

The Patriot

American House Farmington Hills

24400 Middlebelt Road | Farmington | Michigan | 48336

(248) 471-9141 | Fax: (248) 471-4907 | ahfarmington@gmail.com | americanhouse.com

Our Friendly Staff at American House

| | |
|---------------------|--------------------------------|
| Carmin Harris | Executive Director |
| Lisa Mannix | Assistant Director |
| Danielle Dombrowski | Life Enrichment Dir. |
| Maureen Kidd | Housekeeping Director |
| Mohamed Allie | Maintenance Director |
| Sandra Lee | Dietary Director |
| Rita Anton | Weekend Director/LED Assistant |
| Denise Schmid | Evening Manager |
| Babette | Nurse |



Important Phone Numbers

| | |
|-----------------------------|----------------|
| Main Office | (248) 471-9141 |
| Medical Team | (248) 478-3984 |
| Med Team Rehab | (248) 478-2728 |
| Renee, Transport Specialist | (248) 880-9130 |
| DTE Energy | (800) 477-4747 |
| Consumers Energy | (800) 477-5050 |
| Bright House | (877) 897-7333 |

A Little Rain Must Fall

“The way I see it, if you want the rainbow,
you gotta put up with the rain.” — Dolly Parton

April 2017



Easter Brunch

Please join us on Saturday, April 15th, at 11:30 am,
for a family brunch to help us celebrate the Easter
and Passover Holidays! The meal will be served buffet
style with a wonderful menu! There will also be a very
special visitor at the brunch, the Easter Bunny will be
hopping by to say hello! Family and friends are
welcome but we ask that you please RSVP by April
7th if you will be attending! Hope to see you there!



Trivia Whiz

Get Moving Again!

Looking for a way to get your strength up, and get yourself going for the day?

Come out to our various exercise programs. Monday through Thursday, exercise is held at 10 a.m. in the Dining Room or Living Room.

Fridays, come out and "Exercise with Rehab" at 1:30 p.m. in the Living Room.

Stretch out those legs with Walking Club during Walk for Wellness on Fridays at 2:30 p.m. around the track or through main building.

Nu Step Bike

Take advantage of the Nu Step Bike in the Rehab office.

Check for times when Rehab is open to use the Nu Step Bike; times are located outside the rehab room and near to the activities calendars.

The staff will help you on/off the bike for your safety.

Detroit Tigers Opening Day Party

On Friday, April 7th, at 1:10 pm, the Detroit Tigers will be beginning the 2017 season! We will be having a party to celebrate with mini hog dogs, Cracker Jack and beer! Don't forget to wear your favorite Tigers gear! Hope to see you there! Play Ball!



SLIP Prevention Class

Join us on Tuesday, April 11th, at 2 pm, to welcome Sarah Hickey RN as she presents a program by Beaumont Hospital called SLIP! SLIP stands for Senior Lifestyle and Injury Prevention.

This 30-minute presentation is complementary and will include a variety of health topics! See you there!

Exotic Zoo Cute and Cuddly Show

The Exotic Zoo will be presenting the "Cute and Cuddly" Live Animal show on Friday, April 14th, at 2:30 pm! Come see all kinds of animals such as giant rabbits, arctic foxes, and chinchillas!



