

The Patriot

American House Sterling Meadows

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Our Friendly Staff

Executive Director Todd Schuver
Assistant Director Kristine Elliott
Life Enrichment Director Tammy Laflin
Dietary Supervisor Kathy Young
Maintenance Supervisor Mike Koss
Night & Weekend Managers .. Vicki, Robin, and
Ann-Marie, and Elise

Logic Problem

Beverly’s ice cream cone has five scoops of ice cream, each one a different flavor: vanilla, strawberry, chocolate, blueberry and bubble gum. Using the clues below, can you determine the order of the flavors on her cone?

1. The bottom flavor has 10 letters.
2. Vanilla is touching both chocolate and blueberry.
3. Vanilla is somewhere below the chocolate scoop but above the bubble gum scoop.

(Answer: From top to bottom, the flavors of ice cream are chocolate, vanilla, blueberry, bubble gum and strawberry.)

Blue Goes Green

If you have some jeans that no longer fit, check out Blue Jeans Go Green, a program that recycles old denim into insulation. Go to BlueJeansGoGreen.org to find a collection site near you, including some retailers that offer discounts on a future purchase when you drop off your old jeans. The website also provides information about how to organize a community denim drive in your area.

July 2017



A Figure of Speech

Phrase: As American as apple pie

Meaning: Authentically American; patriotic

Origin: Neither apples nor pie originated in the United States, and the first known recipe for apple pie was published in an English cookbook in 1381. Apple trees and pies were brought to American shores in the 1600s, and the pastry’s popularity grew along with the new nation. The phrase “as American as apple pie” was in use by 1860. It became a patriotic slogan during World War II, when American soldiers said they were fighting “for Mom and apple pie.”

Hydrating Foods

Staying hydrated is important, especially when the temperature soars. In addition to drinking water, try snacking on these fruits and vegetables that are more than 90 percent water: strawberries, watermelon, tomatoes, cucumbers, baby carrots and celery.

Trivia Whiz

Blood Pressure Clinic

The nurse is here every Wednesday for blood pressure checks at **12:45 p.m. (2nd Floor)**

Doctor

Dr. Cohen will be here every other Tuesday afternoon, and Dr. Rojas will be here every Wednesday afternoon. If you want an appointment, sign up with the Medical Team.

Foot Doctor

Dr. Pitzer, DPM, is here on the third Friday of each month. For an appointment, Sign up in the Medical Team Office. Apt. #307

'Nicer' Is One

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



Favorite Fair Foods

Fair season is underway, and one of the highlights of these annual festivals is the delicious fare! Tempt your taste buds with these classic foods:

Cotton candy. Originally called "fairy floss," this colorful, fluffy spun sugar was introduced at the St. Louis World's Fair in 1904 and has become a favorite of fairgoers.

Corn dogs. Hot dogs dipped in cornmeal batter, deep-fried and served on a stick have been staples since the 1940s.

Funnel cakes. Crisp on the outside and light and airy on the inside, this fried dough dessert is traditionally topped with powdered sugar, but fruit, chocolate and ice cream are popular add-ons.

Candy apples. Tart, crisp apples are covered in sweet, hard candy or creamy caramel to make this snack-on-a-stick.

Kettle corn. Those who can't decide between sweet and salty get the best of both worlds in this popcorn treat seasoned with sugar and salt.

Turkey legs. Meat lovers can get their fill with these giant gobbler legs that are easy to eat while on the go.

Deep-fried anything. Candy bars, Twinkies, butter and salad are just a few of the many foods that fair vendors have dared to serve up battered and deep-fried.

Understanding Sunscreen

Wearing sunscreen is a safe, easy way to protect your skin from sun damage that can lead to premature aging, sunburn and skin cancer.

The ingredients in sunscreen work together to block or absorb the sun's ultraviolet rays before they reach your skin. Choose products labeled as broad-spectrum, which means they protect against both UVA rays (the cause of wrinkles and age spots) and UVB rays (the cause of sunburn).

The Food and Drug Administration recommends sunscreens with a sun protection factor of at least 15, while dermatologists advise using SPF 30 or above. This number refers to the percentage of the sun's rays that the sunscreen blocks. SPF 15 filters out 93 percent of incoming rays, and SPF 30 filters out 97 percent.

