

★ FOUNDED 1979 ★

DECLARE YOUR INDEPENDENCE

**American
House** 
SENIOR LIVING COMMUNITIES

The Patriot

American House Oakland

1915 Baldwin Ave. | Pontiac | Michigan | 48340
(248) 335-7020 | americanhouse.com

American House Oakland Staff

Chantal Cornfield Executive Director
Garren Griffith Assistant Director
Sherry Kuecken Life Enrichment Director
Kevin Kendrick Maintenance Director
Kathy Tuzzolino Housekeeping Supervisor
Enrique Rembert Culinary Supervisor
Tamra Blassingame Med Team Supervisor
Denise Clark Medical Team Nurse



IMPORTANT NUMBERS!!!

American House Main (248) 335-7020
Laura W., Family Care Coor. (248) 752-1734
The Medical Team (248) 338-8198
Med. Team Cell Ph (24 hrs) (248) 499-4248
Med Team Rehab (248) 335-9000
Detroit News & Free Press (800) 395-3300
Smart Bus (866) 962-5515
Pontiac Cab Co. (248) 332-8880
AT&T (800) 244-4444
Oakland Press (248) 745-4700
Comcast Cable (800) 934-6489
Rosanne Hair Affair (248) 334-9515

**American House Main Office is Open Every
Day from 8:00 a.m. to 8:00 p.m.**

August 2017



Senior Prom Dance

It's time to dust off your best duds and dress to impress for a day of sparkle and fun Friday, Aug. 4th, at 2:30 in the dining room. We will be also crowning a king and queen. This event is open to ALL residents and family/friends. Punch and desserts will be served.



My name is Garren and I love working here at Oakland immensely. Stop by to say hello.

Love of Music

****Paul Krass**

**Friday, August 4,
2:30 (DR)**

****Leonard Dow**

**Friday, August 11,
2:30 (DR)**

****Dan Hays**

**Tuesday, Aug. 15,
7:00 (LO)**

****Mark Green**

**Friday, August 18,
2:30 (LO)**

****Caroljean Tennant**

**Friday, August 25
2:30 (LO)**



Pat's Funny!!

How do you know if
an elephant has been
sleeping in your bed?
The peanut shells!!
How else? LOL



Lillian loves DQ days!! Check
The Patriot newsletter for the
next one!! Yummy treats,
friends and more!



Peggy always enjoys a good birthday party!

Astounding August Birthdays

Joann B.	August 2
Jeanne D.	August 3
Nancy L.	August 4
Bill S.	August 7
Bonnie O.	August 8
Dottie D.	August 12
Al P.	August 15
Cherie G.	August 19
Novella W.	August 19
Helen S.	August 22
Betty Y.	August 23
Marvin F.	August 24
Irene P.	August 25
Lucille D.	August 28
Pruddy C.	August 31



Gertie loved her 100th!!

Nat'l Watermelon Day

By Emily Beard: This month I am writing about the health benefits of eating watermelon because Aug. 3 is Nat'l Watermelon Day! As many of you know, keeping your body properly hydrated is important for your everyday health. An easy way to do this is by drinking water; however, eating foods that have high water content can also help!

Watermelon is 92 percent water! High water content is one of the reasons that fruits and vegetables help you feel full and is also why you are able to eat large amounts without a lot of calories. As far as fruits go, watermelon is one of the lowest in calories—only 46 calories per cup! **Health Benefits of**

Watermelon: Protects against kidney damage; Reduces wrinkles and age spots on the skin; Lowers body temperature and prevents heat stroke; Lowers blood pressure; Prevents cancer; Improves heart function; Protects eyes and prevents macular degeneration.

Lycopene is the powerful carotenoid antioxidant that gives watermelon its pinkish/reddish color as well as all of its health benefits. High blood levels of lycopene have been proven to prevent against a stroke! While many people prefer seedless varieties of watermelon, the black seeds are edible and actually quite healthy. They contain iron, zinc, protein and fiber!

