p>
<p>22</p> <p>9:30 Church Service With Pastor Allerton - Stone</p> <p>10:15 Exercises with Beth - Terrace</p> <p>11:00 Worship & Hymns With Pastor Eric & Peggi Bowman-Terrace</p> <p>1:30 Music with Terry Matthews - Stone</p> <p>3:00 Snacks in TV Room-Stone & Terrace</p>	<p>23</p> <p>9:30 Trip To Meijer</p> <p>10:30 Word Games with Dawn from TMT - Terrace</p> <p>11:00 Country Store Open-Stone</p> <p>1:00 TV. Specials With Jackie</p> <p>1:15 Fall Color Tour & Doughnuts / Cider</p> <p>2:45 Bingo - Terrace</p>	<p>24</p> <p>8:15 Bus Boards for Mass & Breakfast</p> <p>9:45 Communion-Stone</p> <p>10:00 Communion-Terrace</p> <p>10:15 Exercise with CC+ - Terrace</p> <p>10:30 Game Time - Stone</p> <p>1:30 Blackjack-Terrace</p> <p>2:45 Bingo - Stone</p> <p>7:00 Movie Night -Stone</p>	<p>25</p> <p>10:15 Sing Along - Stone</p> <p>11:00 Country Store Open-Stone</p> <p>11:00 LCR Game With Mary-Terrace</p> <p>12:30 Blood Pressure Checks - Stone & Terrace</p> <p>1:45 Chair Volleyball - Stone</p> <p>2:45 Bingo - Terrace</p> <p>2:45 Bingo Bash @ Village</p>	<p>26</p> <p>10:30 Exercises With Syd Fit-Terrace</p> <p>10:30 Hangman Word Game -Stone</p> <p>11:15 Word Scramble-Terrace</p> <p>1:45 Chair Volleyball - Terrace</p> <p>2:45 Bingo - Stone</p> <p>7:00 Poker With Jack - Terrace</p> <p>7:00 Vision Baptist Church-Stone</p>	<p>27</p> <p>10:00 Bingo - Terrace</p> <p>10:00 Sing Along - Terrace</p> <p>10:30 Tea Time with Dawn from TMT-Stone</p> <p>11:00 Country Store Open-Stone</p> <p>11:00 Lunch'in @ Auburn Hills Senior Center</p> <p>11:00 LCR Game With Mary-Terrace</p> <p>2:30 Music with the Golden Choraliers</p>	<p>28</p> <p>12:00 October Festival - Stone</p> <p>1:15 Trivia With Jackie - Terrace</p> <p>2:45 Bingo with Marlene</p>
<p>29</p> <p>9:30 Church Service With Pastor Allerton - Stone</p> <p>10:15 Exercises with Beth - Terrace</p> <p>11:00 Worship & Hymns With Pastor Eric & Peggi Bowman-Terrace</p> <p>1:30 Music with Mark Smith</p> <p>3:00 Snacks in TV Room-Stone & Terrace</p>	<p>30</p> <p>9:30 Trip To Meijer</p> <p>10:30 Word Games with Dawn from TMT - Terrace</p> <p>11:00 Country Store Open-Stone</p> <p>1:00 TV. Specials With Jackie</p> <p>2:00 Resident Discussion Meeting - Terrace</p> <p>2:45 Bingo - Terrace</p>	<p>31</p> <p>9:45 Communion-Stone</p> <p>10:00 Communion-Terrace</p> <p>10:30 Game Time - Stone</p> <p>1:30 Blackjack-Terrace</p> <p>2:45 Bingo - Stone</p> <p>6:30 Halloween Party - Stone</p>				

Happy Birthday

October Birthdays

Resident Birthdays

Rosemary M.

October 1

Louise A.

October 5

Pete M.

October 8

John W.

October 9

Jim E.

October 12

Rosemary L.

October 18

Camille F.

October 29

Hazel S.

October 31

Employee Birthdays

Gwen S.

October 28

Rey Moyet

October 29



Residents and family members, please remember to sign out when leaving the building. There are sign-out sheets in the lobby area of Stone and Terrace, or you may call the office. The sign-out sheet is one of our safeguards to ensure that everyone is OK. Thank you.

Sign Up for Outings

Make sure to sign up if you want to attend an outing. Low interest may cause a trip to be cancelled.

Need a Ride!

If you need a ride, our trusty driver will be happy to take you Monday through Friday starting at 8:00 a.m. until 4:00 p.m. You may call Rickie to schedule an appointment.

Please call is (248) 410-5759, or you may call the office at (248) 853-2330, and they can help schedule your appointment with Rickie. This is a special service that American House offers free of charge to our residents. There should be **NO TIPPING OR GIVING GIFTS OR GRATUITIES** to your driver. Please try to give two weeks' notice so he can plan his day and check his calendar. If you need to go somewhere and can't give two weeks' notice, you may give him a call; some days he may have time available.



Important Phone Numbers

American House Office	(248) 853-2330
Detroit Free Press	(313) 222-6400
Oakland Press	(248) 332-8181
OPC Mini Bus	(248) 652-4780
AT&T	(800) 244-4444
Comcast Cable	(800) 266-2278
The Medical Team	(800) 382-5940
Cut Sensation Beauty Salon - Kathy - Stone & Terrace	(248) 854-4067
Manicurist - Holli Allen	(586) 942-4383
G's Medical Repairs	(586) 792-4013 or (586) 764-0162
American House Transportation	(248) 410-5759
Hours: 8:00 a.m. - 4:00 p.m. Rickie E. - Driver	





Interesting Apple Facts

By Brian K. Rosso, R.D.

