Paula Marsee Executive Director  
Darlene Anderson Asst. Executive Dir.  
May Thomas Life Enrichment Dir.  
Christina Hebert Night/Weekend Mgr.  
Sue Sawyer Night/Weekend Mgr.  
Sara Klett Night/Weekend Mgr.  
May Thomas Life Enrichment Dir.  
Sara Klett Night/Weekend Mgr.  
Sara Klett Night/Weekend Mgr.  
Sara Klett Night/Weekend Mgr.  
Sara Klett Night/Weekend Mgr.  
Keneisha Moore Housekeeping Supvr.  
John Oliver Maintenance Supvr.  
Michel Van Howe Chef  
Jim Oniones Transporter

HAWAIIAN WEEK AUG. 22-26  
THE COLADAS ARE FROZEN,  
THE THEME IS SET.  
WE’RE HAVING A LUAU YOU’LL NEVER FORGET!  
Get ready for a week of all things Hawaiian  
beginning Monday. Special movie showing about the  
life of Princess Ka’iulani, plus we’ll offer travel videos,  
themed games, crafts and parties with tropical drinks  
at our very own Tiki bar. The grand finale, a luau on  
Friday with Twila & Sam. Sound like fun? You’ll be  
tempted to send your family a post card!

A Sample of August...  
Shopping at Target, the Dollar Store,  
Meijer and Big Lots  
Breakfast at IHOP, Lunch at Big Boy  
Cruises around Belle Isle and the Clinton River  
Plus Car Shows and a tour of the new  
Jimmy John’s Stadium in Utica
After a visit from Willow Woods Elementary school, a student drew their version of typical American House residents!

COMMUNITY MEETINGS
MON., AUG 1ST AND 15TH
AT 3:30
IN THE LOBBY
What’s happening in the month of August? Get together with your neighbors while going over this month’s Patriot Newsletter, share ideas for activities and outings.

CHECK ACTIVITY BOARD DAILY!
Located in Senior Scoops, aka mail room, daily activities are listed on a huge calendar. Make it your routine after breakfast each day to see what’s scheduled for the day. Keep a copy of this newsletter, where inside is a monthly calendar full of activities, outings, doctor visits, etc.

Be sure to sign up for outings you’d like to go on, don’t miss out, our van seats 6 with space for one wheelchair. Binder is located in front of Assistant Director, Darlene’s office.

MACOMB BINGO BONANZA! TUESDAY, AUG. 30, 2:30 P.M.
We are pleased to host BINGO for Macomb County American Houses. Only $1.25 to play 4 cards, ending with a hefty jackpot. Be on time as there could be up to 7 American Houses attending!

AND SPEAKING OF BINGO...
VISITORS ARE ALWAYS WELCOME!
Please remember that visitors are welcome AND encouraged to play Bingo with us on any given Tuesday or Thursday. We will not deny a friend or family member, especially grandchildren, time to spend with their loved one here at American House. So please be welcoming good sports and polite to all our visitors. Even if, or ESPECIALLY if, they Bingo!!

TEST YOUR ALARM PENDENT
It’s important that residents periodically test their alarm pendants. Just give our medical team a heads up beforehand.
One thing we can all agree on is **WE LOVE ICE CREAM!** In June our Ice Cream Social included entertainment and a raffle. We appreciated the help of resident Louise’s daughter and grandsons.

The cold days of Fall and Winter (and in some cases, Spring too!) outnumber these hot summer August days. Let’s get out of the air conditioned indoors for some fresh air, color and camaraderie with fellow residents on the front porch. Volunteers and visitors encouraged to join us!

**HORSE RACING**

Yes, you read that right, HORSE RACING (well sort of) takes place in the Lobby each Friday at 1:30.
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 SIT &amp; BE FIT (L)✓</td>
<td>10:30 Rosary (C) Need resident</td>
<td>10:00 Book Club (AR)</td>
<td>11:00 DEPART FOR DOLLAR STORE</td>
<td>10:00 Book Club (C) Need Resident</td>
<td>11:00 Jigsaw Puzzle Time (AR)</td>
<td></td>
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<td>2:30 ICE CREAM (Senior Scoops)</td>
<td>3:00 Cards or Games (AR) Get to know fellow residents.</td>
<td>2:00 BUUNCO (AR)✓</td>
<td>11:15 Catholic Communion Service (C)</td>
<td>3:00 Entertainment with Dr. Butler (L)★</td>
<td>2:30 TCM Turner Classic Movie</td>
<td>2:00 轻松和小丑的欢乐时光 (AR)</td>
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<td>3:00 CRAFTS WITH NANCY (AR)✓</td>
<td>2:00 BUUNCO (AR)✓</td>
<td>3:00 Ice Cream a la Aloha (AR) and (SS)</td>
<td>3:00 Bingo (DR)✓</td>
<td>3:00 Entertainment with Dr. Butler (L)★</td>
<td>3:00 Entertainment and popcorn with Joe Armijo (L)★</td>
<td>6:30 AIR AFTER DINNER MOVIE (L)</td>
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<td>3:00 Bingo (DR)✓</td>
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<td>3:00 Bingo $1 per card (DR)✓</td>
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<td>10:00 Right Fit Exercise (C)</td>
<td>11:00 SHOPPING AT TARGET</td>
<td>10:00 Sign up for Dr. Cohen or Premier Physician Care</td>
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<td>4:15 Porch Time ’til supper time</td>
<td>3:00 Entertainment with Chet Pentkala</td>
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**Abbreviations:**
- Activity Room (AR)
- Lobby (L)
- Senior Scoops (SS)
- Chapel (C)
THE MEDICAL TEAM

