

The Patriot

American House Southland

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American House Staff

Cassandra Lowe	Executive Director
Colleen Fields	Assistant Director
Robin Racho	Life Enrichment Director
Debbie Mogg	Culinary Supervisor
Muria McIntee	Housekeeping Supervisor
Gary Crane	Maintenance Supervisor
Kyra Williams	Office Support
Rubina Chohan	Weekend Office

Important Numbers

The Medical Team	(734) 946-7853
American House Driver John	(734) 558-0493
Northline Drugs	(734) 285-9496
Smart Bus Connector	(866) 962-5515
Xfinity (cable & phone)	(734) 231-9268
Taylor Senior Center	(313) 291-7740

August 2017



Just Peachy

The peak of peach season is winding down, with just a few weeks left to enjoy the freshest of the fuzzy fruit. There are theories about why peaches have fuzz; some suggest that it protects the skin and thwarts insects. But it also can be a turnoff for some folks, so that's why peaches sold at most stores are defuzzed by brush machines or sprays of high-pressure water after harvesting.

Wake Up and Drink Up

After a night of sleep, rehydrate your body by drinking a glass of water when you first wake up. The replenishment can provide a natural pick-me-up as you start the day.

Celebrating Seniors

There are 46 million people in the U.S. who are age 65 and older, and that number is expected to more than double to 98 million by 2060. National Senior Citizens Day on Aug. 21 celebrates the older generation and their contributions to their families, communities and country.

Trivia Whiz

Top Dogs

Celebrate these “pup” culture icons on National Dog Day, Aug. 26.

Petey. The pooch in “The Little Rascals” comedies had a black circle around one eye, giving him his distinctive look.

Pluto. Since 1930, Mickey Mouse’s pet has entertained audiences with his silly facial expressions and playful personality.

Toto. Dorothy’s companion, who journeyed with her to a magical land in the film “The Wizard of Oz,” was played by a black cairn terrier named Terry.

Snoopy. Sleeping on top of his doghouse, pretending to be a World War I flying ace, and writing stories on his typewriter are just a few of the quirky pastimes of Charlie Brown’s pet beagle in the “Peanuts” comic strip.

Time to Celebrate a Birthday!

Each month we celebrate birthdays for our residents. We have cake with everyone. This is a time to announce who is having a birthday for that month. We sing Happy Birthday to them and enjoy a time of celebration. This is on Fridays at 2 p.m. during Entertainment.

Cake for July Birthdays
July 28th, at 2 pm

Popular Pages: ‘The Maltese Falcon’

Before Humphrey Bogart played him on the big screen, private eye Sam Spade came to life in the pages of Dashiell Hammett’s 1929 novel “The Maltese Falcon.” Largely influenced by Hammett’s work as an investigator for the Pinkerton National Detective Agency, the mystery captivated readers with its authentic, straightforward storytelling; compelling, flawed characters; and exciting plot full of twists and turns. Many modern-day depictions of a tough detective and a mysterious femme fatale, whether in film, TV or literature, are inspired by Hammett’s work.

Remember When: ‘Schoolhouse Rock!’

If the songs “Conjunction Junction” and “I’m Just a Bill” sound familiar, Saturday morning TV cartoons were probably a fixture in your home in the 1970s and ’80s. In between shows, a series of catchy, animated musical shorts called “Schoolhouse Rock!” aired, teaching children—and their parents—grammar, math, science, economics, history and government. The original series ran for 12 years and is still popular online.

A Celestial Spectacle

Millions across the U.S. will have their eyes on the sky this month: The first coast-to-coast solar eclipse in nearly a century will take place on Aug. 21.

A total solar eclipse occurs when the moon moves between the sun and the Earth, covering the sun and casting a shadow on Earth.

This month’s eclipse is unique because its path will cross the U.S. diagonally from Oregon to South Carolina, passing through parts of 14 states.

