

★ FOUNDED 1979 ★

DECLARE YOUR INDEPENDENCE

**American
House** 
SENIOR LIVING COMMUNITIES

The Patriot

American House Petoskey

2000 E Mitchell Road | Petoskey | Michigan | 49770
(231) 348-2600 | americanhouse.com

Executive Director Jori Snedden
Assistant/Life Enrichment Dir. Stacy Lubbers
Maintenance Supervisor Dean Pennel
Culinary Director Tamie McNary

Important Phone Numbers

Office (231) 348-2600
AH Fax (231) 348-5910
AdvisaCare Home
Health Care (231) 373-7314
Hairstylist... Kasandre & Jessica 348-8292

Office Hours: Monday–Friday
8:30 a.m.–5 p.m.
Saturday
10 a.m.–2 p.m.



Everything we do at American House is with respect and appreciation for our elders. We view sharing their latter years of life with them and their loved ones as a great honor. Our goal is to provide the most rewarding life experience for each and every resident.

August 2017



Family, Floats and Fun on July 4th!!



Friendly Reminders

Please DO NOT park in the circle drive. That is for pickup and drop-off only. We must keep that clear for emergency vehicles.

Housekeeping:

Make sure all your personal washable items are clearly marked with your name or room number. This is the only way to ensure that you get your belongings back!

Dietary:

If you would like to enjoy a meal with your family member, please give two hours notice.

Costs are:

Breakfast - \$5

Dinner - \$7

Supper - \$6

Keep in mind that the library is available for your use as well. You could enjoy a private meal or have a birthday celebration.

find us on facebook!

Don't forget to follow us on Facebook. You just might see someone you know that lives here at our community.

Save the Date



Just a reminder that our BIG GRANDPARENTS DAY CELEBRATION is Sunday, September 10th this year. It's an event you do not want to miss. This year, we have Frank Sinatra performing for us. More information will be available soon. Watch for flyers in the mail.

Resident Council

Let Your Voice Be Heard.

We are going to be having a Resident Meeting during the month of August, and we would love to have as many of our residents attend as possible. This gives you a chance to voice any cares, concerns and ideas you may have. We can't fix a problem if we don't know what the problem is. This is so we may make your stay here better any way we can. NO problem is too big nor small.



Happy Birthday

Dale L.	August 3rd
Carolyn M.	August 4th
Marian H.	August 13th
Enid M.	August 17th
John S.	August 25th



AUGUST IS

national IMMUNIZATION awareness month



Popcorn Pick: 'On Golden Pond'

Each summer, the loons return to Golden Pond, just like retired couple Norman and Ethel Thayer (Henry Fonda and Katharine Hepburn), who own a cottage at the New England lake. Their routine is interrupted when their grown, somewhat estranged daughter, Chelsea (Jane Fonda), asks the couple to look after her fiancé's teenage son. Curmudgeonly Norman must learn to relate to young Billy and eventually make peace with Chelsea. The family drama earned Henry Fonda a best actor Oscar for his performance.



Freckled Faces

The mention of freckles may bring to mind an image of a little, red-headed girl with a sprinkle of spots across her nose, but all types of people can have the genetic trait. Freckles are simply skin cells that contain more of the pigment, melanin, than the cells around them. Sunlight makes freckles appear on exposed areas, such as the face, arms and legs, and the dots may fade in winter or with age, so embrace them.



Wit & Wisdom























"When you can't make them see the light, make them feel the heat."
—Ronald Reagan

"Maybe we adults idealize our own red-rover days, the hot afternoons spent playing games that required no coaches, eating foods that involved no nutrition, getting dirty in whole new ways and rarely glancing in the direction of a screen of any kind."
—Nancy Gibbs

"I'm surprised how hot it gets in the Moab Desert. I knew it got hot, but I didn't think it got, like, Mercury-hot."
—Adam Ferrara

"What dreadful hot weather we have! It keeps one in a continual state of inelegance."
—Jane Austen