About 15–30 minutes before you go outside, apply 1 ounce—about a full shot glass—of sunscreen to the parts of your body not covered by clothing. Don't forget the tops of your feet, the tips of your ears and any exposed areas of your scalp.



FLOWER OF THE MONTH | JULY

Larkspur

Love and happiness

Appalachian Adventure

In the wilderness of the Appalachian Mountains, a path winds for 2,190 miles through 14 states from Georgia to Maine. The Appalachian National Scenic Trail is one of the world's longest and most famous hiking trails.

In 1925, a group of outdoor enthusiasts gathered to discuss their dream of building an extensive footpath that would allow hikers to experience the beauty and splendor of the Appalachian Mountains. The Appalachian Trail was completed in 1937 thanks to volunteers, who formed the Appalachian Trail Conservancy. Today, the trail is still managed by the group, along with the National Park Service, the U.S. Forest Service and other organizations.

Each year, the trail attracts about 3 million visitors, with most walking sections of it in one-day and multi-day trips, but more attention is given to thru-hikers, those who

trek the entire trail in one continuous trip. The first person to complete this feat was World War II veteran Earl Shaffer of Pennsylvania, who hiked the trail in 1948, then again in 1965 and 1998 (at age 79!). A typical thru-hiker needs five to seven months to complete the journey's approximately 5 million footsteps.

The Appalachian Trail is part of the Triple Crown of long-distance hiking in the U.S., along with the Continental Divide Trail and the Pacific Crest Trail.