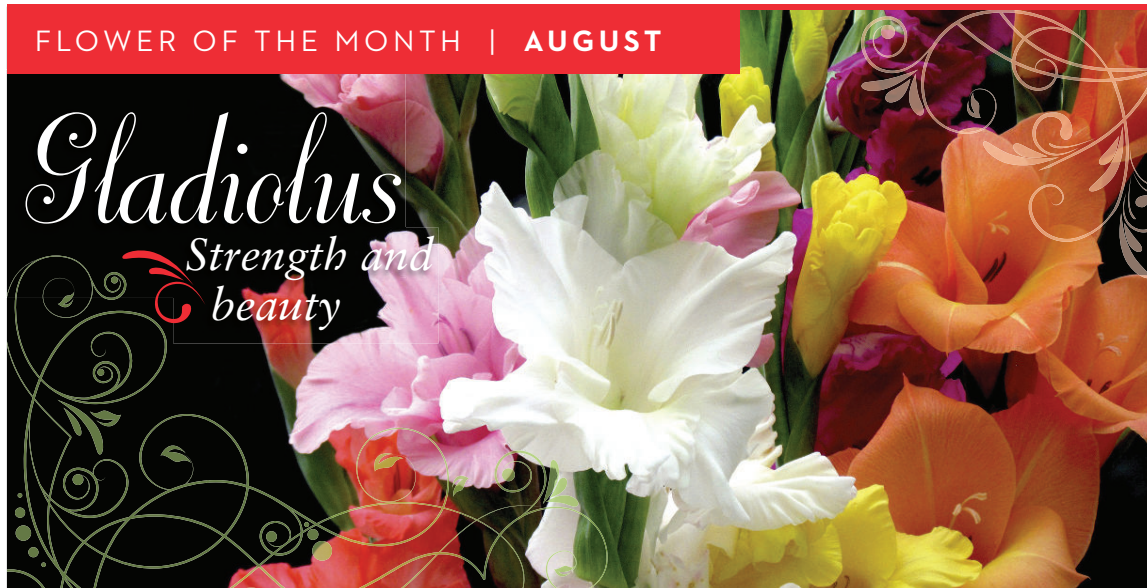
All areas of the continental U.S. will experience at least a partial eclipse, but people in the 70-mile-wide “path of totality” will see a total eclipse, when only the sun’s outer atmosphere, the corona, will be visible. In the middle of the day, twilight will fall for up to 2 minutes, 40 seconds; stars and planets will be visible; and the temperature will drop, just like at nighttime.

The view is sure to be breathtaking, but experts caution that looking directly at the sun can cause permanent eye damage. Special eclipse glasses or solar viewers are essential.

The next total solar eclipse in the U.S. will occur in 2024.



FLOWER OF THE MONTH | AUGUST

*Gladiolus**Strength and
beauty*

Did You Know We Are on Facebook?

We love to share what's happening at American House Southland! Stay in the know by liking and following our Facebook page.

Follow these 4 easy steps and soon, you'll see posts and pictures from American House Southland in your Facebook News Feed.

1. Go to www.americanhouse.com
2. Find American House Southland by searching under Our Communities at the top of page.
3. Once on our website, click on the Facebook icon located on the right side of the page under our contact information.
4. Click the "Like" and Follow buttons located underneath our community's cover photo.

It's that simple! We look forward to sharing our community news with you.

Wild World: Macaw

These striking, intelligent birds have brightly colored feathers, helping them hide among the fruits, flowers and trees of the Central and South American rainforests they call home. Macaws are the largest members of the parrot family and are easily recognized by their long tails and impressive beaks, which are strong enough to crack nuts. Also feeding on fruit, seeds and insects, the social birds often live in large flocks of up to 30. Some species can live 80 to 90 years, and if macaws spend time around people, they can teach themselves to mimic human speech.

Curl Up With a Coloring Book

Coloring is no longer just child's play, but a popular pastime for grown-ups. Sit, relax and color inside the lines (or not!) on National Coloring Book Day, Aug. 2.