Fascinating Strawberry Facts

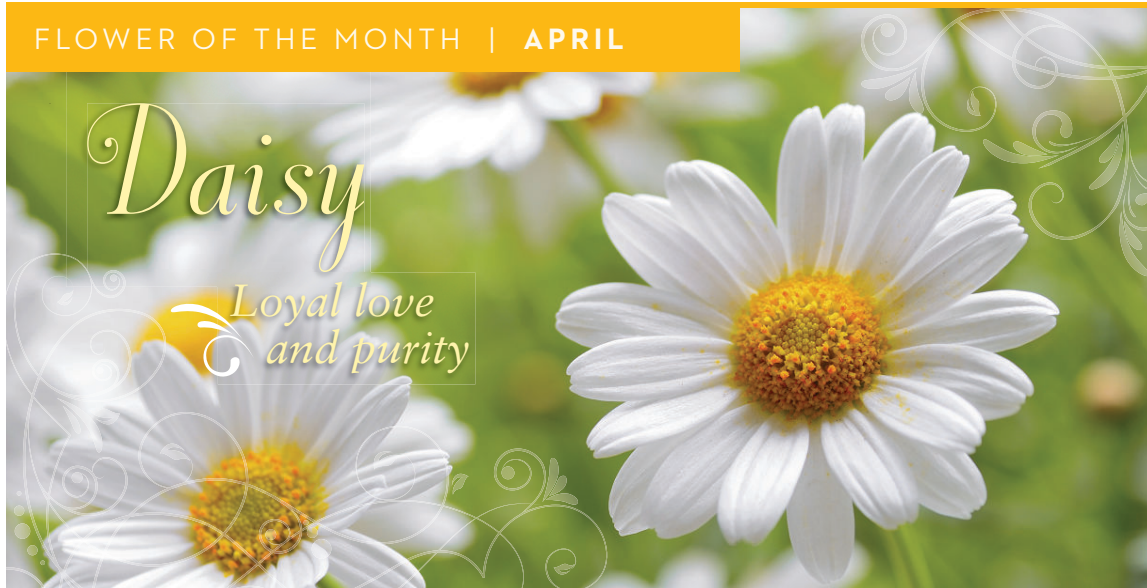
By Brian K. Rosso, M.S., R.D.

The Michigan strawberry season will be here before you know it. I hope you enjoy the following facts about this delicious fruit.

- Eight strawberries provide only 45 calories, 140 percent of the RDA for vitamin C and three grams of fiber.
- One strawberry contains about 200 seeds.
- Strawberries are the only fruit with seeds found on the outside instead of the inside.
- The only way to harvest strawberries is by hand.
- The largest strawberry ever picked was half a pound.
- Historically, strawberries represent peace and prosperity.
- The average American eats 4.85 pounds of strawberries annually.
- Strawberries offer the most flavor when eaten at room temperature.
- Strawberries are a member of the rose family.
- Birds are responsible for the spread of strawberry seeds across the country.
- Belgium offers a museum dedicated entirely to strawberries.

Visit an American House today and enjoy some strawberries.

FLOWER OF THE MONTH | APRIL



Transportation

Wednesdays, our AH Transportation Specialist, Renee, provides transportation to residents in a 10-mile radius of our building.

The transportation van is equipped with a wheelchair lift.

Please call at least 48 hours in advance to schedule your appointment at **(248) 880-9130**. Provide your NAME, LOCATION CALLING FROM (*Farmington Hills*), ADDRESS OF WHERE YOU ARE GOING and your PHONE NUMBER when calling for an appointment.

Weekly Kroger Shopping Trip

Every Wednesday, we offer a shopping trip to Kroger for our residents to do a little grocery shopping. The shopping trip leaves between **10:45 and 11 a.m.**

If you would like more time for shopping, please feel free to call Renee and schedule with her for a time that will work on Wednesdays.



Resident Birthdays

| | |
|------|-----------|
| 4/1 | Robert R |
| 4/11 | Yolanda D |
| 4/14 | Marge R |
| 4/16 | Gloria Z |
| 4/27 | Donna E |
| 4/27 | Denise E |

Request a special birthday meal!

Call the kitchen three days prior to your birthday to put in your request for either steak or shrimp!

Staff Birthday

| | |
|-----|------------------------|
| 4/6 | Rita (Weekend Manager) |
|-----|------------------------|









Patriot Pride



Our April nominated staff member is Marliisa (Meme) Price, from the dietary department! Meme has been part of our team for 12 years! She takes pride in her work and her longevity! Meme brightens up our building with her friendly smile and kind personality! She is a very hard worker and always has the residents' best interests at heart! Meme was promoted to the Dining Room Supervisor because of her dedication, dependability, strong work ethic and attention to detail! We are so lucky to have wonderful employees like Meme to set a good example for the rest of the staff! Thank you, Meme, for all that you do for our community!



