

The Patriot

American House Cedarlake

14800 S Van Dyke Road | Plainfield | Illinois | 60544
(815) 254-3564 | americanhouse.com

November 2017



Cedarlake's Friendly Staff

Ryan Stephenitch, Executive Director
Lisa Choinski, Assistant Executive Director
Patti Eulitz, Life Enrichment Director
Sam Bugarsky, Culinary Director
Crystal Eichhorst, Community Relations
Manager
Carol Malinoski, AL Wellness Director
Juan Diaz, Maintenance Director

Resident Town Hall Meeting

We are holding a Town Hall meeting on
Wednesday, November 8,
at 10:30 a.m. and 3:00 p.m. in the
Community Room. We encourage everyone
to attend and learn about any new things
going on in our Community.

Gather Together

"It's not so much what's on the table that
matters, as what's on the chairs." —
W.S. Gilbert

Veterans Day, November 11

On this day, it is our privilege to say "Thank you" to all
of America's veterans to let them know that we
appreciate them for their service and honor them for
their sacrifices.

Our program this year will be held on **Friday,**
November 10, at 10:30 a.m. in the Community
Room. Beginning with the Pledge of Allegiance,
singing our National Anthem, and having Mayor
Collins speak, today is a day to give a small token of
our love and appreciation to our veterans who live in
our midst here at Cedarlake and all veterans across
the land. Please join the festivities on Friday morning.



Every waving flag, hand-covered heart, and deeply
felt prayer asking God to bless America is a
declaration of thanks to all those who have served.
You've shown by example what it truly means to
belong to the land of the free and the home of
the brave.

Fall Creations!



Fox River Cruise



Happy Birthday to You!

Nov. 1	Richard R.
Nov. 4	Audrey E.
Nov. 4	Virginia N.
Nov. 8	Aldona B.
Nov. 8	Cliff W.
Nov. 8	Dorothy W.
Nov. 8	Dorothea W.
Nov. 8	Helen S.
Nov. 13	Dolores M.
Nov. 14	Ed C.
Nov. 14	Genevieve B.
Nov. 15	Norma H.
Nov. 16	Doris S.
Nov. 18	Billie D.
Nov. 19	Bill H.
Nov. 21	Patricia B.
Nov. 22	Paula H.
Nov. 28	Jim K.



Sparkling Residents

Blanche F.
Ruth F.
Lou & Arlene K.
Lois S.
Jean D.

It's Cool to Be Kind!

Tell Your Story

Everyone has a story—many stories, in fact! All the pieces of your life weave a unique and interesting narrative, so why not preserve your stories for future generations? Collecting a few tales can be easy and fun, and your loved ones will cherish the precious memories. Here are a few ideas to get you started:

Put pen to paper. Write down some memorable moments, achievements, family traditions or life lessons you have learned. Share a favorite tale or two from each decade, or tell where you were during major world and national events.

Create a scrapbook. Round up photos and mementos and place them in an album or scrapbook. Include notes identifying special memories associated with each item.

Record your stories. What was your life like growing up? Who was your role model? What was your first job? Share these stories and more while someone records you.

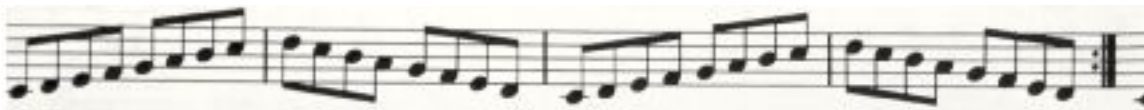
Make a keepsake box. Letters, cards, ticket stubs, souvenirs and recipes all help tell your life story and can be preserved in a memory box.

Veterans History Project. Veterans can share personal accounts of their military service in an oral history program through the Library of Congress. Details can be found at LOC.gov/vets.

Talent Runs in the Family!

For starters, Cliff & Dorothy W.'s granddaughter, Jessica, is coming to perform with her group, *Elmhurst College Chamber Singers*, on **Monday, November 13th, from 1:15 to 2:00 p.m.** in our Community Room! All residents are invited to hear this talented group's beautiful voices.

Next up is a performance from resident Helen S.'s daughter, Carrie. She is coming to visit us on **Saturday, November 18th, from 6:15 to 7:15 p.m.** during Happy Hour in the Blue Spruce Dining Room. Carrie will be performing with her group *Brown Eyed Girls*. All residents are invited to join their friends and neighbors for Happy Hour and to enjoy the live music! The talent of the residents' families is a gift to us all. Enjoy!



Did You Know?

By Brian Rosso, R.D.