Astonishing August

Red Hatters Lunch Green Apple	Tue., August 1, 11:30 (LO)
Senior Prom Dance	Fri., Aug. 4, 2:30 (DR)
DQ Days	August 7 & 23 11:30 (LO)
Breakfast out to Stuffed Bun	Tue., Aug. 8, 8:30 (LO)
Greektown Casino Outing	Wed., Aug. 9, 9:00 (LO)
Bingo Bash at AH Stone \$1.25	Mon., August 14, 2:00 (LO)
Positive Attitude Seminar	Mon., Aug. 21, 2:30 (TH)
Resident Lunch to 5th Tavern	Tue., Aug. 22, 11:30 (LO)
Detroit Inst. of Arts	Thu., Aug. 24, 2:30 (TH)
Celebrate August Birthdays	Fri., Aug. 25, 2:30 (LO)
Wayne State Brain Health	Mon., Aug. 28, 2:30 (TH)
Men's Club Luncheon on Patio	Tues., Aug. 29, 12:00 (Patio)
Lunch out to McDonald's	Wed., Aug. 30, 1:00 (LO)

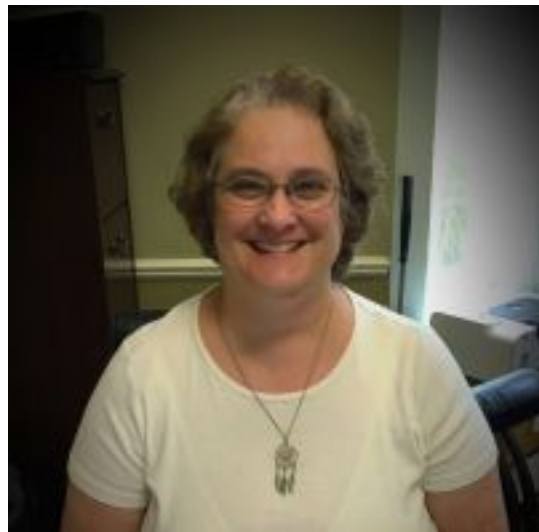


Detroit Inst. of Arts

The Detroit Institute of Arts is presenting in the theater on Aug. 24th at 2:30. Please join us as we take a journey through art.



We are planning a quick trip to McDonald's just up the street on August 30th at 1:00. Please sign up in the outing book on the first floor.



New Family Care Coor.

Meet Laura Wisniewski, our new Family Care Coordinator. Call Laura to create a customized plan to support your needs. Her goal is to support your successful transition to American House Oakland. Her office hours are Tue. & Thur. at 9:00-5:00 but can always be reached by phone at 248-752-1734 or email at lwisniewski@aaa1b.com. Please stop by the main office to welcome her to our team or just say Hi!

Wit & Wisdom



Your Vote Counts!

Monday, August 21, is Employee of the Month voting day. Stop by the Country Store on the lower level from 11:15 to 12:45 to cast your vote. "Employee of the Month" will be announced Tuesday, August 22. We have provided pictures at the voting station to help you recognize a top-notch, OUTSTANDING employee.

Scheduled Transportation Bus Information

Starts every Thursday at 9:30 a.m. Please remember:

