

★ FOUNDED 1979 ★

DECLARE YOUR INDEPENDENCE

**American  
House**   
SENIOR LIVING COMMUNITIES

# The Patriot

## American House Sterling Heights

11255 15 Mile Road | Sterling Heights | Michigan | 48312  
(586) 978-1060 | [sterlingheights@americanhouse.com](mailto:sterlingheights@americanhouse.com) | [americanhouse.com](http://americanhouse.com)

## Staff Directory



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

### Important Phone Numbers

Office	(586) 978-1060
The Medical Team	(586) 264-2500
The Medical Team Fax #	(586) 264-3231
In-Home Rehab	(586) 264-5235
Beauty Salon-Bonnie	(586) 864-0134
Transportation	(586) 383-0515
Transportation Tues/Thurs	(586) 533-9655

### EASTER BLESSINGS \* APRIL 16



April 2017



### TIGERS OPENING DAY

#### JUSTIN VERLANDER'S VISION: GET TIGERS BACK TO PLAYOFFS

Verlander turned 34 in February and is completely focused on getting the Tigers back to the postseason. **"Root, root, root for the home team"** our Detroit Tigers as they play the Boston Red Sox at 1:00 **Friday, April 7th.** Game will be shown on the Lobby TV with peanuts and Cracker Jack!

**Welcome**   
**New Residents**



## BIRTHDAYS



April is a big month of birthdays! LET'S CELEBRATE WITH TWILA AND SAM ON FRIDAY, APRIL 28TH.

### RESIDENTS

- 2 Gerri S.
- 4 Kathryn B.
- 6 Jonathan
- 6 Phillip
- 12 Donna
- 16 Jerry C.
- 22 Joyce Roberts

### STAFF

- 5 Jacki

### TEST YOUR ALARM PENDENT

It's important that residents periodically test their alarm pendants. Please just make sure you've given our Medical Team a heads up beforehand.

**CATHOLIC SERVICE EVERY SATURDAY AT 4 P.M.**

## DID WE MENTION BIRTHDAYS?

**Mr. Jonathan Bishoff: 101 YEARS YOUNG**

Celebrate Jonathan's birthday Thurs, April 6, @ 3:00 in the Dining Room.



April 6, 1916, was a Thursday; the US president was Woodrow Wilson, and it was the middle of WWI. Jonathan was born on this day. He married and raised his family and is a proud Army Veteran of WWII. He became an avid hunter, fisherman and dedicated Cub Master. A local Cub Scout troop came by and were honored (and fascinated) to meet a former Cub Scout Master who is 100 years old!



## MOTHER'S DAY PARTY AND ART SHOW

We are planning a very special afternoon to celebrate Moms and the creativity that surrounds us.

Residents and/or family members are asked to bring in items they've made to display or even sell. Painting, wood carving, knitting, jewelry making, etc.

**Residents, family members and staff welcome to participate. May 12th**

**2:00-5:00: ART SHOW IN THE LOBBY**

**3:00: DANIEL BRYSON PERFORMS, HONORING MOMS, IN THE DINING ROOM. Drinks and snacks served.**



## CRAFTS WITH NANCY

Nancy brings a fun and easy craft project to make. Monday, April 3, 11:00.



*When Kathleen sings you almost forget you're getting a workout too!  
Next Movin' & Groovin' gig is Wednesday, April 26th, at 11:30.*



#### JERRY'S CLIP- QUOTES CORNER

**Make a failure  
the start of a new  
beginning.**

\*\*\*

**Having a "big head" is only  
functional if you are modeling a  
big hat.**

\*\*\*

**How sad to pass up an  
opportunity to be kind.**

\*\*\*

**Don't place blame until you  
hear both sides of the issue.**

\*\*\*

**Failures can be building blocks  
or crushing boulders: your  
choice.**

\*\*\*

**Always expect more from  
yourself than from others.**

\*\*\*

**"What could have been" has  
no value.**

## Movie Watch

### FRIDAY NIGHT AT THE MOVIES

As the week winds down and it gets a little quieter around the house, settle in with fellow residents and enjoy these movies shown every Friday after Supper in the Lobby.

