

The Patriot

American House Grand Blanc

12640 Holly Rd. | Grand Blanc | Michigan | 48439

(810) 694-7300 | Fax: (810) 695-1443 | grandblanc@americanhouse.com | americanhouse.com

American House Staff

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

Medical Team Staff

Site Nurse	Sherry McCarty
Site Supervisor	Sharketa Watkins
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	(810) 853-5875
Hairstylist (Kelly Smith)	(810) 397-2478



Veteran's Lunch

For our Veteran's meeting this quarter, we had a lunch in the activity room. The Veterans invited their wives to join them and Doug from Patriot Ambulance joined us; he is also a Veteran and joins us for all of our meetings. We had fried chicken, relish trays, cold salads, pork & beans and ice cream cake. It was a nice time for everybody and nice to see the wives come enjoy the meal.

May 2017

Veteran's Lunch With Their Wives



Mother's Event!



Attention Mothers!

We will be having a Mother's Day Coffee Bar with sweets on Friday, May 12th, from 2:30 to 3:30 in the dining room. Everyone is welcome to join in. Please invite your families to come and enjoy the hour with you. We will be taking pictures of our resident mothers with their families, so plan to attend and make some new memories.



Easter Egg Coloring

The residents enjoyed coloring eggs; they said it has been years since they have done this. They took home the ones they colored to enjoy. Great job!



May Birthdays

5/1	Sam G.
5/6	Kathleen B.
5/6	Eleanor T.
5/7	Agnes S.
5/12	Melvin B.
5/28	Esther M.
5/28	Gordon B.

Welcome New Residents

A203	Claudia D.
B209	Jean D.
B210	Blonda H.



Military Appreciation Month

May is Military Appreciation Month. Please join us in the dining room on Wednesday, May 17th, at 2:30 to honor our American House Veterans and enjoy patriotic music by Dan Hays.



Poker Game

Are you interested in playing poker? Come join the fun on Friday, May 5th, at 2:30 in the activity room. We will set up one afternoon per month for you poker players. You are more than welcome to get together as often as you like; just set it up with other players. Please check the activity board to make sure the activity room is not being used.



Crosswalk Band

Thursday evening, May 25th, we will be having entertainment by "Crosswalk Band" at 7:30 in the dining room. The band will play for an hour and a half. This is new entertainment for us, so please give Barb your opinion afterward so we know if they should return.

Make sure to put on your dancing shoes and let's have a fun evening!



Gardening Club

We have a request to put in a garden this summer, so we will put in two small 4 x 4 foot spaces, large enough to grow some tomatoes and a few other fresh vegetables. We also have the two raised flower beds that we fill with beautiful flowers. Please plan to join in on the trip to Walker farms on Thursday, May 25th, at 2:30; we will be getting our vegetable plants and flowers. The garden and flower beds are yours to do as your please. When the fresh vegetables are ready, they will be for the residents to enjoy, so please feel free to work out in the beds whenever you would like.



Bible Study

The first Sunday of each month at 10:30, we will be having Bible Study in the chapel. Please bring your Bible; this is open to all denominations and will be led by our resident Dale.



Hearing Place

We have a new service for our residents. The employees from "Hearing Place" will be coming in quarterly to check your hearing aids. This is a free service, so please plan to stop by the lobby on Wednesday, May 24th, from 2:30 to 3:30.



What's New!

Ride in the Countryside





We will be starting our rides in the countryside again in May on Thursday the 18th at 2:30. This is just a ride on the bus; we do not get off the bus or stop anywhere. It is a chance to get out of the building, enjoy the weather and see the changes around us. The flowers should be in full bloom and summer well on its way. Please sign up in the lobby book and come enjoy the ride.