This month I wanted to share with you some annual food totals on some popular items purchased at American House Senior Living.

Did you know that every year American House purchases ...

- 31,384 gallons of milk
- 81,910 pounds of bananas
- 3,262 watermelons
- 30,125 pounds of tomatoes
- 1,601,592 coffee creamers
- 6,657 pineapples
- 20,856 cucumbers
- 29,040 pounds of cottage cheese
- 64,400 saltines
- 18,306 pounds of red grapes

I hope you found these facts interesting, and we will continue to purchase the highest quality food.

Block Party Notes

Our neighborhood block parties have been very well attended. Thank you to all who have been a part! The next party will bring the first floor of the

Wheatland Building residents together to meet everyone on the "block." This party will be happening on **Thursday, November 16th, at 2:30 p.m. in the Community Room.**

The party themes have all been as unique as the friends attending! We are all here for mutual enjoyment and friendship.

Don't be afraid to suggest a party theme if one comes to mind. Your great ideas benefit all the people on your block. We can never have too many laughs or too much fun!



Important Numbers Cedarlake

Cedarlake Cell Phone
(815) 733-0078

Front Desk
(815) 254-3564

Cedarlake Bus
Tom's Number:
(815) 353-2874

Wellness Center
Direct Line
(815) 267-3790

Comcast
(800) 266-2278

AT & T
(800) 244-4444

Hair Salon





Colleen
Mondays 8:30 a.m. - 12:00 p.m.
Thursdays 1-5 p.m.
(815) 405-2717

Vicki
Wednesdays 8 - 4 &
Fridays 8 - 4
(815) 955-6991

Plainfield Library
(815) 436-6639

Pace Bus
(800) 244-4410

Plainfield Shuttle
(815) 436-1112

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1:00 Nondenominational Service (CR) 2:00 ■ Movie: African Queen (CR) Not Rated</p>	 <p>10:30 ■ Knitting & Crocheting (FL) 1:30 BMO Harris Bank (Conference) 2:00 Catholic Communion Service (CR) 2:00 ■ Hand Massage (M) Sign-Up Required 3:00 Spiritual Discussion Group (Pastor Bill) (CR) 3:00 ■ Euchre Game (BSD) 4:00 ■ Canasta (BSD) 5:30 ■ Bingo (CR)</p>	 <p>10:30 ■ Outing & Entertainment Meeting (All Residents Encouraged To Attend!) (CR) 2:30 ■ Entertainment by John Trimmel (CR) 4:30 ■ Bingo (CR) 6:00 ■ Poker (CR)</p>	<p>1</p> <p>8:00 Beauty Salon (Vicki) 10:30 ■ "Julia Roberts" Presentation by Tim Wilsey (CR) 1:30 ■ Pinochle (AC) 2:00 ■ Movie Committee Meeting (3rd Floor Renwick Bldg) 2:00 ■ MudSpot (Therapy Dog) Visit (Li) 3:00 ■ Mexican Train Dominos (AC) 3:00 ■ Resident Ambassador Meeting (BSD) 4:30 ■ Bingo (CR)</p>	<p>2</p> <p>8:30 ■ Meijer / Jewel Shopping 9:00 ■ Walmart Shopping 10:00 ■ Bridge (AC) 10:30 ■ Bean Bag Baseball Practice (CR) 1:00 Beauty Salon (Colleen) 1:30 ■ Group Crossword (Conference Room) 2:30 ■ Dr. Christopher Smith "Technique on Decreasing Stress For a Happy & Healthy Life (CR) 4:30 ■ Bingo (CR) 6:00 ■ Poker (CR)</p>	<p>3</p> <p>8:00 Beauty Salon (Vicki) 10:30 ■ Paper Artist, Rachel Dudek will be here to teach card making! (CR) Sign Up in the Library 12:00 ■ Scrabble (AC) 1:30 ■ Hand Bell Practice (AC) 2:30 ■ MOVIE: She Wore A Yellow Ribbon (CR) Not Rated</p>	<p>4</p> <p>2:00 ■ MOVIE: Wag the Dog (CR) Rated R 6:00 ■ Happy Hour (BSD)</p>
