

The Patriot

American House Riverview

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OUR FRIENDLY STAFF

Executive Director

Elizabeth Jones

Assistant Director

Julie Seymour

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Sherri Seiber

Maintenance Supervisor

Gary Gusler

Office Managers

Stephanie Panik

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Hailey Prusky

Housekeeping Supervisor

Sue Thomas

IMPORTANT NUMBERS

Front Office: (734) 479-1010

Medical Team: (734) 479-4319

Golden Shears Salon:

(734) 626-9315

DTE: (800) 477-4747

AT&T: (800) 244-4444

Comcast: (800) Comcast

SmartBus: (866) 962-5515

Trinity Cab: (734) 282-2222

John Ingison: (734) 558-0493

John is available to our community Fridays from 8 a.m. to 4 p.m. for medical (primary) and other (secondary) transportation. Please give him 24–48 hours' notice if you need transportation.

December 2016



Riverview High School Student Council visited with us on our bus. We talked about how things have changed from years ago.



SPIRIT WEEK

Homecoming Week 2016

Started with Crazy Hat Day, continued on through Crazy Hair Day and culminated in a tailgate for the Big Game in East Lansing.

A highlight of the week was the Riverview Ride, Alumni Edition. Residents were treated to a bus ride around some of the area high schools. Riverview Community High School honored the residents by sending some of their student leaders aboard to greet them. The bus riders were gifted with RCHS pennants. The riders were also able to get their pictures taken outside of Allen Park High School. The riders waved at Lincoln Park High School as they drove by the Home of the Railsplitters.

The annual Big Game Cornhole Tournament was held in the Lobby.



Team Shirt Day



Red, White and Blue Day



The Juliets went to their favorite lunch spot, Cracker Barrel in Monroe. It was such a lovely day that we sat on their porch and rocked a bit.



Lorraine received an American House Choir Certificate

“What’s New in the View” Holiday Edition:

Tis’ the Season, once again! American House Riverview will be decking the halls. Amidst the twinkle will waft the holiday fragrance of baking cookies, as our residents help fill the larders of the less fortunate.

“**An Old Fashioned Christmas**” is the theme of our annual dinner for families, December 8th. (Please note, there is a four guest limit for this event. We cannot accommodate exceptions.)

There will be several opportunities to “fa la la la la ” as Joyce, the daughter of one of our residents, treats us to harp music on the 9th, and David Montelauro entertains on the 2nd.

Our traditional Christmas Lights Drive will take place on the 21st, the shortest day of the year.

We will say good bye to 2016 and welcome in the New Year a touch early, on the 30th with the usual frivolity.

New Year Event

Racing in the New Year

Yes, we are having horse races here at **The Riverview**

Downs for the New Year. Everyone will have a chance to place their bet on their favorite to win.

We will have our happy 1/2 hour first in the lobby and place our bets on our favorite horse. We will then move to dining room to watch the race.

Each horse will be a certain color, and we will roll the dice to move them. The first to reach the finish line wins!

The winners will be photographed in the winner’s circle.

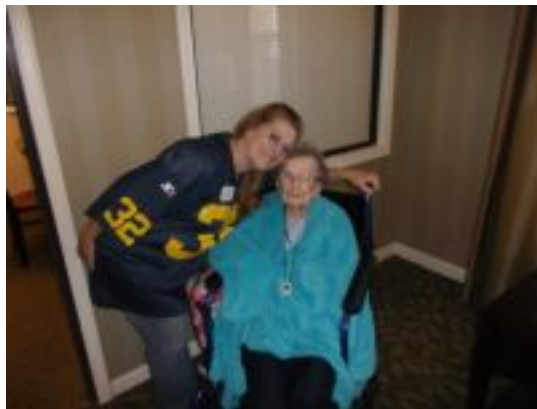
Good Luck to all!!!

Lunch Out

Our Lunch Clubs will be going to the Olive Garden. Both clubs will be combined due to the busy season. Be sure to check the boards to sign up.