Tigers Open Day Game

The lobby was full for the first Tigers home game. We had a party with grilled hot dogs, snacks and drinks.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>  <p>Mother's Day</p> </div>	<div> <p>1</p> <p>9:30 Shopping trip to Meijer / Dollar Tree- B</p> <p>1:00 Private transportation - B</p> <p>2:00 Stretch and relaxation with Kimberly - AR</p> <p>4:30 Nails polished by Barb - Salon</p> <p>7:00 Bingo!- Ar</p> </div>	<div> <p>2</p> <p>9:30 Cafe chat with Barb- Bistro</p> <p>10:00 Strength training- AR</p> <p>10:45 Mall walking - B</p> <p>2:30 <i>New resident meet & greet - LO</i></p> <p>3:30 Wii bowling- Bistro</p> <p>7:00 Bingo- AR</p> </div>	<div> <p>3</p> <p>9:30 Blood pressure checks - LO</p> <p>10:00 Strength training with Julie- AR</p> <p>10:30 Wii bowling- Bistro</p> <p>2:30 Euchre - AR</p> <p>3:00 - 4pm Chair massages with Rae - Chapel</p> <p>7:00 Residents choice games- AR</p> </div>	<div> <p>4</p> <p>10:00 Strength training- AR</p> <p>10:45 Holy Family Catholic Church Service - CH</p> <p>2:30 Entertainment by Bob Lowe and happy hour - DR</p> <p>3:45 Pray the Rosary - CH</p> <p>7:00 Bingo - AR</p> </div>	<div> <p>5</p> <p>Cinco de Mayo</p> <p>8:00 Made to order omelets - DR</p> <p>9:00 Beauty Shop Opens</p> <p>10:00 Avon lady visits - Bistro</p> <p>10:00 Walking in the building</p> <p>11:30 - 1pm Buffet lunch, everybody eats at the same time - DR</p> <p>2:30 Poker Game- AR</p> <p>7:00 Residents choice games - Bistro</p> </div>	<div> <p>6</p> <p>10:00 Strength training- AR</p> <p>10:30 LCR game - AR</p> <p>7:00 Residents choice games - AR</p> </div>
<div> <p>7</p> <p>9:30 Communion- CH</p> <p>10:30 Bible Study, all denominations welcome. Bring your bible - CH</p> <p>2:30 Matinee movie and snacks - Bistro</p> </div>	<div> <p>8</p> <p>9:30 Shopping trip to Walmart - B</p> <p>1:00 Private transportation - B</p> <p>2:00 Stretch and relaxation with Kimberly - AR</p> <p>4:30 Nails polished by Barb- Salon</p> <p>7:00 Bingo!- Ar</p> </div>	<div> <p>9</p> <p>9:30 Cafe chat with Barb- Bistro</p> <p>10:00 Strength training- AR</p> <p>10:45 Mall walking - B</p> <p>2:00 Sloan museum trip "Titanic" - B</p> <p>7:00 Bingo- AR</p> </div>	<div> <p>10</p> <p>9:30 Blood pressure checks - LO</p> <p>10:00 Strength training with Julie- AR</p> <p>10:30 Wii bowling- Bistro</p> <p>2:30 Euchre - AR</p> <p>7:00 Residents choice games- AR</p> </div>	<div> <p>11</p> <p>10:00 Strength training- AR</p> <p>11:00 Lunch out at the Villager in Holly - B</p> <p>2:30 Entertainment by Mo and happy hour - DR</p> <p>3:45 Pray the Rosary - CH</p> <p>7:00 Bingo - AR</p> </div>	<div> <p>12</p> <p>8:00 Made to order omelets - DR</p> <p>9:00 Beauty Shop Opens</p> <p>10:00 Mall walking - B</p> <p>10:00 Paparazzi jewelry in the bistro</p> <p>10:30 1st Baptist Church of Goodrich service - CH</p> <p>2:30 -3:30 Mothers' Day Coffee Bar and Sweets - DR</p> <p>7:00 Residents choice games - Bistro</p> </div>	<div> <p>13</p> <p>10:00 Strength training- AR</p> <p>2:30 Bingo with Dale - AR</p> <p>7:00 Residents choice games - AR</p> </div>