<p>5</p> <p>1:00 Nondenominational Service (CR) 2:00 ■ Movie: African Queen (CR) Not Rated</p>	<p>6</p> <p>10:30 ■ Knitting & Crocheting (FL) 1:30 BMO Harris Bank (Conference) 2:00 Catholic Communion Service (CR) 2:00 ■ Hand Massage (M) Sign-Up Required 3:00 Spiritual Discussion Group (Pastor Bill) (CR) 3:00 ■ Euchre Game (BSD) 4:00 ■ Canasta (BSD) 5:30 ■ Bingo (CR)</p>	<p>7</p> <p>10:30 ■ Outing & Entertainment Meeting (All Residents Encouraged To Attend!) (CR) 2:30 ■ Entertainment by John Trimmel (CR) 4:30 ■ Bingo (CR) 6:00 ■ Poker (CR)</p>	<p>8</p> <p>8:00 Beauty Salon (Vicki) 10:30 ■ Town Hall Meeting (CR) 1:30 ■ Pinochle (AC) 3:00 ■ Mexican Train Dominos (AC) 3:00 ■ Town Hall Meeting (CR) 4:30 ■ Bingo (CR)</p>	<p>9</p> <p>8:30 ■ Meijer / Jewel Shopping 9:00 ■ Walmart Shopping 10:00 ■ Bridge (AC) 10:30 ■ Bean Bag Baseball Practice (CR) 1:00 Beauty Salon (Colleen) 1:30 ■ Group Crossword Puzzle (FL) 2:30 ■ Inspire Senior Care - David to present: Brain Health (CR) 4:30 ■ Bingo (CR) 6:00 ■ Poker (CR)</p>	<p>10</p> <p>8:00 Beauty Salon (Vicki) 10:30 ■ Veteran's Day Program (CR) All Residents invited! Vocalist, Heather Braudakis will be here! (CR) 12:00 ■ Scrabble (AC) 1:30 ■ Hand Bell Practice (AC) 2:30 ■ MOVIE: Certifiably Jonathon (CR) Not Rated 2:30 ■ Golden Girls Gab (Loft)</p>	<p>11</p> <p>Veterans Day 2:00 ■ MOVIE: One Flew Over the Cuckoos Nest (CR) Rated R</p>
<p>12</p> <p>1:00 Nondenominational Service (CR) 2:00 ■ Movie: King Arthur - Legend of the Sword (CR)</p>	<p>13</p> <p>8:30 Beauty Salon until 12 - Colleen 10:30 ■ Holiday Coloring (AC) 1:15 ■ Elmhurst College Chamber Singers to perform in the CR for all residents! 1:30 BMO Harris Bank (Conference) 2:30 Catholic Communion Service (CR) 3:00 ■ Euchre Game (BSD) 3:00 Spiritual Discussion Group (Pastor Bill) (CR) 4:00 ■ Canasta (BSD) 5:30 ■ Bingo (CR)</p>	<p>14</p> <p>9:30 ■ Hand Massage (M) Sign Up in Library 10:30 ■ Men's Get Together (CR) 12:15 ■ Lunch Outing to Ted's Montana Grill (Sign up in Library) 4:30 ■ Bingo (CR) 6:00 ■ Poker (CR)</p>	<p>15</p> <p>8:00 Beauty Salon (Vicki) 9:00 ■ Fannie May Table - Purchase Boxed Candy (Fireside Lounge) 10:30 ■ Brain Storm - A Workout for the Mind (CR) 1:00 ■ Depart for Bean Bag Game in Oswego (Sign up in Library) 1:30 ■ Pinochle (AC) 3:00 ■ Mexican Train Dominos (AC) 4:30 ■ Bingo (CR)</p>	<p>16</p> <p>8:30 ■ Meijer / Jewel Shopping 9:00 ■ Walmart Shopping 10:00 ■ Bridge (AC) 1:00 Beauty Salon (Colleen) 1:30 ■ Group Crossword (Conference Room) 2:30 ■ Block Party for 1st Floor Wheatland Building (CR) 3:15 ■ Food Committee Meeting with Chef Sam (BSD) 4:30 ■ Bingo (CR) 6:00 ■ Poker (CR)</p>	<p>17</p> <p>8:00 Beauty Salon (Vicki) 10:30 ■ John Boda to present: Civil War "Strange & Unusual" (CR) 12:00 ■ Scrabble (AC) 1:30 ■ Hand Bell Practice (AC) 2:30 ■ MOVIE: Megan Leavy (CR)</p>	<p>18</p> <p>2:00 ■ MOVIE: Good Morning Vietnam (CR) Rated R 6:15 ■ "Brown Eyed Girls" to Entertain @ Happy Hour tonight! (BSD) All residents are invited!</p>