I hope you find the following apple information interesting and informative.

- October is National Apple Month.
- Eating an apple can brighten your smile.
- Apples are a source of antioxidants, which can fight cancer. Researchers believe that eating apples on a regular basis may limit the development of Alzheimer's disease and Parkinson's disease.
- 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.

Health News

Dr. Suzanne Romadan, MD—Monday Afternoons

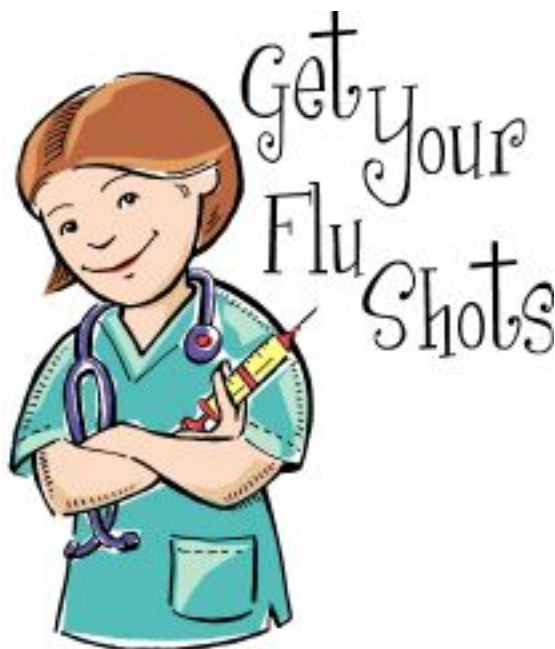
Laura Wilkerson FNP—Tuesdays

Dr. Howell, Podiatrist—TBD—

Be sure to put your name on the list for Dr. Howell, or you will not be seen.

Blood Pressure Checks by Rochester Fire Department

Wednesdays at 12:30 p.m. in the Stone and Terrace (When Available).



The Medical Team will be here in **October** to give flu shots. They will do the Stone building first and then go to the Terrace building. Keep any eye out for details on the date and time.



F.Y.I.



Resident Discussion Meeting

Resident meeting will be held on **Monday, October 30**, at 2:00 p.m., in the Terrace. If you have any concerns, compliments or suggestions, please come and share them. Hope to see you there!

Congratulations!



Employees Celebrating Another Year With American House

Najae R.
(2 Years)

Kim R.
(11 Years)

Roy M.
(2 Years)

Crossword Puzzle

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20					21				22	23				
			24					25						
26	27	28					29							
30				31		32				33		34	35	36
37			38		39				40		41			
42				43		44				45		46		
			47		48				49		50			
51	52	53							54					
55							56					57	58	59
60						61	62				63			
64						65					66			
67						68					69			

ACROSS

1. TV's ___ Gibbs
6. A particle of soot or dirt
10. Go by
14. Pseudonym
15. Noggin
16. Ms. Lee
17. Chanticleer's spot
18. Greek war deity
19. City in Utah
20. Orderly
22. Ingredient for soup, salad or sandwich
24. Name for a Cork lass
25. Gilbert or Manchester
26. TV dog
29. Cottage cheese base
30. Toreador's encouragement
31. Rose perfume
33. Taurus or Jetta
37. Perplexed
39. Detection apparatus
41. Positive response
42. Avoid
44. Strong winds
46. Zeta's follower
47. Perfect
49. Trade
51. Causes to become active
54. Mere's companion
55. Tell
56. Earmark

DOWN

1. School ___; teacher of the Old West
2. ___ vera
3. Noisy disturbance
4. Whips
5. Waldorf-___ Hotel
6. Columbus' burial place
7. Mr. Chagall
8. Native American
9. Experimenter
10. Oaths
11. Emanations
12. Editor's notations
13. Pacific island group
21. Tries to lose
23. Car manufacturer
25. Huge painting
26. Burden
27. Likewise

28. Part of a grapefruit
29. Waterway
32. Old robes
34. Song for Sonny & Cher
35. Mr. Johnson
36. By
38. Upset
40. Nonconformist
43. Revise copy
45. Malay garments
48. Puts up
50. Remember
51. Offensively bold
52. Weird
53. Writing surface
54. Arrangements
56. Over
57. Zone
58. Furniture wood
59. Slave
62. Cry of discovery

H	E	E	D	S	M	A	S							
N	V	E	L	G	A	N	T	H	E	N				
S	R	A	T	G	A	N	V	A	R	E	S			
R	E	L	A	T	E	A	L	L	O	C	A	T	E	
B	E	S	T	I	R	S	P	E	R	E				
I	D	E	A	L	B	A	R	T	E	R				
D	O	D	G	E	G	A	L	E	S					
A	S	E	A	S	O	N	A	R	S					
O	L	A	T	E	S	O	N	A	R	S				
L	A	S	T	E	C	H	A	S						
M	E	T	H	O	D	I	C	O						
A	V	A	S											
R	O	O	S											
A	L	L	A	S	P	A	T	E						
M	A	R	L	A	S	M	U	T	P	A	S	S		



AMERICAN HOUSE STONE
 3741 S. Adams Road
 Rochester Hills, MI 48309