<div> <p>14</p> <p>Happy Mother's Day</p> <p>9:30 Communion- CH</p> <p>2:30 Matinee movie and snacks - Bistro</p> </div>	<div> <p>15</p> <p>9:30 Shopping trip to Meijer / Dollar Tree- B</p> <p>1:00 Private transportation - B</p> <p>2:00 Stretch and relaxation with Kimberly - AR</p> <p>4:30 Nails polished by Barb- Salon</p> <p>7:00 Bingo!- Ar</p> </div>	<div> <p>16</p> <p>9:30 Cafe chat with Barb- Bistro</p> <p>10:00 Strength training- AR</p> <p>10:45 Mall walking - B</p> <p>2:30 Crafts with Barb - AR</p> <p>3:30 Wii bowling- Bistro</p> <p>7:00 Bingo- AR</p> </div>	<div> <p>17</p> <p>9:30 Blood pressure checks - LO</p> <p>10:00 Strength training with Julie- AR</p> <p>10:30 Wii bowling- Bistro</p> <p>2:30 Military appreciation day with entertainment by Dan Hays -DR</p> <p>3:00 - 4pm Chair massages with Rae - Chapel</p> <p>7:00 Residents choice games- AR</p> </div>	<div> <p>18</p> <p>10:00 Strength training- AR</p> <p>10:30 Adult color pages - AR</p> <p>2:30 Ride in the countryside - B</p> <p>3:45 Pray the Rosary - CH</p> <p>7:00 Bingo - AR</p> </div>	<div> <p>19</p> <p>8:00 Made to order omelets - DR</p> <p>9:00 Beauty Shop Opens</p> <p>10:00 Avon lady visits - Bistro</p> <p>10:00 Mall walking - B</p> <p>2:30 Bingo Bash - Dr</p> <p>7:00 Residents choice games - Bistro</p> </div>	<div> <p>20</p> <p>Armed Forces Day</p> <p>10:00 Strength training- AR</p> <p>2:30 Horse race game - Lo</p> <p>7:00 Residents choice games - AR</p> </div>
<div> <p>21</p> <p>9:30 Communion- CH</p> <p>2:30 Matinee movie and snacks - Bistro</p> </div>	<div> <p>22</p> <p>9:30 Shopping trip to Walmart- B</p> <p>1:00 Private transportation - B</p> <p>2:00 Stretch and relaxation with Kimberly - AR</p> <p>2:00 Culinary chat with Kathie- LO</p> <p>4:30 Nails polished by Barb- Salon</p> <p>7:00 Bingo!- Ar</p> </div>	<div> <p>23</p> <p>9:30 Cafe chat with Barb- Bistro</p> <p>10:00 Strength training- AR</p> <p>10:45 Mall walking - B</p> <p>2:30 Entertainment by Gail Engling and birthday bash - AR</p> <p>3:30 Wii bowling- Bistro</p> <p>7:00 Bingo- AR</p> </div>	<div> <p>24</p> <p>9:00 Dr. Noroyan, foot doctor visits. Sign up in lobby book</p> <p>9:30 Blood pressure checks - LO</p> <p>10:00 Strength training with Julie- AR</p> <p>10:30 Wii bowling- Bistro</p> <p>2:30 Hearing aids checked by "Hearing Place" - LO</p> <p>2:30 Euchre - AR</p> <p>7:00 Residents choice games- AR</p> </div>	<div> <p>25</p> <p>10:00 Strength training- AR</p> <p>10:30 One on One with Barb, sign up in book</p> <p>2:30 Trip to Walker farms for vegetables and flowers - B</p> <p>3:45 Pray the Rosary - CH</p> <p>7:00 Entertainment by Crosswalk Band and happy hour - DR</p> </div>	<div> <p>26</p> <p>8:00 Made to order omelets - DR</p> <p>9:00 Beauty Shop Opens</p> <p>10:00 Mall walking - B</p> <p>10:00 Paparazzi Jewelry in the bistro</p> <p>2:30 Bingo - AR</p> <p>7:00 Residents choice games - Bistro</p> </div>	<div> <p>27</p> <p>10:00 Strength training- AR</p> <p>2:30 LCR game - AR</p> <p>7:00 Residents choice games - AR</p> </div>
<div> <p>28</p> <p>9:30 Communion- CH</p> <p>2:30 Matinee movie and snacks - Bistro</p> </div>	<div> <p>29</p> <p>Memorial Day</p> <p>10:30 Strength training- AR</p> <p>2:30 Euchre -AR</p> <p>7:00 Residents' choice games - AR</p> </div>	<div> <p>30</p> <p>9:30 Shopping trip to Meijer / Dollar Tree - B</p> <p>1:00 -4 pm Private transportation - B</p> <p>3:30 Wii bowling- Bistro</p> <p>4:30 Nails polished by Barb - Salon</p> <p>7:00 Bingo- AR</p> </div>	<div> <p>31</p> <p>9:30 Blood pressure checks - LO</p> <p>10:00 Strength training with Julie- AR</p> <p>10:30 Wii bowling- Bistro</p> <p>2:30 Euchre - AR</p> <p>7:00 Residents choice games- AR</p> </div>	<div>  <p>MEMORIAL DAY</p> </div>	<div>  </div>	<div>  <p>ARMED FORCES DAY</p> </div>