<p>19</p> <p>1:00 Nondenominational Service (CR) 2:00 ■ Movie: Mrs. Brown (CR) Rated PG</p>	<p>20</p> <p>8:30 Beauty Salon until 12 - Colleen 10:30 ■ Trivia (CR) 1:30 BMO Harris Bank (Conference) 2:00 Catholic Communion Service (CR) 3:00 ■ Euchre Game (BSD) 3:00 Spiritual Discussion Group (Pastor Bill) (CR) 4:00 ■ Canasta (BSD) 5:30 ■ Bingo (CR)</p>	<p>21</p> <p>8:30 ■ Shopping at Meijer, Jewel, Walmart (Sign Up in Library) 10:30 ■ Book Discussion with Judi (Li) 2:30 ■ Cedarlake Cares Bingo (Refreshments & Prizes) (CR) 4:30 ■ Bingo (CR) 6:00 ■ Poker (CR)</p>	<p>22</p> <p>8:00 Beauty Salon (Vicki) 10:30 ■ Ladies Get-Together (CR) 1:30 ■ Pinochle (AC) 2:00 ■ Hand Massage (M) Sign-Up Required 2:30 ■ Wheel of Fortune Game (CR) 3:00 ■ Mexican Train Dominos (AC) 4:30 ■ Bingo (CR)</p>	<p>23</p> <p>Happy Thanksgiving! 10:00 ■ Bridge (AC) 2:00 ■ Movie To Be Announced! (CR) 4:30 ■ Bingo (CR) 6:00 ■ Poker (CR)</p>	<p>24</p> <p>8:00 Beauty Salon (Vicki) 12:00 ■ Scrabble (AC) 1:30 ■ Hand Bell Practice (AC) 2:30 ■ MOVIE: Hannah & Her Sisters (CR) Rated PG-13 2:30 ■ Golden Girls Gab (Loft)</p>	<p>25</p> <p>2:00 ■ Piano & Flute Students visiting! 40 Minute Performance (FL) 2:00 ■ MOVIE: Rio Bravo (CR) Not Rated</p>
<p>26</p> <p>1:00 Nondenominational Service (CR) 2:00 ■ Movie: Fort Apache (CR) Not Rated</p>	<p>27</p> <p>8:30 Beauty Salon until 12 - Colleen 10:30 ■ TRIAD - Enhancing Your Memory (CR) 1:30 BMO Harris Bank (Conference) 2:00 Catholic Communion Service (CR) 3:00 Spiritual Discussion Group (Pastor Bill) (CR) 3:00 ■ Euchre Game (BSD) 4:00 ■ Canasta (BSD) 5:30 ■ Bingo (CR)</p>	<p>28</p> <p>9:30 ■ Hand Massage (M) Sign Up in Library 11:30 ■ Lunch Outing to Cookies in Minooka (Sign up in Library) 4:30 ■ Bingo (CR) 6:00 ■ Poker (CR)</p>	<p>29</p> <p>8:00 Beauty Salon (Vicki) 10:30 ■ Coffee & Canvas - Guided Acrylic Painting Class (AC) 1:30 ■ Pinochle (AC) 2:00 ■ Professor Midkiff to Present (CR) 3:00 ■ Mexican Train Dominos (AC) 3:30 ■ Euchre Tournament (BSD) Sign Up at the Front Desk 4:30 ■ Bingo (CR)</p>	<p>30</p> <p>8:30 ■ Meijer / Jewel Shopping 9:00 ■ Walmart Shopping 10:00 ■ Bridge (AC) 10:30 ■ Find the Mate Matching Game! (CR) 12:00 ■ Kohl's Shopping (Sign up in Library) 1:00 Beauty Salon (Colleen) 1:30 ■ Group Crossword Puzzles (FL) 4:30 ■ Bingo (CR) 6:00 ■ Poker (CR)</p>	<p>Room Key for Activities/Entertainment</p> <p>AC - Arts & Crafts Room (3rd Floor in Wheatland) CD - Cedar Room CR - Community Room Li - Library W - Wellness RL - Renwick Lounge (2nd Floor) R3 - Renwick (3rd Floor) B - Bistro BSD - Blue Spruce Dining Room L - Loft (2nd Floor Renwick) FL - Fireside Lounge M - Meditation Room (By Beauty Salon)</p>	