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|--|--|
|  |  |  |  |  |  | April Fools' Day 10:00 ■ Exercise Video (LR) 11:00 Americans Funnies Home Videos (LR) 1:00 ■ Movin' with Matthew (LR) 3:00 ■ Ron Muka Performs (LR) 4:00 Book Club (CR) |
| 2 9:30 Catholic Church Service (CR) 10:00 ■ Exercise (LR) 11:00 Non-Denominational Church Service (CR) 1:30 Coupon Clipping (LR) 3:00 ■ Rob Seely Performs (LR) 3:00 Coffee and Conversation (LR) | 3 10:00 ■ Exercise (LR) 11:00 Name that Tune (LR) 1:30 Bingo (CR) 3:00 Manicure Mondays 3:30 Massage w/ Gayle (CR) | 4 10:00 ■ Stretch and Strengthen (LR) 11:00 ■ Movie Outing (O) 2:00 Down with Dawn from TMT (LR) 3:00 One on Ones w/ Danielle 6:00 Evening News | 5 10:00 ■ Chair Zumba 10:45 ■ Kroger Shopping Trip (O) 1:30 Poker w/ Mohamed (CR) 1:45 Conversation Corner (LR) 2:00 Pinochle (DR) 3:00 Art Class (CR) | 6 10:00 ■ Chair Yoga (LR) 11:00 Catholic Mass (CR) 1:30 Person Place or Thing (LR) 2:00 Pinochle (DR) 3:00 ■ Happy Hour w/ Bob Tarinelli (DR) 6:00 Board Game Night (B) | 7 10:00 Craft Class (CR) 11:00 Sevens (B) 1:10 Detroit Tigers Opening Day Party (LR)★ 1:30 ■ Exercise w/ Med Team Rehab (LR) 2:00 Pinochle (DR) 3:00 ■ Memory Magic (CR) 6:15 Friday Night Movie (LR) | 8 10:00 Puzzle Power Hour (B) 11:15 ■ Exercise w/ Jim Berk (LR) 1:00 ■ Movin' with Matthew (LR) 3:00 ■ John Latini Performs (LR) 4:00 Book Club (CR) |
| Palm Sunday 9 9:30 Catholic Church Service (CR) 10:00 ■ Exercise (LR) 1:30 Coupon Clipping (LR) 3:00 Coffee and Conversation (LR) | Passover Begins at Sundown 10 10:00 ■ Exercise (LR) 10:00 ■ LaughTime w/ Bonnie (MC) 11:00 Go Fish 1:30 Bingo (CR) 3:00 Kings Corner (B) 3:30 Massage w/ Gayle (CR) | 11 10:00 ■ Stretch and Strengthen (LR) 11:00 Fact or Crap 2:00 ■ SLIP Prevention class w/ Beaumont Hospital LR) 3:00 One on Ones with Danielle 6:00 Evening News | 12 10:00 ■ Tai Chi (LR) 10:45 ■ Kroger Shopping Trip (O) 11:30 ■ Lunch Outing (O) 1:30 Poker w/ Mohamed (CR) 1:45 Conversation Corner (LR) 2:00 Pinochle (DR) 3:00 Art Class (CR) | 13 10:00 ■ Chair Yoga (LR) 10:30 Wellness Bingo for Prizes w/ Med Team (CR) 1:30 Name that Tune (LR) 2:00 Pinochle (DR) 3:00 ■ Happy Hour w/ Magic Mike (DR) 6:00 Board Game Night (B) | 14 10:00 Craft Class (CR) 11:00 Armchair Travel 12:00 ■ George Stepulla Plays Violin (DR) 1:30 ■ Exercise w/ Med Team Rehab (LR) 2:00 Pinochle (DR) 2:30 ■ Exotic Zoo Cute and Cuddly Show (DR)★ 6:15 Friday Night Movie (LR) | 15 10:00 ■ Exercise Video (LR) 11:30 ■ John Hanba Peforms 11:30 Easter Brunch W Easter Bunny★ 1:00 ■ Movin' with Matthew (LR) 3:00 Movie (LR) 4:00 Book Club (CR) |