#### APRIL 7

"LETTERS to GOD"

#### APRIL 14

"THE TEN COMMANDMENTS"

#### APRIL 21

"FUNNY FACE"

#### APRIL 28

"MY BIG FAT GREEK WEDDING"

### MOVIE OUTING AT MJR

See a movie on the big screen Thursday, April 13. Movie selection and times TBA. Sign-up sheets in binder outside Darlene's office.

## Play Ball!

"Baseball was,  
is and always will be  
to me the best game  
in the world."

—Babe Ruth

"There are only  
two seasons—winter  
and baseball."

—Bill Veeck

"There's nothing like  
opening day. There's  
nothing like the start  
of a new season."

—George Brett

"Love is the most  
important thing in the  
world, but baseball is  
pretty good, too."

—Yogi Berra

"Every day is a new  
opportunity. You can  
build on yesterday's  
success or put its  
failures behind and  
start over again.  
That's the way life is,  
with a new game  
every day, and that's  
the way baseball is."





—Bob Feller

"Baseball, it is said,  
is only a game. True.  
And the Grand  
Canyon is only a hole  
in Arizona."

—George Will



# April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>ABBREVIATIONS:</b> ACTIVITY ROOM: <b>AR</b> DINING ROOM: <b>DR</b> CHAPEL: <b>C</b> LOBBY: <b>L</b> SENIOR SCOOPS: <b>SS</b> <i>Therapy Dog, Reba (right) visits each Wednesday after supper.</i>			<i>April</i>	<b>April Fools' Day</b> 1 2:00 Cards/Games (AR) <b>4:00 CATHOLIC SERVICE (C)</b> 5:00 Lawrence Welk on PBS (L)
<b>Opening of Major League Baseball</b> 2 11:00 Puzzles (AR) 3:00 Horse Racing (DR) 6:00 Turner Classic Movie (L)	<b>National Chocolate Mousse Day</b> 3 <i>10:00 Sign up for ear cleaning, Dr. Aronovitz visits today</i> 10:30 Rosary (C) 11:00 CRAFTS WITH NANCY (AR) 2:00 BUNCO (AR) 3:00 Ice Cream Social followed by Brain Neurobics at 4:00	<b>Ballroom Dancing Day</b> 4 10:00 Right Fit Exercise (L) <i>10:30 Sign up to see Premier Physicians Care</i> <b>11:00 LUNCH OUTING TO FIRENZE RESTAURANT</b> ● 3:00 BINGO! (DR) \$1 per card 4:00 iPads (AR)	<b>National Walking Day</b> 5 10:00 Book Club, Inspirational Readings (C) 2:00 BUNCO (AR) <b>3:00 ENTERTAINMENT WITH DR. BUTLER (L) ★</b> 4:00 iPad Games (AR) <b>6:15 Depart for the performance of "ANYTHING GOES" ●</b>	<b>National Fun at Work Day</b> 6 <i>11:00 Sign up to see Kathy from "The Hearing People"</i> 11:00 Kings In The Corner (SS) <b>3:00 CELEBRATE JONATHAN'S 101ST BIRTHDAY!</b>	<b>TIGERS OPENING DAY</b> 7 10:00 Book Club, Inspirational Readings (C) <b>12:30 Tiger Opening Day Party</b> 1:00 Tigers vs. Red Sox <b>3:00 ENTERTAINMENT WITH GARY RICHARD ★</b> 6:30 Friday Night at The Movies, "Letters To God" (L)	<b>1974 Hank Aaron 715th. Home Run Broke Babe Ruth's Record</b> 8 <i>10:30 Cara and Friends Crafts (AR)</i> <b>2:30 CHOIR CONCERT (DR) ★</b> <b>4:00 CATHOLIC SERVICE (C)</b> 5:00 Lawrence Welk on PBS (L)