**The Appalachian Trail
winds for 2,190 miles
through 14 states**

Wit & Wisdom

Office
(586) 979-5340

Medical Team
(586) 795-8703

**Please always call
the medical team
with ANY medical
issues – not the
AH office.**

Kitchen
(586) 979-2645

**American House
Transport Driver
Claudia**
(586) 383-0515

Theramax Rehab
(248) 417-3646

**Blessings Hair
Salon Colleen**
(248) 720-9118

Kroger Pharmacy
(586) 285-9487
Free Delivery

Comcast Cable
(800) 934-6489

AT&T
(800) 288-2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:15 ■ Morning Exercise (MPR) ♥ 1:30 ■ Walking Club {L} ♥ 3:30 Word Search (AC) 7:00 Trivia (L)
2 10:15 ■ Communion (C) 11:00 Word Puzzles (AC) 2:00 Movie (MPR) 4:00 Trivia Quiz (L) 7:00 Bingo (MPR)	3 10:15 ■ Chair Yoga (MPR) ♥ 1:30 ■ Walking Club {L} ♥ 1:30 ■ Rosary (C) 6:30 Cards (AC)	4 Independence Day 9:30 Coffee & Cookies (AC) 10:15 ■ Gentle Joints Exercise (MPR) ♥ 1:00 ■ - 3:00 Wii Bowling (MPR) 1:30 ■ Walking Club {L} ♥ 2:00 ■ Bible Study w/Pastor Ben (C) 3:00 Bag Toss League ✓ 7:00 Bingo (MPR)	5 10:00 - 10:45 Dollar Shop (MPR) 10:15 ■ Walking Club (L) ♥ 10:45 Wheel Of Fortune (MPR) 12:45 Blood Pressure Checks (MPR) ♥ 2:30 Bingo For Prizes - Heartland (MPR) 6:30 Cards (AC)	6 8:30 Blessings Salon 10:15 ■ Chair Yoga (MPR) ♥ 11:30 Veterans Club (MPR) ✓ 1:30 ■ Walking Club {L} ♥ 3:30 Happy Hour (AC) 7:00 Bingo (MPR)	7 8:30 Blessings Salon 10:15 ■ Chair Yoga (MPR) ♥ 1:15 ■ Communion (C) 1:30 ■ Walking Club {L} ♥ 3:30 Puzzles & Games (AC) 6:30 Cards (AC)	8 10:15 ■ Morning Exercise (MPR) ♥ 1:30 ■ Walking Club {L} ♥ 3:30 Word Search (AC) 7:00 Trivia (L)
9 10:15 ■ Communion (C) 11:00 Word Puzzles (AC) 2:00 Movie (MPR) 4:00 Trivia Quiz (L) 7:00 Bingo (MPR)	10 10:15 ■ Chair Yoga (MPR) ♥ 1:30 ■ Rosary (C) 1:30 ■ Walking Club {L} ♥ 6:30 Cards (AC)	11 9:30 Coffee & Cookies (AC) 10:15 ■ Gentle Joints Exercise (MPR) ♥ 1:00 ■ - 3:00 Wii Bowling (MPR) 1:30 ■ Walking Club {L} ♥ 2:00 ■ Bible Study w/Pastor Ben (C) 3:00 Bag Toss League ✓ 7:00 Bingo (MPR)	12 10:00 - 10:45 Dollar Shop (MPR) 10:15 ■ Walking Club (L) ♥ 10:45 Wheel Of Fortune (MPR) 12:45 Blood Pressure Checks (MPR) ♥ 6:30 Cards (AC)	13 8:30 Blessings Salon 10:15 ■ Chair Yoga (MPR) ♥ 1:30 ■ Walking Club {L} ♥ 3:30 Happy Hour (AC) 7:00 Bingo (MPR)	14 8:30 Blessings Salon 10:15 ■ Chair Yoga (MPR) ♥ 1:30 ■ Walking Club {L} ♥ 3:30 Puzzles & Games (AC) 6:30 Cards (AC)	15 10:15 ■ Morning Exercise (MPR) ♥ 1:30 ■ Walking Club {L} ♥ 3:30 Word Search (AC) 7:00 Trivia (L)
16 10:15 ■ Communion (C) 11:00 Word Puzzles (AC) 2:00 Movie (MPR) 4:00 Trivia Quiz (L) 7:00 Bingo (MPR)	17 10:15 ■ Chair Yoga (MPR) ♥ 1:30 ■ Rosary (C) 1:30 ■ Walking Club {L} ♥ 6:30 Cards (AC)	18 9:30 Coffee & Cookies (AC) 10:15 ■ Gentle Joints Exercise (MPR) ♥ 1:00 ■ - 3:00 Wii Bowling (MPR) 1:30 ■ Walking Club {L} ♥ 2:00 ■ Bible Study w/Pastor Ben (C) 3:00 Bag Toss League ✓ 7:00 Bingo (MPR)	19 10:00 - 10:45 Dollar Shop (MPR) 10:15 ■ Walking Club (L) ♥ 10:45 Wheel Of Fortune (MPR) 12:45 Blood Pressure Checks (MPR) ♥ 6:30 Cards (AC)	20 8:30 Blessings Salon 10:15 ■ Chair Yoga (MPR) ♥ 1:30 ■ Walking Club {L} ♥ 3:30 Happy Hour (AC) 7:00 Bingo (MPR)	21 8:30 Blessings Salon 10:15 ■ Chair Yoga (MPR) ♥ 1:30 ■ Walking Club {L} ♥ 3:30 Puzzles & Games (AC) 6:30 Cards (AC)	22 10:15 ■ Morning Exercise (MPR) ♥ 1:30 ■ Walking Club {L} ♥ 2:30 ■ The Sunshine Band (MPR) 3:30 Word Search (AC) 7:00 Trivia (L)
23 10:15 ■ Communion (C) 11:00 Word Puzzles (AC) 2:00 Movie (MPR) 4:00 Trivia Quiz (L) 7:00 Bingo (MPR)	24 10:15 ■ Chair Yoga (MPR) ♥ 1:30 ■ Rosary (C) 1:30 ■ Walking Club {L} ♥ 6:30 Cards (AC)	25 9:30 Coffee & Cookies (AC) 10:15 ■ Gentle Joints Exercise (MPR) ♥ 1:00 ■ - 3:00 Wii Bowling (MPR) 1:30 ■ Walking Club {L} ♥ 2:00 ■ Bible Study w/Pastor Ben (C) 3:00 Bag Toss League ✓ 7:00 Bingo (MPR)	26 10:00 - 10:45 Dollar Shop (MPR) 10:15 ■ Walking Club (L) ♥ 10:45 Wheel Of Fortune (MPR) 12:45 Blood Pressure Checks (MPR) ♥ 6:30 Cards (AC)	27 8:30 Blessings Salon 10:15 ■ Chair Yoga (MPR) ♥ 1:30 ■ Walking Club {L} ♥ 3:30 Happy Hour (AC) 7:00 Bingo (MPR)	28 8:30 Blessings Salon 10:15 ■ Chair Yoga (MPR) ♥ 1:30 ■ Walking Club {L} ♥ 3:30 Puzzles & Games (AC) 6:30 Cards (AC)	29 10:15 ■ Morning Exercise (MPR) ♥ 1:30 ■ Walking Club {L} ♥ 3:30 Word Search (AC) 7:00 Trivia (L)
30 10:15 ■ Communion (C) 11:00 Word Puzzles (AC) 2:00 Movie (MPR) 4:00 Trivia Quiz (L) 7:00 Bingo (MPR)	31 10:15 ■ Chair Yoga (MPR) ♥ 1:30 ■ Rosary (C) 1:30 ■ Walking Club {L} ♥ 6:30 Cards (AC)	31 9:30 Coffee & Cookies (AC) 10:15 ■ Gentle Joints Exercise (MPR) ♥ 1:00 ■ - 3:00 Wii Bowling (MPR) 1:30 ■ Walking Club {L} ♥ 2:00 ■ Bible Study w/Pastor Ben (C) 3:00 Bag Toss League ✓ 7:00 Bingo (MPR)	31 10:00 - 10:45 Dollar Shop (MPR) 10:15 ■ Walking Club (L) ♥ 10:45 Wheel Of Fortune (MPR) 12:45 Blood Pressure Checks (MPR) ♥ 6:30 Cards (AC)	31 8:30 Blessings Salon 10:15 ■ Chair Yoga (MPR) ♥ 1:30 ■ Walking Club {L} ♥ 3:30 Happy Hour (AC) 7:00 Bingo (MPR)	31 8:30 Blessings Salon 10:15 ■ Chair Yoga (MPR) ♥ 1:30 ■ Walking Club {L} ♥ 3:30 Puzzles & Games (AC) 6:30 Cards (AC)	31 10:15 ■ Morning Exercise (MPR) ♥ 1:30 ■ Walking Club {L} ♥ 3:30 Word Search (AC) 7:00 Trivia (L)