| Easter 16 9:30 Catholic Church Service (CR) 10:00 ■ Exercise (LR) 11:00 Non-Denominational Church Service (CR) 1:30 Coupon Clipping (LR) 3:00 Coffee and Conversation (LR) | Tax Day Is Tomorrow 17 10:00 ■ Exercise (LR) 11:00 Musical Notes (LR) 1:30 Bingo (CR) 3:00 Manicure Monday (AO) 3:30 Massage w/ Gayle (CR) | Residents Eat Lunch in Apartments 18 10:00 ■ Stretch and Strengthen (LR) 11:00 Word Game (LR) 12:00 ■ John Hanba Performs (DR) 2:00 ■ Ballroom Dance w/ Mike Wolverton (DR) 6:00 Evening News | LED Meeting 19 10:00 ■ Chair Zumba 10:45 ■ Kroger Shopping Trip (O) 1:30 Poker w/ Mohamed (CR) 1:45 Conversation Corner (LR) 2:00 Pinochle (DR) 3:00 Art Class (CR) | 20 9:30 ■ Detroit Symphony Orchestra Sneak Peak (O) 10:00 ■ Chair Yoga (LR) 1:30 Riddles (LR) 2:00 Pinochle (DR) 3:00 ■ Happy Hour w/ Kenny Lang (DR) 6:00 Board Game Night (B) | 21 10:00 Craft Class (CR) 11:00 ■ Su's News (LR) 1:30 ■ Exercise w/ Med Team Rehab (LR) 2:00 Pinochle (DR) 3:00 Wine and Cheese Social (DR) 6:15 Friday Night Movie (LR) | Earth Day 22 11:15 ■ Exercise w/ Jim Berk (LR) 11:30 Easter Brunch w/ the families (DR)★ 1:00 ■ Movin' with Matthew (LR) 3:00 ■ Farmington Church Choir (LR) 4:00 Book Club (CR) |
| 23 9:30 Catholic Church Service (CR) 10:00 ■ Exercise (LR) 11:00 ■ TZU Foundation Performs (LR) 1:30 Coupon Clipping (LR) 3:00 Coffee and Conversation (LR) | 24 10:00 ■ LaughTime w/ Bonnie (MC) 10:00 ■ Exercise (LR) 11:00 Name 10 (LR) 1:30 Bingo (CR) 3:00 ■ March Birthday Party w/ Bobby Tenuto (DR) 3:30 Massage w/ Gayle (CR) | 25 10:00 ■ Stretch and Strengthen (LR) 11:00 Jumblin (LR) 12:00 Volunteer Appreciation Luncheon (DR) 2:00 Down with Dawn from TMT (LR) 3:00 LCR game (B) 6:00 Evening News | 26 10:00 ■ Tai Chi (LR) 10:45 ■ Kroger Shopping Trip (O) 11:00 ■ Farmington Librarian Visits (LR) 1:30 Poker w/ Mohamed (CR) 1:45 Conversation Corner (LR) 2:00 Pinochle (DR) 3:00 Art Class (CR) | 27 10:00 ■ Chair Yoga (LR) 10:30 Cooking w/ Leta- Making Petulla's (DR) 1:30 Riddles (LR) 2:00 Pinochle (DR) 3:00 ■ Happy Hour w/ Kelly Miller (DR) 6:00 Board Game Night (B) | 28 10:00 Craft Class (CR) 11:00 Resident Council Meeting (LR) 1:30 ■ Exercise w/ Med Team Rehab (LR) 2:00 Pinochle (DR) 3:00 Wayne State's "BrainStorm" Program 6:15 Friday Night Movie (LR) | 29 10:00 ■ Exercise Video (LR) 11:00 Word Game (LR) 1:00 ■ Movin' with Matthew (LR) 3:00 Movie (LR) 4:00 Book Club (CR) |
| 30 9:30 Catholic Church Service (CR) 10:00 ■ Exercise (LR) 11:00 Non-Denominational Church Service (CR) 1:30 Coupon Clipping (LR) 3:00 Coffee and Conversation (LR) | | | | | | |