<b>Palm Sunday - Beginning of Holy Week</b> 9 11:00 Puzzles (AR) 3:00 Horse Racing (DR) 6:00 Turner Classic Movie (L)	<b>National Siblings Day</b> 10 10:00 Sit & Be Fit (L) 10:30 Rosary (C) 2:00 BUNCO (AR) 3:00 Ice Cream Social followed by Brain Neurobics at 4:00	<b>Barbershop Quartet Day</b> 11 10:00 Right Fit Exercise (L) <i>10:30 Sign up to see Dr. Cohen or Premier Physicians Care</i> <b>11:00 SHOPPING DOLLAR TREE ●</b> 3:00 BINGO! (DR) \$1 per card 4:00 iPads (AR)	<b>National Grilled Cheese Sandwich Day</b> 12 10:00 Book Club, Inspirational Readings (C) 11:00 Netflix Special (Lobby TV) 2:00 BUNCO (AR) <b>3:00 ENTERTAINMENT WITH DAN BERGEN (L) ★</b> 4:00 iPad Games (AR)	<b>National Peach Cobbler Day</b> 13 <b>10:00 MOVIE AT MJR (Time TBA) ●</b> 10:30 Card/Games (SS) <i>11:00 Sign up to see Dr. Howell, Podiatrist</i> 2:00 CHAIR YOGA (C) 3:00 BINGO! (DR) \$1 per card	<b>GOOD FRIDAY OBSERVED</b> 14 10:00 Book Club, Inspirational Readings (C) 6:30 Friday Night at The Movies, "The Ten Commandments" (L)	2:00 Cards/Games (AR) <b>4:00 CATHOLIC SERVICE (C)</b> 5:00 Lawrence Welk on PBS (L)
<b>Easter Sunday</b> 16 11:00 Puzzles (AR) 3:00 Horse Racing (DR) 6:00 Turner Classic Movie (L)	10:00 Sit & Be Fit (L) 10:30 Rosary (C) 2:00 BUNCO (AR) 3:00 Ice Cream Social followed by Brain Neurobics at 4:00	<b>U.S. Income Tax Due Today</b> 18 10:00 Right Fit Exercise (L) <i>10:30 Sign up to see Premier Physicians Care</i> <b>11:45 In Home Rehab Talk (AR)</b> 1:30 Cards/7-UP (AR) 3:00 BINGO! (DR) \$1 per card 4:00 iPads (AR)	<b>National Amaretto Day</b> 19 10:00 Book Club, Inspirational Readings (C) 2:00 BUNCO (AR) <b>3:00 ENTERTAINMENT WITH GREG GREER (DR) ★</b> 4:00 Kings In The Corner (SS)	<b>National Pineapple Upside Down Cake Day</b> 20 <b>9:00 DEPART FOR OUTING TO ORCHESTRA HALL</b> 3:00 BINGO! (DR) \$1 per card 4:15 UNO (AR)	<b>Kindergarten Day</b> 21 10:00 Book Club, Inspirational Readings (C) 11:00 Walking Club Meets (AR) <b>3:00 ENTERTAINMENT AND POPCORN WITH JOE ARMIJO (L) ★</b> 6:30 Friday Night at The Movies, "Funny Face"	<b>Earth Day</b> 22 2:00 Cards/Games (AR) <b>4:00 CATHOLIC SERVICE (C)</b> 5:00 Lawrence Welk on PBS (L)
<b>Administrative Professionals Day</b> 23 11:00 Puzzles (AR) <i>12:30 Special visit from the Children of St. Blase Church</i> 3:00 Horse Racing (DR) 6:00 Turner Classic Movie (L)	<b>Plumbers' Day</b> 24 10:00 Sit & Be Fit (L) 10:30 Rosary (C) 2:00 BUNCO (AR) 3:00 Ice Cream Social followed by Brain Neurobics at 4:00	<b>World Penguin Day</b> 25 10:00 Right Fit Exercise (L) <i>10:30 Sign up to see Dr. Cohen or Premier Physicians Care</i> <b>11:00 SHOPPING AT TARGET ●</b> 3:00 BINGO! (DR) \$1 per card 4:00 iPads (AR)	<b>National Pretzel Day</b> 26 10:00 Book Club, Inspirational Readings (C) <b>11:30 MOVIN' &amp; GROOVIN' (L) ★</b> 2:00 BUNCO (AR) <b>3:00 ENTERTAINMENT WITH MAJIK MIKE (DR) ★</b> 4:00 iPad Games (AR)	<b>Take Our Sons &amp; Daughters to Work Day</b> 27 2:00 SCRABBLE (SS) 3:00 BINGO! (DR) \$1 per card 4:15 UNO (AR)	<b>National Blueberry Pie Day</b> 28 10:00 Book Club, Inspirational Readings (C) 11:00 Walking Club Meets (AR) <b>3:00 CELEBRATE APRIL BIRTHDAYS WITH TWILA &amp; SAM (DR) ★</b> 6:30 Friday Night at The Movies, "My Big Fat Greek Wedding" (L)	<b>National Puppetry Day</b> 29 2:00 Cards/Games (AR) <b>4:00 CATHOLIC SERVICE (C)</b> 5:00 Lawrence Welk on PBS (L)
<b>Bugs Bunny's Birthday 1938</b> 30 11:00 Puzzles (AR) 3:00 Horse Racing (DR) 6:00 Turner Classic Movie (L)						