Talk About It

Maintenance

We can only provide bulbs for ceiling lights, vanity lights, kitchen and bathroom lights.

Mike can install or change the bulbs but you must provide the bulbs for him to do so. This is the same for any battery operated device. We do not carry batteries on-site. Please remember to report any problems to the office, not to Mike directly.

Dietary

Please do not come into the dining room if you are not feeling well. Sick trays will be delivered for up to three days for influenza or after a hospitalization.

Housekeeping

Please remember to add all the dirty clothes in the laundry bag that we provided you at move in. The housekeepers will pick up your dirty laundry and return it the same day. They are not responsible for collecting soiled laundry and putting it in the bag.



The Healthy Kick of Horseradish

At first glance, horseradish appears to be a plain, pale root, but as far back as ancient Greece, people have valued the vegetable as worth its weight in gold. Famous for adding a sharp, distinct flavor to dishes, horseradish also has a number of health benefits.

Native to parts of Europe and Asia, horseradish is in the same plant family as broccoli, cabbage, Brussels sprouts and mustard greens. Cutting into the root releases oils that produce its pungent aroma and heat.

Horseradish is most commonly

eaten as a condiment by grating the root and adding it to spreads, dressings and sauces for sandwiches, salads, beef and seafood. The prepared horseradish sold in grocery stores usually consists of grated horseradish and vinegar, which helps stabilize the ingredient's potent spice level.

Like many spicy foods, the kick from horseradish can clear the sinuses. A source of fiber, vitamin C, potassium, calcium and several other nutrients, the vegetable also contains powerful cancer-fighting enzymes called glucosinolates, plus natural antibacterial properties that can help protect the body from infections. Additionally, horseradish is used to aid digestion, ease pain from sinus headaches and boost energy and concentration.

Horseradish adds a sharp, distinct flavor to dishes



A Writer for All Ages

Born July 11, 1899, E.B. White is probably best known for writing the children's classic "Charlotte's Web." White joined The New Yorker magazine in 1927 as a writer and contributing editor. His first book for children was "Stuart Little," published in 1945; "Charlotte's Web" was released in 1952. In 1959, White revised "The Elements of Style" by William Strunk Jr., and the resulting guide is still used by writers today. He also penned numerous poems and essays. White received a Presidential Medal of Freedom in 1963, and seven years later published his third children's book, "The Trumpet of the Swan." During his lifetime, the author received the National Medal for Literature and a Pulitzer Prize special citation.

'Summer's Here, and the Time Is Right ...'