Beauty Shop

Shampoo \$5
Shampoo and Set
\$15

Haircut \$15
Perm, Cut and Set
\$60 and Up

Shampoo, Blow Dry
and Style \$15

Color Rinse or
Conditioner \$5
~~~~

Shave \$10 and Up  
-----

Manicure \$15  
-----

Nail Clean and Trim  
\$9  
-----

Hair Color and Set  
\$40  
-----

**Call for  
appointment:  
(248) 515-9361**

## Visiting Dentist

Dr. Lousay  
Mansour's Portable  
Dental Services  
27845 Gratiot Ave.  
Roseville, MI 48066  
(586) 873-5567

## Health & Wellness

### Advanced Medical House Calls

Dr. Mark Wilkerson, Nurse  
Practitioner

Laura Wilkerson and the AMHC team  
will be here on Thursdays!

Office Number: (810) 853-5875

Fax Number: (586) 279-4515

Keep In Good Health

Call to schedule appointments!

### Massage With Gayle

We will be offering free 10-minute  
chair massages to our residents on

**Mondays, 3:30 to**

**5 p.m. If you are interested,  
sign-up is located by the big  
calendar.**

THE  
MEDICAL  
TEAM®



**The Medical Team is a full-service home health, personal care and private-duty agency. We offer a full range of services that are responsive to our clients' needs. The Medical Team is available 24 hours a day, 365 days a year. Call our office in your American House at (248) 478-3984 or our central office at (734) 779-9700.**

MED TEAM  
Rehab

248-478-2728 Fax 248-295-4462  
ahfarmingtonhills@medteam.com  
Physical Therapy Services

American House Farmington Hills  
34440 Middlebelt Road, Farmington Hills, MI 48338

## Medical Team Rehab

For information:

**call (248) 478-2728,**

**email [ahfarmingtonhills@medteam.com](mailto:ahfarmingtonhills@medteam.com) or stop by  
and visit our therapy clinic, located in Apartment 49  
of the Main Building.**

\*\*

Residents are welcome to stop in during open hours  
to use the Nu Step bike and ask for a free  
balance test!

They are happy to assist you in using the equipment  
when they are available!







## Renowned Rabbits

With their sweet dispositions and curious expressions, rabbits have been welcome symbols of spring for centuries. Hop into the spirit of the season with this list of beloved bunnies.

*Peter Rabbit.* British author and illustrator Beatrix Potter wrote numerous stories about rabbits and other critters, but the most famous is probably little Peter Rabbit, who just can't stay out of Mr. McGregor's garden.

*The Velveteen Rabbit.* Margery Williams' classic storybook, first published in 1922, tells the bittersweet tale of a plush toy rabbit that experiences the magic of a child's love.

*Bugs Bunny.* This "wascally wabbit" is probably the most famous bunny of all. The Looney Tunes star has appeared in more than 200 cartoons.

*The Trix Rabbit.* Since 1959, this silly rabbit has been trying to get his hands on a bowl of his favorite fruity cereal before being scolded that "Trix are for kids!"

*Energizer Bunny.* What do you get when you give a giant pink rabbit a pair of flip-flops, sunglasses and a bass drum? An advertising icon that just keeps going ... and going ... and going.



## Laugh Lines

### April Birthday Party

Join us on Monday, April 24th, at 3 p.m. to celebrate all of our residents with April birthdays! Enjoy live entertainment by Bobby Tenuto and some yummy cake and ice cream!

### Stop by the Bulletin Board ...

and check out the calendar to answer the Bulletin Board Trivia Question for the day.

Correct answers will earn you an American House Buck that you can spend at our auction!





April 2017



**AMERICAN HOUSE FARMINGTON HILLS**

24400 Middlebelt Road  
Farmington, MI 48336