## TMT Corner

### 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.



### FREE PERFORMANCE!

This production by DeLaSalle was cancelled because of the power outage last month. It's been rescheduled, so let's go! Wed., April 5th, at 7 p.m. It's at The Performing Arts Center. They really roll out the red carpet for us.



### CONGRATS, DAVID!

Our Assistant Director's hubby David won FIRST PLACE for best display at the 8th Annual Chili Cook-Off at American House East I. He entered his vegetarian chili with a tailgate themed display. Proceeds from the event go to American House Foundation.



## Easter Eggs

By: Brian Rosso, R.D.

The Easter egg is a tradition that is celebrated around the world. Many people believe that the egg is a sign of rebirth. Originally, people would take great time and effort to paint and decorate eggs. However, over time, some people chose to use plastic eggs or chocolate eggs instead.

- Decorating Easter eggs dates back 2,500 years.
- Countries such as Russia, Romania and Poland still create very detailed colored eggs.
- Some people prefer tan Easter eggs, so they boil the eggs in water containing onion skins.
- In England, different colored yarns are also tied to the eggs to create a unique look.
- On Easter in the United Kingdom, painted eggs are rolled down steep hills for fun.
- In the United States, children roll eggs on the ground using a spoon, which is an annual event at the White House.
- Easter egg hunts are another famous tradition.
- Beeping Easter eggs are now used to allow the visually impaired the opportunity to also hunt for Easter eggs.

Happy Easter!



**PLEASE SIGN UP FOR THE FOLLOWING MEDICAL VISITS. Sign up sheets are located in the binder in front of Darlene's office.**

### DR. ARONOVITZ

Deb from from Dr. Aronovitz office will be here Monday, April 3, to check and clean ears (wax removal). Please provide insurance cards if available.

### PREMIER PHYSICIANS CARE

Every Tuesday morning.

### DR. COHEN

Tuesday morning, April 11 and 25.

### THE HEARING PEOPLE

Kathy visits the first Thursday of every month.

### DR. HOWELL PODIATRIST

Dr. Howell and Mike will be here on Thursday, April 13.



### A SPECIAL OUTING TO ORCHESTRA HALL

The Annual DSO Performance at Orchestra Hall is scheduled for Thursday, April 20th. This world class rehearsal performance from The Detroit Symphony Orchestra, will include guest speakers, and lunch provided. A wonderful all day outing.



## IHR

### YOUR HELPING HANDS

Your hands are the greatest tool you will ever have, and they deserve attention to be working at their best. General stretching and strengthening exercises to keep mobility and grip strength are essential.

Coordination exercises to maintain dexterity and function will help your "tools" help you better.

Protect your hands from overuse activities such as repeated grip or pinch, prolonged typing or knitting. These repetitive movements can set up inflammation in the joint and tendon structures of the hand. **JOIN IN-HOME REHAB for an informative presentation "Hand Health" Tuesday, April 18, 11:45 in the Activity Room.**





April 2017



wishing you a happy  
EASTER

**American  
House**   
SENIOR LIVING COMMUNITIES

**AMERICAN HOUSE STERLING I**

11255 15 Mile Road  
Sterling Heights, MI 48312