- 1) Your transportation destination is restricted to a 10-mile radius from our community.
- 2) **Dr. appointments take priority.**
- 3) Transportation request forms must be completed and turned into the main office. Please note: we kindly ask for one week advanced notice. Thank you.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>6</p> <p>9:55 Morning Worship Faith Baptist Church (CH) 10:30 Puzzle Making (CR) 2:45 Wii Gaming/Bowling (EX) 3:30 Adult Coloring Pages (CR) 7:00 Worship: Joy Bell Gospel (CH)</p>	 <p>7</p> <p>10:00 Exercise with Sherry-Chair Cardio (EX) 10:45 Walking Club (EX) 11:00 Sherry Visits New Residents 11:30 Dairy Queen Trip (LO) 2:30 Special Culinary Meeting (TH) 3:30 Wii Bowling (EX) 7:00 Euchre Club (AR)</p>	<p>1</p> <p>9:15 Shopping to Meijer (LO) 10:00 Exercise with Med Team (EX) 10:30 Cornhole Toss game with Paige on the patio (LL) 11:30 Red Hatter's lunch out to Green Apple (LO) 2:00 Bible Study (CH) 2:00 Dr. Binder (TMT) 2:30 Play Penny Pitch Game (LO) 7:30 Dominoes (DR)</p>	<p>2</p> <p>Nat'l Coloring Book Day 10:00 Exercise with Sherry (EX) 10:30 Blood Pressure Checks (AR) 10:45 Horse Racing (LO) 11:30 Country Store Open (LL) 2:30 Special Adult Coloring Pages with snacks in Craft Room - 2nd floor 3:00 Kings in the Corner in Bistro 7:00 Movie Night with Friends (TH)</p>	<p>3</p> <p>9:00 Beauty Shop Open (LO) 9:30 Scheduled Transportation 10:00 Exercise With Paige (EX) 10:30 Communion (CH)-followed by Rosary 2:15 Card Bingo \$1 (AR) 2nd Floor - Resident Caller 7:30 Dominoes (DR)</p>	<p>4</p> <p>9:00 Beauty Shop Open (LO) 10:15 Drums Alive Exercise (EX) 12:00 Nail, Hair, Makeup prep for Senior Prom Dance with students from Oakland Univeristy (CR) 2:30 Entertainment with Paul Krass - Senior Prom Dance (DR) 7:00 Movie Night with Friends (TH)</p>	<p>5</p> <p>9:30 Pastries in Bistro 10:00 Chair Zumba (EX) 10:30 Kings in the Corner in Bistro 3:15 Euchre in the Activities Room 7:00 Movie Night-Bring a Friend (TH)</p>
<p>13</p> <p>9:55 Morning Worship Faith Baptist Church (CH) 10:30 Puzzle Making (CR) 2:45 Wii Gaming/Bowling (EX) 3:30 Adult Coloring Pages (CR) 7:00 Worship: Victory World Outreach (CH)</p>	<p>14</p> <p>Omelet Day Breakfast 10:00 Yoga Exercise (EX) 10:45 Walking Club (EX) 11:00 Sherry Visits New Residents 2:00 Bingo Bash at AH Stone \$1.25 (LO) 3:30 Wii Bowling (EX) 7:00 Euchre Club (AR)</p>	<p>15</p> <p>8:30 Breakfast Out to Stuffed Bun (LO)-Cash only please 10:00 Shopping to Meijer (LO) 10:00 Exercise with Med Team (EX) 10:30 Cornhole Toss game with Paige on the patio (LL) 2:00 Bible Study (CH) 2:00 Dr. Binder (TMT) 2:30 Resident Meeting (TH) 7:30 Dominoes (DR)</p>	<p>16</p> <p>9:00 Greektown Casino Trip (LO) 10:00 Exercise Room is Open (EX) 10:30 Blood Pressure Checks (AR) 11:30 Country Store Open (LL) 2:30 Kings in the Corner in Bistro 7:00 Movie Night with Friends (TH)</p>	<p>17</p> <p>Nat'l Smore Day 9:00 Beauty Shop Open (LO) 10:00 Exercise With Paige (EX) 10:30 Communion (CH)-followed by Rosary 2:15 Card Bingo \$1 (AR) 2nd Floor - Resident Caller 2:30 New Resident Orientation with Paige in the Bistro - Welcome Committee attends 7:30 Dominoes (DR)</p>	<p>11</p> <p>9:00 Beauty Shop Open (LO) 10:00 Ceramics (CS) 10:15 Strengthening Exercise (EX) 11:00 Google Earth (TH) 2:30 Entertainment with Leonard Dow (DR)-New Resident Bash/ Happy Hour 7:00 Movie Night with Friends (TH)</p>	<p>12</p> <p>9:30 Pastries in Bistro 10:00 Exercise Room Open (EX) 10:30 Kings in the Corner in Bistro 2:15 Movie Matinee (TH) 7:00 Hangman in the Bistro</p>