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

August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Wii Bowling in Lobby♥ 2:00 Bingo♥ 3:00 Knitting Hats in Activity Rm. 6:30 Scrabble Games in Activity Rm.	2 6:30 Inter City Baptist 7:00 Bingo	3 2:00 Bingo♥ 3:00 Euchre Game in Activity Rm.	4 7:00 Dominoes Game in Dining Rm. 7:00 Special Feature Movie	5 8:00 - 9:30 Morning Breakfast 3:00 Shuffleboard Games in Lobby 7:00 Bingo 7:00 Movie
6 7:00 Movie	7 7:00 Bingo	8 10:00 Wii Bowling in Lobby♥ 2:00 Bingo♥ 3:00 Knitting Hats in Activity Rm. 6:30 Scrabble Games in Activity Rm.	9 6:30 Inter City Baptist 7:00 Bingo	10 8:30 - 10:30am Wyandotte Hsp. Blood Pressure Checks in the Lobby 2:00 Bingo♥ 3:00 Euchre Game in Activity Rm.	11 7:00 Special Feature Movie 7:00 Dominoes Game in Dining Rm.	12 8:00 - 9:30 Morning Breakfast 3:00 Shuffleboard Games in Lobby 7:00 Bingo 7:00 Movie
13 7:00 Movie	14 7:00 Bingo	15 10:00 Wii Bowling in Lobby♥ 2:00 Bingo♥ 3:00 Knitting Hats in Activity Rm. 6:30 Scrabble Games in Activity Rm.	16 6:30 Inter City Baptist 7:00 Bingo	17 2:00 Bingo♥ 3:00 Euchre Game in Activity Rm.	18 7:00 Special Feature Movie 7:00 Dominoes Game in Dining Rm.	19 8:00 - 9:30 Morning Breakfast 3:00 Shuffleboard Games in Lobby 7:00 Bingo 7:00 Movie
20 7:00 Movie	21 7:00 Bingo	22 10:00 Wii Bowling in Lobby♥ 2:00 Bingo♥ 3:00 Knitting Hats in Activity Rm. 6:30 Scrabble Games in Activity Rm.	23 10:30 Auction in the Library 6:30 Inter City Baptist 7:00 Bingo	24 2:00 Bingo♥ 3:00 Euchre Game in Activity Rm.	25 7:00 Dominoes Game in Dining Rm. 7:00 Special Feature Movie	26 8:00 - 9:30 Morning Breakfast 3:00 Shuffleboard Games in Lobby 7:00 Movie 7:00 Bingo
27 7:00 Movie	28 7:00 Bingo	29 10:00 Wii Bowling in Lobby♥ 2:00 Bingo♥ 3:00 Knitting Hats in Activity Rm. 6:30 Scrabble Games in Activity Rm.	30 6:30 Inter City Baptist 7:00 Bingo	31 2:00 Bingo♥ 3:00 Euchre Game in Activity Rm.		

Resident Services

Ear Center

Audiology: Here With **Dr. Iverson** the first Monday of the month at 10 a.m. Dr. Iverson will see you in your apartment.

BLOOD PRESSURE CHECKS

Wyandotte Hospital Blood Pressure checks will be on the Second Thursday of the Month. This will be in the Lobby from 8:30 to 10:30 a.m.

Dr. Abdallah will be on site on Thursdays; please see The Medical Team for more information.

Foot Doctors' Schedule

Dr. Schelberg
313-962-4555
&
Dr. Rives /
Dr. Brown
734-479-1410

'Grin' Is One

How many words can you come up with using the letters in "air conditioning"?

Movie Night!

The movies we watch are in our cinema, located on the 2nd floor, on **Friday, Saturday and Sunday at 7 p.m.**

The Special Feature Movies of the Month: Old Time Classics!

Popcorn Pick: 'My Brilliant Career'

It's the late 1800s in the rugged Outback of Australia, a time and place where a young woman is expected to marry and conform to society's conventions. Yet the fiercely independent and headstrong Sybylla (Judy Davis) dreams of having a "brilliant career" as a writer but struggles against social norms, her family's poverty, and dashing suitors like Harry (Sam Neil) trying to change her mind. Touching and amusing, this 1979 movie, based on the novel of the same name, earned international acclaim.

On the Menu: Fruits de Mer

The name of this platter can be confusing, unless you know that *mer* is the French word for "sea." The "fruits" are shellfish—typically lobster, crab, shrimp, oysters, clams and scallops—which are served chilled on beds of ice, along with lemon wedges and specialty sauces. A *fruits de mer* display may consist of many elaborate tiers and is meant to be visually impressive. A centuries-old tradition in France, the dish is becoming more common on American shores, particularly in coastal cities where fresh seafood is readily available.