"It ain't the heat, it's the humility."
—Yogi Berra

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:30 Morning Coffee 10:30 YOGA WITH SUSIE 11:00  Bible Study with Justin 2:30 Wii Bowling 4:00 FELLOWSHIP ON THE PATIO	2 8:30 Morning Coffee 10:00 Communion 10:30 Exercise / Strength Training 3:00 BINGO 4:00 FELLOWSHIP ON THE PATIO	3 8:30 Morning Coffee 10:30 Exercise / Strength Training 3:00 Ice Cream Social 3:15  American House Bucks Auction 4:00 FELLOWSHIP ON THE PATIO	4 8:30 Morning Coffee 10:00 CATHOLIC MASS 10:30 Exercise / Strength Training 3:00 Social Hour 3:15  Music with Roger's Keyboard 4:00 FELLOWSHIP ON THE PATIO	5 10:30 Beach Ball OR Exercise 11:15 Wii Bowling 2:30 Movie & Popcorn
NATIONAL FRIENDSHIP DAY 6 10:00 Presbyterian Church Service (Remotely) 12:00 FRIENDSHIP DINNER (invite that special friend) 3:00 Church Service in Dining room	7 8:30 Morning Coffee 9:00  Open Transportation VAN RUNS FROM 9AM -3PM 10:30 Exercise / Strength Training 3:00 Pay to play bingo 4:00 FELLOWSHIP ON THE PATIO 5:00  Music with Dick Keller Band	8 8:30 Morning Coffee 10:30 Exercise / Strength Training 11:00  Bible Study with Justin 2:30 Wii Bowling 4:00 FELLOWSHIP ON THE PATIO	9 8:30 Morning Coffee 10:00 Communion 10:30 Exercise / Strength Training 3:00 BINGO 4:00 FELLOWSHIP ON THE PATIO	10 8:30 Morning Coffee 10:30 Exercise / Strength Training 2:00 Scrapbooking Craft 3:00 Ice Cream Social 3:15  Music with Gene Warner 4:00 FELLOWSHIP ON THE PATIO	11 8:30 Morning Coffee 10:30 Exercise / Strength Training 3:00 Social Hour 3:15  music with steele and wood 4:00 FELLOWSHIP ON THE PATIO	12 10:30 Beach Ball OR Exercise 11:15 Wii Bowling 2:30 Movie & Popcorn
13 10:00 Presbyterian Church Service (Remotely) 3:00 Church Service in Dining room	14 8:30 Morning Coffee 9:00  Open Transportation VAN RUNS FROM 9AM -3PM 10:30 Exercise / Strength Training 3:00  Musical Entertainment by Eddie Fransisco from 3 to 4 4:00 FELLOWSHIP ON THE PATIO 5:00  Nazarene Worship Choir	15 8:30 Morning Coffee 10:30 YOGA WITH SUSIE 11:00  Bible Study with Justin 1:00  Music with Frank Sinatra from 1pm to 2pm 2:30 Wii Bowling 4:00 FELLOWSHIP ON THE PATIO	16 8:30 Morning Coffee 10:00 Communion 10:30 Exercise / Strength Training 3:00 BINGO 4:00 FELLOWSHIP ON THE PATIO	17 8:30 Morning Coffee 10:30 Exercise / Strength Training 2:30 Garden Party on the Patio 4:00 FELLOWSHIP ON THE PATIO	18 3:15 Music with Roger's Keyboard 8:30 Morning Coffee 10:30 Exercise / Strength Training 3:00 Social Hour 3:15  Music with Roger's Keyboard 4:00 FELLOWSHIP ON THE PATIO	19 10:30 Beach Ball OR Exercise 11:15 Wii Bowling 2:30 Movie & Popcorn
20 10:00 Presbyterian Church Service (Remotely) 3:00 Church Service in Dining room	21 8:30 Morning Coffee 9:00  Open Transportation VAN RUNS FROM 9AM -3PM 10:30 Exercise / Strength Training 12:00  Friendship Choir 3:00 Pay to play bingo 4:00 FELLOWSHIP ON THE PATIO	22 8:30 Morning Coffee 10:30 YOGA WITH SUSIE 11:00  Bible Study with Justin 2:30 Wii Bowling 4:00 FELLOWSHIP ON THE PATIO	23 8:30 Morning Coffee 10:00 Communion 10:30 Exercise / Strength Training 3:00 BINGO 4:00 FELLOWSHIP ON THE PATIO	24 8:30 Morning Coffee 10:30 Exercise / Strength Training 1:30 WALMART SHOPPING TRIP 3:00 Ice Cream Social 4:15 RESIDENT MEETING	25 National Dog Day 8:30 Morning Coffee 10:30 Exercise / Strength Training 12:00  Let's go out for lunch 3:00 Social Hour 3:00 Dog Day Parade 3:15  Music with Kitty and Jay	26 10:30 Beach Ball OR Exercise 11:15 Wii Bowling 2:30 Movie & Popcorn
27 10:00 Presbyterian Church Service (Remotely) 3:00 Church Service in Dining room	28 8:30 Morning Coffee 9:00  Open Transportation VAN RUNS FROM 9AM -3PM 10:30 Exercise / Strength Training 12:00  Music by Brad Hersey 3:00 Pay to play bingo 4:00 FELLOWSHIP ON THE PATIO	29 8:30 Morning Coffee 10:30 Exercise / Strength Training 11:00  Bible Study with Justin 2:30 Wii Bowling 4:00 FELLOWSHIP ON THE PATIO	30 8:30 Morning Coffee 10:00 Communion 10:30 Exercise / Strength Training 3:00 BINGO 4:00 FELLOWSHIP ON THE PATIO	31 8:30 Morning Coffee 10:30 Exercise / Strength Training 3:00 Ice Cream Social 4:00 FELLOWSHIP ON THE PATIO		