<p>20</p> <p>9:55 Morning Worship Faith Baptist Church (CH) 10:30 Puzzle Making (CR) 2:45 Wii Gaming/Bowling (EX) 3:30 Adult Coloring Pages (CR) 7:00 Worship: Calvary Mission Church (CH)</p>	<p>21</p> <p>Nat'l Senior Day 10:00 Exercise With Sherry (EX) 10:45 Walking Club (EX) 11:15 Vote for Employee of Month (LL) 2:00 Enjoy a Shake at Country Store 2:30 Positive Attitude/Energy Seminar 3:30 Wii Bowling (EX) 7:00 Euchre Club (AR)</p>	<p>22</p> <p>9:30 Exercise Room is Open (EX) 10:00 KinderCare Summer Camp Kids Invasion -Making Bead Projects (CR) 2:00 Dr. Binder (TMT) 2:00 Bible Study (CH) 2:30 Penny Pitch Game (LO) 7:00 Dan Hays (LO) 7:30 Dominoes (DR)</p>	<p>23</p> <p>9:30 Exercise Room is Open (EX) 10:00 KinderCare Summer Camp Kids Invasion -Walker/Wheelchair wash outside on the patio!! 11:30 Country Store Open (LL) 2:30 Bingo Bash in the Dining Room \$1.50 7:00 Movie Night with Friends (TH)</p>	<p>24</p> <p>9:00 Beauty Shop Open (LO) 9:30 Scheduled Transportation 10:00 Exercise With Paige (EX) 10:30 Communion (CH)-followed by Rosary 2:15 Card Bingo \$1 (AR) 2nd Floor - Resident Caller 7:30 Dominoes (DR)</p>	<p>18</p> <p>9:00 Beauty Shop Open (LO) 10:00 Ceramics (CS) 10:15 Drums Alive Exercise (EX) 11:00 Trivia Time (TH) 2:30 Entertainment with Mark Green (LO) 7:00 Movie Night with Friends (TH)</p>	<p>19</p> <p>9:30 Pastries in Bistro 10:00 Chair Zumba (EX) 10:30 Kings in the Corner in Bistro 2:15 Tailwaggers Visit (LO) 3:15 Euchre in the Activities Room 7:00 Movie Night-Bring a Friend (TH)</p>
<p>27</p> <p>9:55 Morning Worship Faith Baptist Church (CH) 10:30 Puzzle Making (CR) 2:45 Wii Gaming/Bowling (EX) 3:30 Adult Coloring Pages (CR) 7:00 Worship: Life Point Church (CH)</p>	<p>28</p> <p>10:00 Yoga Exercise (EX) 10:45 Walking Club (EX) 11:00 Sherry Visits New Residents 2:30 Wayne State University based Brain Health Seminar with Sherry (TH) 3:30 Wii Bowling (EX) 7:00 Euchre Club (AR)</p>	<p>29</p> <p>9:15 Shopping to Meijer (LO) 10:00 Exercise with Med Team (EX) 10:30 Cornhole Toss game with Paige on the patio (LL) 12:00 Men's Club Luncheon on the Patio 2:00 Bible Study (CH) 2:00 Dr. Binder (TMT) 3:30 Chair Basketball (LO) 7:30 Dominoes (DR)</p>	<p>30</p> <p>10:00 Exercise with Sherry (EX) 10:30 Blood Pressure Checks (AR) 10:45 Horse Racing (LO) 11:30 Country Store Open (LL) 1:00 McDonald's Trip (LO) 2:30 Bingo Bash in the Dining Room \$1.50 7:00 Movie Night with Friends (TH)</p>	<p>31</p> <p>9:00 Beauty Shop Open (LO) 9:30 Scheduled Transportation 10:00 Exercise With Paige (EX) 10:30 Communion (CH)-followed by Rosary 2:15 Card Bingo \$1 (AR) 2nd Floor - Resident Caller 2:30 New Resident Orientation with Paige in the Bistro - Welcome Committee attends 7:30 Dominoes (DR)</p>	<p>25</p> <p>9:00 Beauty Shop Open (LO) 10:00 Ceramics (CS) 10:15 Strengthening Exercise (EX) 11:00 Google Earth (TH) 2:30 Entertainment with Caroljean Tennant (LO)-celebrate August birthdays 7:00 Movie Night with Friends (TH)</p>	<p>26</p> <p>Nat'l Dog Day 9:30 Pastries in Bistro 10:00 Exercise Room Open (EX) 10:30 King's in the Corner in Bistro 2:15 Movie Matinee (TH) 7:00 Hangman in Bistro</p>
					<p>Calendar Key BR-Billiards Rm.-first floor AR-Activity Rm.-second floor CH-Chapel-first floor CR-Craft Rm.-second floor CS-Ceramics Rm.-second floor BI-Bistro-first floor DR-Dining Rm.- lower level</p>	<p>Calendar Key Cont'd. EX-Exercise Rm.-Lower Level East End LO-Lobby-first floor LB-Library-2nd Floor West End TMT-Medical Team-first floor TH-Theater Rm.-Lower level IHR-In-Home Rehab-lower level</p>