MudSpot



Therapy Dog

Meet MudSpot, our new friend that happens to be a therapy dog!

MudSpot is a husky/lab mix and belongs to Nick M. He is a friend of Nurse Carol and has enjoyed a few visits so far with some of our residents. MudSpot, or Muddy, as Nick sometimes refers to him, met us at the Eaton Preserve while we were on a picnic! It was such a nice surprise. They were here recently in the library and met four more residents. His schedule is flexible. Sometimes a scheduled visit will be on the calendar and sometimes we will have notice of their visit with a note at the breakfast or lunch table. MudSpot is a calm, friendly, obedient dog who can offer “friends” affection and comfort. He can relieve stress, promote healing and decrease anxiety and blood pressure. See for yourself. Muddy loves to be hugged!

American House

Cedarlake Is on Facebook!

We love to share what’s happening at American House! Stay “in the know” by linking and following our Facebook page. Follow these four easy steps and soon, you’ll see posts and pictures from American House Cedarlake in your Facebook News Feed.

Step 1: Go to

www.americanhouse.com

Step 2: Find American House Cedarlake 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.

Step 4: Click the “Like” and “Follow” buttons located underneath our community’s photo. It’s that simple! We look forward to sharing our community news with you.



GAME CORNER



Pick letters and try to figure out words and phrases together. Come and get stumped or solve the puzzle. There are many prizes to win and many laughs to have with fellow residents. The next game will be **Wednesday, November 22nd, at 2:30 p.m. in the Community Room.**



will be played @ The Ladies' Meeting on **November 22nd at 10:30 a.m. in the Community room.**

KNIT AND CROCHET

Bring your projects or start a new one. Warm up with a warm drink and cozy up to the fire as we stitch. Come with ideas of names for our group. Talk about prayer shawls to make and organizations to donate to. Meet in the Fireside Lounge on **Monday, November 6th, at 10:30 a.m.**

Piece by Piece

Anyone who has stayed up late to work a jigsaw puzzle knows how easy it is to say "just one more piece." Both relaxing and a good workout for the brain, puzzles are a favorite pastime of many, from preschoolers to centenarians.

British mapmaker John Spilsbury created the first jigsaw puzzles in 1767 to help children learn geography. He pasted maps onto wood and, using a fine saw, cut them into small pieces for children to assemble, calling his creations "dissected maps." Throughout the 18th and 19th centuries, these games served as educational tools.

Hobby puzzles for adults evolved around 1900. Made of wood and hand-cut one piece at a time, the intricate creations were expensive and served as entertainment for wealthy families during weekend socials. Parker Brothers and Milton Bradley made popular lines of jigsaws during this time.

In the 1930s, die-cut cardboard puzzles began to be mass-produced, reducing the cost and making the games an affordable escape for millions during the Depression. Many drugstores and libraries rented puzzles, and some stores used them as advertising, offering free puzzles with purchases.



Renwick Block Party



Word Search

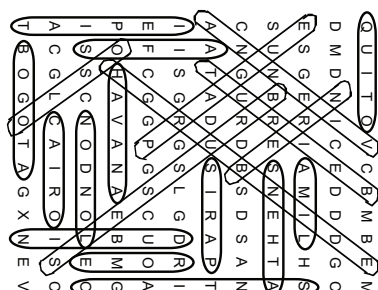
Category: Capitals of Foreign Nations

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

1. Dublin
2. _____
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19. _____
20. _____

Word Search Solution:

1. Athens
2. Beirut
3. Bern
4. Bogota
5. Brussels
6. Cairo
7. Dublin
8. Edinburgh
9. Havana
10. Lima
11. London
12. Oslo
13. Paris
14. Prague
15. Quito
16. Rome
17. Santiago
18. Sofia
19. Taipei
20. Vienna



"This Month In History"

NOVEMBER

1800: President John Adams and his family move in to the newly completed White House, then called the President's House.

1906: SOS is adopted as the standard distress signal at sea.

1910: Hailed as a monumental work of architecture, the Pennsylvania Station railroad terminal opens in New York City.

1924: The Boston Bruins make their debut as the first U.S. team in the NHL.

1939: In Hyde Park, N.Y., the cornerstone is laid for a library to preserve President Franklin D. Roosevelt's official papers. It was America's first presidential library.

1945: The first issue of Ebony magazine is published.

1959: On Broadway, the Rodgers and Hammerstein musical "The Sound of Music" opens.

1968: The Motion Picture Association of America introduces a rating system for movies.

1973: Britain's Princess Anne marries Capt. Mark Phillips at Westminster Abbey.

1989: L. Douglas Wilder of Virginia becomes the first African-American governor elected in the U.S.

1993: Made up of 12 countries, the European Union is formally established.

2000: A crew of three arrives at the International Space Station and is the first to live and work at the research facility.

2008: Taylor Swift releases her second album, "Fearless." It would go on to be the most awarded album in country music history.

2013: Disney's animated movie musical "Frozen" premieres. Record box office ticket sales made it the highest-grossing animated film of all time.