Just for Laughs



Your American House Staff Even Got Involved in the Selfies on June 21st. We Had so Much Fun Showing Everyone at Our Community What a Selfie Is.



Bonnie was enjoying National Selfie Day on June 21st.



Beverly Was a Cute as a Button.

"This Month In History" AUGUST

1790: With 10 small vessels to patrol the Atlantic coastline, the service that would later become the U.S. Coast Guard is created by an act of Congress.

1884: The cornerstone for the Statue of Liberty's pedestal is laid in New York Harbor.

1905: Ty Cobb makes his MLB debut with the Detroit Tigers. The Hall of Famer hit a double in his first at-bat.

1916: The National Park Service is established.

1922: A New York radio station broadcasts the first paid radio commercial. It was an ad for a new apartment complex.

1934: The comic strip "Li'l Abner" by Al Capp begins its 43-year run.

1945: Celebrations break out across the U.S. when President Harry S. Truman announces Japan's surrender to the Allies, ending World War II.

1958: The USS Nautilus submarine completes the first undersea crossing of the North Pole.

1961: In Toronto, the Hockey Hall of Fame opens.

1977: The Department of Energy is created.

1983: Space shuttle Challenger astronaut Guion S. Bluford Jr. becomes the first African-American to travel into space.

1993: Ruth Bader Ginsburg is sworn in as an associate justice of the Supreme Court. She was the second woman in history appointed to the position.

2015: Mount McKinley, North America's highest peak, is officially renamed Denali, its traditional Alaskan name.

2016: At the Summer Olympics in Rio de Janeiro, American athletes earn a record-breaking 121 medals.

The Lure of Fishing

From casting a line to reeling in “the big one,” fishing can be a relaxing and rewarding form of recreation. Fish through these popular types of the sport:

Freshwater. Whether fishing from the banks, a bridge or in a boat, many like the easy access of freshwater lakes, ponds and rivers. The gear and bait used depends on the type of fish you’re trying to hook. Bass, bluegill, catfish, crappie and walleye are abundant species.

Saltwater. Oceans and seas are made of salt water, and fishing can be enjoyed from a beach or from a boat in deep waters. Bluefish, cod, flounder, grouper, marlin, tarpon and tuna are some of the prized saltwater game fish. Many tourist spots offer chartered fishing trips for adventurous anglers.

Fly. Fly-fishers cast artificial “flies” onto the surface of the water in a rhythmic motion to imitate insects and other bait in order to attract fish. Fly-fishing is often associated with mountain streams, but it can also be done in ponds, lakes and salt water. Trout and salmon are common catches.

Ice. Winter’s cold doesn’t stop ice fishermen, who cut a hole in a frozen lake or pond, then drop a line. Shelters such as ice shanties provide relief from the elements.



Pictured are a few places that you can catch some fish, for a wonderful dinner. Did you ever fish, and if so where and what kind did you catch?



Laugh Lines

Garden Giggles

“Yup, gardening and laughing are two of the best things in life you can do to promote good health and a sense of well-being.”
—David Hobson

Q: What kind of socks does a gardener wear?

A: Garden hose.

Q: What’s the gardener’s favorite novel?

A: “War and Peas.”

Q: Why didn’t anyone laugh at the gardener’s jokes?

A: Because they were too corny.

If you’re a gardener, you might call yourself a plant manager.

My wife worked over-thyme in her herb garden, then decided it was time to cumin.

Botanists have developed a vegetable that eliminates the need to brush your teeth: bristle sprouts.

August 2017