Refer Refer Refer

Refer a Friend!

If you know someone you would like to refer to us, you will get rewarded! You earn **\$500** for **each** referral that moves into our community. Just inform the Main Office when you make a referral and we will track it, then immediately apply a **\$500** credit when your rent is due. The referral must reside here for at least 30 days before you receive the credit.

Rent Payments Due

You can avoid a \$25 late fee by paying your rent by the 7th of each month. Get it in on time; save a dime.



Andy and his family enjoyed celebrating Father's Day at our annual breakfast!! Nice tie, Andy!!



Hang Ten and Aloha, Cheriel!



Ray and his son, Ray, loved the special breakfast for Father's Day. Love that guy!!!



Bob, Sharon, and Dottie waiting for their yummy treats at DQ. Needless to say, DQ days are a big hit with the residents!



Sherry & Wanda having fun at the Oakland County Picnic. Yes, that is Logan in the back.



Patsy, Mary, Joann, Jean, Sandy, Elaine, Peggy & Heather love our annual trip to Marine City, MI. We ate lunch and watched the ferry and the freighters go by! Join us next time for this amazing trip.

Medical Services at Oakland

MONDAYS: Dr. Salloum - (Internist)
Sign up with Medical Team located on the first floor. The number is (248) 338-5645. Francesca is available on Thursdays.

TUESDAYS: Dr. Binder - (Podiatrist)
Please call (248) 338-3668.

Every Third Wednesday:
Dr. Zazaian (Internist) Please call (248) 681-1880 for an appointment.

Star EMS (Non-emergency)
(866) 973-9999.



Sybil is holding a pic of her and Don Ho!! The hula dancer on the right has actually worked with Don Ho. AMAZING! Lovely picture, ladies.



The two Carols enjoyed listening to the music and watching the dancers! Awesome fun!!



Jan K. & some others tried their best to learn to Hula.



Dale & Bob were such good sports to volunteer to learn to Hula!! Great job, guys!! Looks like fun.



Liz and Loretta laughed & giggled at the Luau party!

Important!!!



Only Emergency Personnel Park

Please do not park at the front entrance.

The circle drive is for **quick** pickups and drop-offs only.

Emergency medical vehicles must have access to our building. Any car parked in the circle drive is at risk of being towed.

Also, when emergency personnel are in the building, please be aware that they need to get on the elevator before you in order to respond in an appropriate time frame. Thank you for all of your consideration!



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August 2017



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