*The Medical Team* can provide personal care services to our residents. Services offered include shower assistance, a.m. and p.m. care, and more! The Medical Team staff can be reached at (586) 264-2500 or (734) 779-9700. *The Medical Team* is also available for pill reminders, which allow them to dispense blister-packed medications to residents and handle all of the reordering. One less thing to worry about!

**PLEASE NOTE:**
Please let TMT know if you are signed up for skilled care or rehab services with someone out of the building. We are constantly striving to provide consistent care for our residents.

**CONTINUED GET WELL THOUGHTS AND PRAYERS**

We all miss John as he recovers, and look forward to his return to work. In the meantime, we send a special **BIG THANK YOU** to Jackie who is filling in for John while he’s out.

**LETTERS OF THANKS AND APPRECIATION FROM STUDENTS AT WILLOW WOODS ELEMENTARY SCHOOL,** who were inspired by their visit on “VETERANS DAY OF HONOR”, May 23rd. Over 60 thank you letters and drawings were delivered to American House. It’s wonderful to see the interest and the impact it made on these youngsters.

**EXOTIC ZOO**

Adventurous residents were able to touch and see animals up close during a visit from Exotic Zoo.

**TODAY’S CATEGORY: WHERE SHALL WE GO?**

| 2. Beach | 10. Library |
| 3. Dance | 11. Mountains |
| 4. Restaurant | 12. More |
| 5. Park | 13. Mall |
| 7. School | 15. Concert |
| 8. Disneyland | 16. Restaurant |

Word Search Solution:

1. Concert
2. Beach
3. Dance
4. Restaurant
5. Park
6. Church
7. School
8. Disneyland
9. Museum
10. Library

11. Mountains
12. More
13. Mall
14. Concert
15. Party
16. Restaurant
17. School
18. Disneyland
19. Museum
20. Library
**Cabbage and Your Health**

*By Brian Rosso*

Below you will find some interesting facts and information about cabbage:

- The official name for cabbage is *Brassica oleracea*.
- Cabbage is a great source of vitamin C, vitamin K, folate and fiber.
- Cabbage is a great source of phytochemicals, which help prevent cancer.
- Cabbage originated in the Mediterranean.
- Two color types of cabbage are purple and green.
- Pickled cabbage in Korea is called kimchi.
- Cabbage in the US is mostly eaten in the form of sauerkraut.
- One cup of shredded raw cabbage contains only 18 calories.
- The largest cabbage ever grown in the world was 138 pounds.
- The U.S. grows 1.2 million tons of cabbage annually; China grows 36.3 million tons of cabbage annually.

American House Chef Michel, cooks up delicious stuffed cabbage and tasty coleslaw.

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**Featured Pet**

Meet Beckham, he’s a big beautiful kitty whose owner is Ernest, one of our newer residents.

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**Belle Isle, June 30th:** Sunshine, entertainment, and delicious handmade sandwiches assembled by our dining staff, made the Annual Macomb American House picnic very enjoyable. Just ask sisters Margaret and Louise who never miss it!

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**ARTHRITIS & EXERCISE**

75% of adults over the age of 60 will experience Osteoarthritis (OA), and 2.1 million adults have Rheumatoid Arthritis (RA). Joint symptoms of swelling, redness, stiffness, warmth, and pain are common with these conditions. Exercise can help improve many of these symptoms and adaptive equipment is available to maximize independence for those with arthritis. Improved pain control and flexibility can lead to improved mobility and decreased loss of function. For additional information, go to In Home Rehabilitation office right off the lobby.
Flower of the Month | August

Gladiolus
Strength and beauty

American House Sterling I
11255 15 Mile Road
Sterling Heights, MI 48312