Forget about today's brand-new beats. The 1964 hit "Dancing in the Street" by Martha and the Vandellas is the greatest summer song of all time, according to Rolling Stone magazine.

The Distance of a Storm

A glimpse of lightning indicates a storm is near, but the thunder can tell you exactly how far away it is. After you see lightning, count the seconds until you hear the boom of thunder, then divide the number of seconds by 5 to find out how many miles away the lightning originated. If the storm is 6 miles away or closer, the National Weather Service recommends taking cover indoors.

The Mighty Tiger

The lion may be called the king of the jungle, but it's really the tiger who should wear the crown. Tigers are the largest members of the cat family, and have long been revered for their beautiful striped coats and powerful hunting skills.

There were once nine subspecies of wild tigers, but now only six remain and are endangered. They live in various habitats throughout Asia. The largest of the cats, the Siberian tiger, primarily roams the cold, mountainous regions of Russia.

No two tigers have the same pattern of markings, which extends to their skin. Their orange and white fur with black vertical stripes acts as camouflage while they seek out prey. Tigers do most of their hunting at night, and can jump more than 30 feet to attack large animals like deer, antelope and water buffalo.

A tiger's roar can be heard almost 2 miles away. Scientists believe they roar to find mates or to warn other tigers to stay out of their territory. Like domestic cats, tigers make a variety of sounds, such as hissing, snarling and purring. Unlike most house cats, however, these felines love the water and are skilled swimmers.

Fewer than 4,000 tigers are left in the wild, where they typically live about 20 years.



Laugh Lines

Kroger

Friday, May 5
9:45 a.m.

Walmart

Friday, May 12
9:30 a.m.

No Shopping

Friday, May 19

Meijer

Friday, May 26
9:45 a.m.

Please make sure to check shopping dates and times, as they may have changed.

And a Cherry on Top

To many, no sundae would be complete without a maraschino cherry sitting atop it. The candied neon red embellishment originated in Europe with the marasca cherry. By the early 1900s, maraschinos were the rage in the U.S. as garnishes for desserts and drinks, so American producers began making them. Today, Oregon cherries are typically used to create the sweet topping.

Space Probes

Since the space program began, the U.S. has launched hundreds of spacecraft, ranging from satellites circling the Earth to probes surveying other planets. Your mission: Explore some of these machines and their journeys into space.

Year	Spacecraft	Mission
1962	Mariner 2	Gather data about Venus.
1972	Pioneer 10	Observe Jupiter and deep space.
1977	Voyager 1 & 2	Explore Jupiter, Saturn, Uranus and Neptune.
1989	Galileo	Study Jupiter and its moons.
1990	Hubble Telescope	Orbit Earth and provide images of space.
1997	Cassini-Huygens	Orbit Saturn and study its rings and moons.
2003	Spirit & Opportunity Rovers	Land on Mars and explore its terrain.
2006	New Horizons	Learn about Pluto and the outer solar system.

"Then & Now"

"This Month In History"

JULY

1776: In Philadelphia, the first public reading of the Declaration of Independence takes place outside the Pennsylvania State House.

1802: The nation's first military school, the U.S. Military Academy, opens in West Point, N.Y.

1923: Created as an ad for real estate, the Hollywood sign is dedicated in the hills above Los Angeles. It originally read

"Hollywoodland," but the last four letters were removed in 1949.

1930: Construction begins on Hoover Dam, on the Arizona-Nevada border.

1939: Calling himself "the luckiest man on the face of the Earth," longtime New York Yankees first baseman Lou Gehrig bids farewell to fans in a ceremony at Yankee Stadium.

1946: At a Paris fashion show, a daring two-piece swimsuit called a bikini debuts.

1952: Puerto Rico becomes a U.S. commonwealth.

1962: Sam Walton opens the first Wal-Mart store in Rogers, Ark.

1977: At a White House ceremony, the Presidential Medal of Freedom, the nation's highest civilian honor, is awarded posthumously to Martin Luther King Jr.

1986: A four-day celebration in New York City marks the Statue of Liberty's centennial.

1996: Atlanta hosts the Summer Olympic Games.

2005: Soap opera actress Kelly Monaco wins the finale of "Dancing With the Stars." It was the first season of the TV dance competition.

2013: Prince George of Cambridge is born in London, becoming third in line to the British throne.