U of M vs. Michigan State






















Love You Helen



Tailgating Party



Michigan VS Michigan State

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				8:00 Coffee and Chat (DR) 2:00 Classical Music Appreciation w/Ed Rushlow (L)✓ 2:00 Feel Good Stretching (LO)♥ 3:30 Uno Card Game (LO)✓ 6:30 Santa (TH)	8:00 Coffee and Chat (DR) 10:00 Rosary and Communion (CH)✓ 10:30 Wii Bowling (TH)✓ 2:00 Happy 1/2 Hour✓ 2:30  David Montelauro/ Pianist (L)✓ 7:00 Bingo (DR)✓	10:30 Wii Bowling (TH) 2:00 Bingo (DR)✓ 3:30 Spelling Bee (LO)✓ 7:00 Cards (LO)✓
4	5	6	7	8	9	10
11:00 Hangman (LO)✓ 1:00 Wii Games (TH)✓ 3:00 Church Services (CH)✓	8:00 Coffee and Chat (DR) 9:30  Banks 10:00  Meijer (O) 2:00 Bingo (DR)✓ 6:30 Bible Study (CH)	8:00 Coffee and Chat (DR) 10:00 Exercise w/Sherri 3rd Floor North♥ 1:00 Pinochle (L)✓ 2:00 Cozy Corner General Store 2:00 Decorating Cookies (LO)✓ 6:00 Sing Along (LO)✓	8:00 Coffee and Chat (DR) 10:00 Euchre (L)✓ 11:00 Exercise w/ Sherri 3rd Floor North♥ 1:30 Bible Study Group (3rd Fl North)✓ 2:00 Bingo (DR)✓ 2:00 Decorating Cookies (LO)✓	8:00 Coffee and Chat (DR) 5:00 Christmas Toast 5:00 Old Fashioned Christmas Dinner and Santa 6:00 Christmas Carollers 7:00 Christmas Program (LO)	8:00 Coffee and Chat (DR) 10:00 Rosary and Communion (CH)✓ 10:30 Wii Bowling (TH)✓ 2:00 Happy 1/2 Hour✓ 2:30  Joyce /Harpist (DR)✓ 7:00 Bingo (DR)✓	10:30 Wii Bowling (TH) 2:00 Bingo (DR)✓ 3:30 Spelling Bee (LO)✓ 7:00 Cards (LO)✓
11	12	13	14	15	16	17
11:00 Hangman (LO)✓ 1:00 Wii Games (TH)✓ 3:00 Church Services (CH)✓	8:00 Coffee and Chat (DR) 9:30  Banks 10:00  Meijer (O) 12:00  Choir Practice @ Carpenter (O) 2:00 Bingo (DR)✓ 6:30 Bible Study (CH)	8:00 Coffee and Chat (DR) 10:00 Poetry Reading (L)✓ 10:00 Exercise w/Sherri 3rd Floor North♥ 1:00 Pinochle (L)✓ 2:00 Cozy Corner General Store 6:00 Sing Along (LO)✓	8:00 Coffee and Chat (DR) 10:00 Euchre (L)✓ 11:00 Exercise w/ Sherri 3rd Floor North♥ 12:00  Choir Performance @ Eaton Center (O) 1:00 Computer Class w/Dina (CH)✓ 1:30 Bible Study Group (3rd Fl North)✓ 2:00 Bingo (DR)✓	8:00 Coffee and Chat (DR) 10:00  Walmart (O) 2:00 Classical Music Appreciation w/Ed Rushlow (L)✓ 2:00 Feel Good Stretching (LO)♥ 3:30 Uno Card Game (LO)✓	8:00 Coffee and Chat (DR) 10:00 Rosary and Communion (CH)✓ 10:30 Wii Bowling (TH)✓ 2:00 Happy 1/2 Hour✓ 2:30  Sheila & Joe (DR)✓ 7:00 Bingo (DR)✓	10:30 Wii Bowling (TH) 2:00 Bingo (DR)✓ 3:30 Spelling Bee (LO)✓ 7:00 Cards (LO)✓
18	19	20	21	22	23	24
11:00 Hangman (LO)✓ 1:00 Wii Games (TH)✓ 2:00 Church Services (CH)✓	8:00 Coffee and Chat (DR) 9:30  Banks 10:00  Meijer (O) 2:00 Bingo (DR)✓ 6:30 Bible Study (CH)	8:00 Coffee and Chat (DR) 10:00 Exercise w/Sherri 3rd Floor North♥ 12:00  Romeos & Juliets Out to Lunch: Olive Garden (O) 1:00 Pinochle (L)✓ 2:00 Cozy Corner General Store 6:00 Sing Along (LO)✓	8:00 Coffee and Chat (DR) 10:00 Euchre (L)✓ 11:00 Exercise w/ Sherri 3rd Floor North♥ 1:30 Bible Study Group (3rd Fl North)✓ 2:00 Bingo (DR)✓ 5:30  Christmas light Drive (O)	8:00 Coffee and Chat (DR) 12:20  RIVERVIEW BINGO 2:00 Feel Good Stretching (LO)♥ 2:00 Classical Music Appreciation w/Ed Rushlow (L)✓ 3:30 Uno Card Game (LO)✓	8:00 Coffee and Chat (DR) 10:00 Rosary and Communion (CH)✓ 10:30 Wii Bowling (TH)✓ 2:00 Happy 1/2 Hour✓ 2:30 Christmas Bingo (DR)✓ 7:00 Bingo (DR)✓	10:30 Wii Bowling (TH) 2:00 Bingo (DR)✓ 3:30 Spelling Bee (LO)✓ 7:00 Cards (LO)✓
25	26	27	28	29	30	31
Christmas 11:00 Hangman (LO)✓ 1:00 Wii Games (TH)✓ 2:00 Christmas Carols (LO)	8:00 Coffee and Chat (DR) 9:30  Banks 10:00  Meijer (O) 2:00 Bingo (DR)✓ 6:30 Bible Study (CH)	8:00 Coffee and Chat (DR) 10:00 Exercise w/Sherri 3rd Floor North♥ 10:00 Resident Monthly Meeting (DR) 1:00 Pinochle (L)✓ 2:00 Cozy Corner General Store 2:30  Chair Dancing w/Kelly Miller (DR)✓ 6:00 Sing Along (LO)✓	8:00 Coffee and Chat (DR) 10:00 Euchre (L)✓ 11:00 Exercise w/ Sherri 3rd Floor North♥ 1:00 Computer Class w/Dina (CH)✓ 1:30 Bible Study Group (3rd Fl North)✓ 2:00 Bingo (DR)✓	8:00 Coffee and Chat (DR) 10:00 Decorating & Making Appetizers for New Year (DR)✓ 2:00 Feel Good Stretching (LO)♥ 2:00 Classical Music Appreciation w/Ed Rushlow (L)✓ 3:30 Uno Card Game (LO)✓	8:00 Coffee and Chat (DR) 10:00 Rosary and Communion (CH)✓ 10:30 Wii Bowling (TH)✓ 2:30  Racing in the New Year (DR)✓ 7:00 Bingo (DR)✓	10:30 Wii Bowling (TH) 2:00 Bingo (DR)✓ 3:30 Spelling Bee (LO)✓ 7:00 Cards (LO)✓

