

# The Patriot

## American House Grand Blanc

12640 Holly Rd. | Grand Blanc | Michigan | 48439

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### American House Staff

Jodi Colombe	Executive Director
Samantha Barlow	Assistant Director
Barb Foerster	Life Enrichment Director
Kathie Miller	Culinary Director
Helen Solomon	Housekeeping Supervisor
Rod Tennant	Maint. Supervisor
Giarah Payne	Weekend Manager
Judy Allen	Weekend Manager

### Medical Team Staff

Site Nurse	Brenda Kalush
Site Supervisor	Kristin Schwartz
TMT	(810) 694-0598
TMT Emergency	(810) 282-8702

### Important Phone Numbers

Front Office	(810) 694-7300
The Medical Team	(810) 694-0598
Dr. Wilkerson	
(Amy Wilson AGNP-C)	(810) 853-5875
Hairstylist (Carol Taggart)	(810) 577-4949
Nail Technician (Julie Keebler)	(810) 694-0778



**August 2016**

### American House Resident Picnic

Our American House Picnic was a great time! The weather was just perfect as was the company and food. We really enjoyed the entertainer, he sure got everybody up and moving. More pictures on page 2.





## Out and About



### Day in the Park

Tuesday, August 16th, at 10 a.m. we will be taking a bus trip out to Otter Lake Village Park. This park has a barrier free boat dock and we will be able to go for a pontoon ride; we will also take a picnic lunch with us to enjoy. This is sure to be a fun day. (Just a reminder, there are outside restrooms.) Please sign up in the lobby book; this trip will fill up fast.

### Congratulations!

Anna C. was the winner of our \$25.00 gift card for the survey collection drawing. Thank you if you already turned your survey in; if not, please turn all surveys in by July 31st. Take them to the office; there will be another gift card drawing on August 1st.



### August Birthdays

8/3	Zoe R.
8/5	Art G.
8/8	Ken H.
8/9	Louise B.
8/10	Sue C.
8/13	Harold M.
8/13	Ralph H.
8/17	Frank H.
8/18	Charlott B.
8/23	David W.
8/27	Alma D.

## Welcome New Residents

A202	Joe & Ann N.
A212	Verna D.
B206	Leland & June M.
C107	Dick & Marion P.
C205	Diane N.
C208	Bill & Ilene S.
C301	Gordon B.
C303	Dolores H.
C304	Lois C.
C309	Donna P.



### Resident picnic



John is always the silly one!



Giarah gets in the dance line.

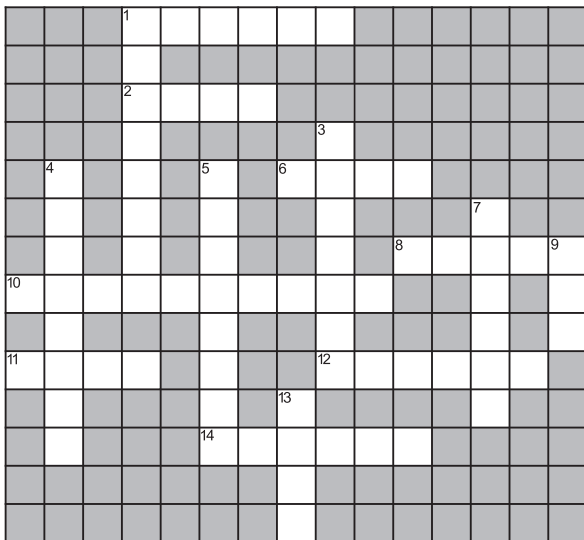


Pat, John, Charlott and Giarah having lots of fun!





## Fun Times



# August

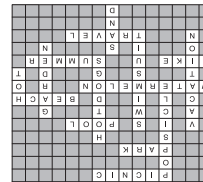
Crosswords

### Down:

1. Flavored ice
3. Hot sausages
4. Period of recreation
5. Garment used for swimming
7. Ornamental grounds
9. High degree of heat
13. Granular substance

### Across:

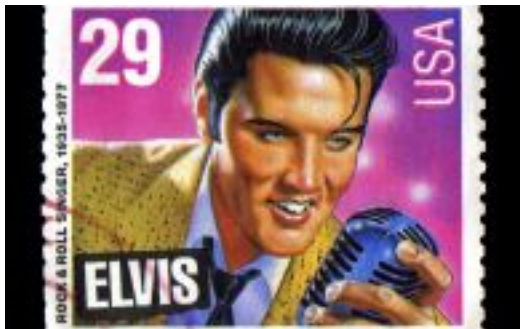
1. Outing
2. Large public green area
6. Small area of still water
8. Sandy shore
10. Large melon-like fruit
11. Bicycle
12. Warmest season
14. A journey



We went shopping at Birch Run Outlet Mall and while out to lunch, John ordered this brownie sundae. As our mothers would say, "His eyes were bigger than his stomach!"