Spray Away Summer Heat

Beat the summer heat by keeping a spray bottle filled with cold water handy. Spritz your face, neck and arms when you need to cool down.



Daily Activities!

- Laughing Yoga Class Mondays at 10:00.
- Balloon Volleyball in the lobby on Mondays at 2.
- Trivia Time w/ Dawn from TMT Mondays at 2:30.
- Ceramics Class in Activity Rm. on Mondays at 2.
- Wii Bowling in lobby, Tuesdays at 10:00.
- Bingo on Tuesdays and Thursdays in dining room at 2 and Mondays, Wednesdays and Saturdays at 7.
- Knifty Knitters make hats for the newborn babies and children on Tuesdays at 3.
- Scrabble Games in Activity Rm. Tuesdays at 6:30.
- Jewelry class in the Activity Room on Wednesdays at 10 a.m.
- Euchre in Activity Rm. on Thursdays at 3:00; Church Services in Chapel at 9:45, on second floor west end.
- Rosary and Communion Thursday evenings at 6:30; Baptist Service Wednesday evenings at 6:30.
- Painting Canvas Thursday mornings at 10:00.
- Special Feature Movies in Cinema Room on second floor; Friday, Saturday and Sunday at 7.
- Dominoes Game in Dining Rm. Friday nights at 7.
- Penny Ante Every Saturday at 2 in Dining Room.
- Bible Verses in Library on Sundays!
- Auction in Library every month! It's something you have to see!



Spectacular Succulents

Tall and spiky, plump and fuzzy, tiny and delicate—with something for everyone and easy to tend, succulents may be the perfect houseplants.

From the Latin word *sucus*, meaning “juice” or “sap,” a succulent is loosely defined as any plant that stores water in its leaves or stems. Cactuses likely come to mind, but they are just one type of succulent; not all succulents are considered cactuses.

Succulents are popular choices for gardeners of all types. They're extremely low maintenance, and some experts say they “thrive on neglect.” The plants require very little water and are generally pest-resistant. They come in a wide variety of interesting shapes, sizes and textures, and in practically every color of the rainbow. Some succulents will bloom under the proper conditions.

Growing succulents can quickly become a fun and addictive-yet-harmless hobby. It's easy to propagate new succulents by taking a leaf from a bigger plant, letting it dry in the sun, then repotting it.

Many succulents can be grown indoors or outdoors and typically require at least six hours of full sun daily. Popular varieties include hen-and-chicks, aloe vera, jade plants, snake plants and sedum, also known as stonecrop.

Building Services

Check Out Our Beauty Salon!

Call for an appointment:

With Kathy:
(313) 460-3234

Manicures

Sheron will be doing manicures on Wednesdays for \$10. Call (313) 928-1608 to make an appointment.

Remember, please come to the office for any repairs you may need in your apartment. We will inform **Gary**. If you cannot come down, please call the office and someone will be happy to help you.
Thank you.

Spidey Sense

Armed with agility, strength and spider-like abilities, masked crime fighter Spider-Man celebrates his 55th anniversary this month. The Marvel Comics superhero debuted in the August 1962 issue of the comic book “Amazing Fantasy.”

August 2017

We All Scream for Ice Cream!

Many people beat the summer heat by dipping into their favorite ice cream. Take a “lick” at these popular parlors and see when and where they began serving up their cool treats.

Year	Ice Cream Shop	Location
1934	Carvel	Hartsdale, N.Y.
1935	Friendly's	Springfield, Mass.
1940	Dairy Queen	Joliet, Ill.
1948	Swenson's	San Francisco
1953	Baskin-Robbins	Glendale, Calif.
1968	Braum's	Oklahoma City
1976	Häagen-Dazs	Brooklyn Heights, N.Y.
1978	Ben & Jerry's	Burlington, Vt.
1988	Cold Stone Creamery	Tempe, Ariz.
1989	Bruster's	Bridgewater, Pa.

"Then & Now"

**American
House** 
SENIOR LIVING COMMUNITIES

AMERICAN HOUSE SOUTHLAND

25250 Eureka Road
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