Talk About It

Time to Try Some New Foods in 2017!

*By Brian K. Rosso,
R.D.*

Starting in January, you will have the opportunity to try some new foods at mealtime. A couple of times per month, you will have the opportunity to try a sample plate of a new food item, in addition to your normal meal. If you try the sample food item, just let your culinary server know if you would like this food item added to your menu.

In January, you will be sampling Green Beans with Tomatoes and Red Onion, and Macaroni and Cheese with Bacon. The entire American House Culinary Team looks forward to serving you in the new year, and we are excited about adding some new and different foods to your menu.

**HAPPY NEW
YEAR!**



12/2	Irene W
12/3	Virginia C
12/5	Doug K
12/6	Ruth H
12/9	Rosa (Sandy)
12/10	Glenda R
12/12	Javonuia C
12/15	Josephine T
12/30	Helen H

Welcome New Residents

Josephine T
June D
Millie A
Richard S
Dale S
Thomas C
Doris L
Tom L
Pat A

Bible Study

**Mondays at 6:30 p.m.
in the Chapel**

Rosary/Communion

Fridays at 10 a.m. in the Chapel

Church Services

**Sundays at 3 p.m.
In the Chapel**

Dr. Atto

is here on
Wednesday Afternoons

Dr. Cohen

is here every other Thursday

Oakwood DRCL Lab

**Wednesday, December 7 & 21,
at 8 a.m.,
in the Chapel (CH)**



Christmas Dinner!!!

As Christmas approaches, the age old question is asked yet again: **mashed potatoes or stuffing?**

Most of us eat both, but if push came to shove and you had to choose, which would it be?

A highly unscientific poll was taken in the dining room and lobby of our community and the results are: "If you were going to a desert island for Christmas and could only take either mashed potatoes or stuffing with you, which would it be?" Stuffing won in a landslide, with 27 votes as compared to 15 for mashed potatoes.

As in every group, there were the rebels who said "cranberries" and "sweet potato".

Common Cold Myths

While there is no cure for the common cold, much folklore surrounds the illness, from how it's spread to home remedies. Here are some popular myths and the truth behind them.

The cold causes a cold. Have you ever heard someone say to bundle up or you'll get sick? People do tend to catch more colds in winter, but frigid air is not to blame. We spend more time indoors and in closer contact with others during this time, causing germs to spread more easily.

Coughs and sneezes are the only way colds are spread. Airborne germs can make others nearby sick, but studies show that hand-to-hand contact is the biggest culprit in spreading viruses.

Hand sanitizer works as well as soap. Gels are fine in a pinch, but scrubbing with soap and water is the best way to rid your hands of germs. If sanitizer is all that's available, it needs to contain at least 60 percent alcohol to be effective.

Feed a cold, starve a fever. The truth is simple: Eat if you are hungry, but don't force yourself. Staying hydrated is important when you are ill, so be sure to drink plenty of fluids.



COZY CORNER GENERAL STORE Opens

For the first few minutes it seemed as if it were Black Friday outside the Theater when the COZY CORNER GENERAL STORE welcomed its first customers. Proprietor Lilian, and Stock Clerks Leath and Lorraine, were excited to see their hard work pay off as everything from snacks to toilet paper flew off the shelves. The store will be open every Tuesday from 2:00 to 4:00 p.m. Stock will vary, and will include small gift items during the holidays.



Holiday Trivia

Stateside Santa

Tradition says Santa Claus lives at the North Pole, but did you know there's a place called Santa Claus here in the United States? In southern Indiana, the small town that calls itself "America's Christmas Hometown" features holiday festivities and themed attractions. Children who have trouble reaching St. Nick at his Arctic home can send letters to his Indiana address and will receive a response back from his elves.

Guilt-Free Holiday Eating

Food is a favorite holiday tradition for many people, and it's OK to indulge in a special feast during the season. But before settling in for an after-dinner nap, taking a short, light walk can aid digestion and reduce the amount of fat your body stores from a meal.

THE PATRIOT

December 2016



**American
House** 
SENIOR LIVING COMMUNITIES

AMERICAN HOUSE RIVERVIEW

20300 Fort Street
Riverview, MI 48193