## Paparazzi Jewelry

We now have Paparazzi Jewelry. The ladies will be here at 10 am in the bistro on the 2nd and 4th Friday of each month. This is costume jewelry and nothing is over \$5. She has a lot of pretty colors and matching sets. Come check it out; you are sure to find something that suits your style.



Our Elvis impersonator will be here on Friday, August 12th, at 2:30 in the dining room. August 16th marks the anniversary of the death of Elvis so we are having a party in celebration of his life and music. Dress in your poodle skirt or leather jacket and let's have some fun! Invite your family to join us, and to dress up with you.




## Back to the Bricks Cruise Night

Thursday, Aug. 18, at 4 p.m. we will be taking the bus over to the Grand Blanc High School to sit and watch the cars from "Back to the Bricks" cruise by. We will plan to stay a couple hours, so plan to eat at the 6 p.m. supper meal if your normal meal time is 4:30 p.m. Pop, water and snacks will be provided.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August	1 9:30 Outings Shopping Trip to Walmart - B 1:00 Outings Private Transportation 2:00 Exercise Stretch and Relaxation with Kimberly- AR 7:00 Games Bingo - AR	2 10:00 Exercise Strength Training - AR 10:30 Games Wii Bowling- Bistro 2:30 Entertainment by Mo- DR 7:00 Games Resident Games -Bistro	3 9:00 Blood Pressure Checks -LO 10:00 Exercise Strength Training with Julie- AR 2:30 Games Euchre- Bistro 3:00 Chair Massages with Rae- CH 7:00 Games Resident Run Games - Bistro	4 10:00 Exercise Strength Training - AR 10:45 Holy Family Catholic Church Service - CH 2:30 Games Bingo! (no evening bingo)- AR 7:00 Games Resident games- bistro	5 8:00 Made-to-Order Omelets -DR 8:30 Beauty Shop Opens 10:00 Avon Lady Visits- bistro 2:30 Treats in the lobby 7:00 Games Resident Run Games- Bistro	6 10:00 Exercise Strength Training- AR 2:30 Games Bingo - AR 7:00 Games Card Games in the Bistro
	7 9:30 Communion - CH 2:30 Entertainment by Matinee movie and popcorn - LO	8 9:30 Outings Shopping trip to Meijer - B 1:00 Outings Private Transportation 2:00 Exercise Stretch and Relaxation with Kimberly- AR 4:00 One on One with Barb 7:00 Games Bingo - AR	9 9:30 Cafe Chat with Barb- Bistro 10:00 Exercise Strength Training - AR 10:30 Outings Trip to the Farmer's Market- B 2:30 Outings Ride in the Countryside- B 7:00 Games Resident Games- Bistro	10 National S'more Day! 9:00 Blood Pressure Checks -LO 10:00 Exercise Strength Training with Julie- AR 2:30 Games Euchre- Bistro 8:00 Bonfire, out on back patio	11 9:30 Cafe Chat with Barb- Bistro 10:00 Exercise Strength Training - AR 11:00 Outings Lunch out at Applebee's sign up in lobby book - B 2:30 Entertainment by Bob Lowe and happy hour - DR 4:00 Puzzle Time- Bistro 7:00 Games Resident games- bistro	12 8:00 Made-to-Order Omelets -DR 8:30 Beauty Shop Opens 10:00 Exercise Walking Club, meet in lobby 10:00 Paparazzi Jewelry - Bistro 10:30 Games LCR Game - AR 2:30 1st Baptist Church of Goodrich service - CH 2:30 Entertainment by Elvis is here! Let's have a '50s party 7:00 Games Resident Run Games- Bistro
	14 9:30 Communion - CH 2:30 Entertainment by Matinee movie and popcorn - LO	15 9:30 Outings Shopping Trip to Dollar Tree - B 1:00 Outings Private Transportation 4:00 Games Trivia Time, Remember the Good ol' Days - Lo 7:00 Games Bingo - AR	16 9:30 Cafe Chat with Barb- Bistro 10:00 Outings Let's go for a Pontoon Ride and a Picnic (Barrier free)- B 3:30 Games Wii Bowling - bistro 7:00 Games Resident Games -Bistro	17 9:00 Blood Pressure Checks -LO 10:00 Exercise Strength Training with Julie- AR 2:00 Therapy Dog Visits- LO 3:00 Chair Massages with Rae- CH 7:00 Games Resident Run Games - Bistro	18 8:30 Donuts in the dining room with Jodi 10:00 Exercise Strength Training - AR 10:30 Color your world, adult color pages - AR 2:00 Resident meeting in lobby, with treats 4:00 Outings Back to the Bricks Car Cruise night 7:00 Games Resident games- bistro	19 8:00 Made-to-Order Omelets -DR 8:30 Beauty Shop Opens 10:00 Avon Lady Visits- Bistro 10:00 Exercise Walking Club, meet in lobby 10:30 Craft Class- AR 1:45 Outings Bingo Bash at American House North- B 7:00 Games Resident Run Games- Bistro
	21 9:30 Communion - CH 2:30 Entertainment by Kenny Lang -DR	22 9:30 Outings Shopping Trip to Meijer - B 1:00 Outings Private Transportation 2:00 Exercise Stretch and Relaxation with Kimberly- AR 4:00 One on One with Barb 7:00 Games Bingo - AR	23 9:30 Cafe Chat with Barb- Bistro 10:00 Exercise Strength Training - AR 10:30 Games Wii Bowling- bistro 2:30 Outings Veterans' get-together- AR 7:00 Games Resident Games -Bistro	24 9:00 Blood Pressure Checks -LO 10:00 Exercise Strength Training with Julie- AR 2:30 Games Euchre- Bistro 7:00 Games Resident Run Games - Bistro	25 8:45 Outings Soaring Eagle Casino Trip- B 10:00 Exercise Strength Training - AR 2:30 Entertainment by Dan Hays and birthday bash- DR 7:00 Games Resident games- bistro	26 8:00 Made-to-Order Omelets -DR 8:30 Beauty Shop Opens 10:00 Exercise Walking Club, meet in lobby 10:00 Paparazzi Jewelry - Bistro 10:30 Crochet Corner- AR 2:30 New Resident Meet & Greet and cocktail hour- DR 7:00 Games Resident Run Games- Bistro
	28 9:30 Communion - CH 2:30 Non denominational service with Chaplain Goodie- CH 2:30 Entertainment by Matinee movie and popcorn - LO	29 9:30 Outings Shopping Trip to Dollar General - B 1:00 Outings Private Transportation 2:00 - 2:30 Culinary chat with Kathie- Bistro 2:00 Exercise Stretch and Relaxation with Kimberly- AR 4:00 One on One with Barb 7:00 Games Bingo - AR	30 9:30 Cafe Chat with Barb- Bistro 10:00 Exercise Strength Training - AR 10:30 Games Wii Bowling- bistro 2:30 Entertainment by Frank Willett and happy hour- DR 8:00 Bonfire, out on back patio	31 9:00 Blood Pressure Checks -LO 9:00 Dr. Noroyan, the foot doctor visits. Sign up in lobby book 10:00 Exercise Strength Training with Julie- AR 2:30 Games Euchre- Bistro 7:00 Games Resident Run Games - Bistro		