Talk About It

St. Patty's Party

What a fun afternoon it was for our St. Patty's party! We had Elvis for entertainment, the residents just love him and boy did they have their dancing shoes on!!



Brendle School Visits

Two first grade classes from the Brendle school came to visit; they sang songs and read stories to the residents. Our residents made bunny gift bags as a surprise for them. What a fun time!



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
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
66								67				
68						69			70			
71							72			73		

ACROSS

1. 1/4 and 3/4
4. Capt.'s superior
7. Nuisance
11. Zooms aloft
13. Garlic's giveaway
15. Nabisco product
16. Nelsons
19. People
20. Candy bar
21. Approves, for short
23. So: Scot.
24. Health club's offering
27. Coat fabric
30. Uncontrolled anger
34. Skunk's defense
36. Parliament members
38. Word on a U.S. coin
39. Dog-walker's control
40. Appropriate
41. Bring joy to
43. Business abbr.
44. Get overly dramatic
46. Actor John
47. Legal document
49. Change for the better
51. Cube root of 1000
52. Sea bird
54. Sandwich variety
56. Olympians
61. Dentist's concerns
66. Popular 1960s series

DOWN

1. Flow out slowly
2. WWII German party member
3. Actress Moran
4. Labor Day, in the U.S.
5. Puts in
6. Luke-Acts connector
7. Hog
8. Indian tribe member
9. Mystical advisor
10. Preschoolers
11. Bawl
12. Dieter's lunch
14. Boosted
17. Questions
18. Magnavox rival
22. Rarely
24. Setting
25. United Nations goal
26. Reply: abbr.
28. Traveler's line
29. Lettuce and kale
31. Hard stone
32. Entered a car
33. Peaceful spot

34. Slipped

35. Definite article
37. Word with going or worthy
42. WWII nav. vessel
45. Praying bug
48. Dug
50. Empty-headed
53. Sandpiper
55. ___ War (1899-1902)
56. "Achi!"
57. Word with Texas or Georgia
58. Response to a joke
59. Note written from the bottom up
60. Greek portico
62. Praise
63. Zealous
64. Landlord's collection
65. Ken Griffey and Ed Begley: abbr.
67. Toronto's loc.



Crafts

The residents had a fun time making a bunny face out of a straw hat, we had a packed activity room. We are now signing up for the craft classes due to the amount of residents attending, just to make sure there is enough supplies for everybody. It is wonderful that we have such a large group; our building always looks nice and bright with all the doors decorated.



Asparagus Facts

By Brian Rosso, R.D.

Asparagus is a popular menu item at American House. I hope you enjoy the following facts about this nutritious vegetable!

- Asparagus was believed to have originated in Greece 2,500 years ago.
- Asparagus comes in three colors: white (grown underground to avoid sunlight, and very popular in Northwest Europe), green and purple.
- Asparagus is part of the lily family.
- After planting, it takes three years to harvest asparagus for the first time.
- From a health aspect, asparagus acts as a diuretic and a laxative.
- Michigan is ranked third in producing asparagus nationally. Our state produces 25 million pounds of asparagus annually (a market value of \$15 million) on 11,000 acres.
- Prime growing season is early May to late June.
- Asparagus is 93 percent water.
- Five ounces of asparagus provide three grams of fiber and only 20 calories, and it is fat-free. Asparagus is a great source of folic acid, potassium, protein, and vitamins A and C.

Visit an American House today and enjoy some asparagus.



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.



The lobby was full for our new resident meet and greet. We have a great group of people living here!

THE PATRIOT

May 2017

Celebrating Moms Everywhere

HAPPY
Mother's Day

American
House 
SENIOR LIVING COMMUNITIES

AMERICAN HOUSE GRAND BLANC

12640 Holly Rd.
Grand Blanc, MI 48439