## Talk About It

### Interesting Apple Facts

By Brian K. Rosso,  
R.D.

An apple a day.....

- 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.
- The apple blossom is the state flower of Michigan and Arkansas.
- The state of Michigan grows more than 20 different kinds of apples. Last year, Michigan farmers sold more than 20 million bushels of apples.

Fresh apples are available at all American House locations.

### Bloody Mary Bar

We had a fun time out on our front patio with our Bloody Mary Bar. It was hot outside, but we had a good breeze. Bev stopped by to help tend bar.



Our patio was filled with residents and friends.





## Ice Cream Social



Our ice cream social was a big hit! Malisha made bananas foster that were just wonderful. Our variety of ice cream and toppings was enough to fill everybody's sweet tooth.



Fun times on the patio.



## Holy Family Mission Makeover Group

The mission makeover group visited us again this year. The junior high students spent two days getting to know our residents. They played games, worked on puzzles, joined in on strength training and had lunch with us. We sure enjoy having them visit.



## Just a Reminder...

### PLEASE DO NOT PARK IN FRONT CIRCLE DRIVE

Just a friendly reminder that the front entrance is for quick pickups and drop-offs only. **EMS must have access as much as possible for the safety of residents.** Cars parked at the front entrance for extended periods risk being towed.



Our resident meeting will be held on Thursday, August 18th, at 2 pm in the lobby. Jodi will be leading the meeting along with the supervisors of each department, so please plan to attend and let us know any questions or concerns you have.



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August 2016



**American  
House**   
SENIOR LIVING COMMUNITIES

**AMERICAN HOUSE GRAND BLANC**

12640 Holly Rd.  
Grand Blanc, MI 48439