

# The Patriot

## American House The Village

3617 South Adams Road | Rochester | Michigan | 48309  
(248) 853-6000 | americanhouse.com

### Our Wonderful Staff

Anne Tomlinson	Executive Director
Susan Voydanoff	Assistant Director
Logan Dimitrie	Life Enrichment Director
Michele Knoles	Chef
Tammy Bente	Assistant Chef
Jeff Bradley	Maintenance Supervisor
Ty Brown	Assistant Maintenance
Veronica Crutcher	Housekeeping Supervisor

*Independence should last a lifetime.*



### Election Day!

On **Tuesday, November 8th**, we will take the bus to Precinct 6 to vote in this year's election. The bus will pick up at approximately **10:00 a.m.**

**November 2016**



### In Honor of Our Veterans

We will take the bus to Rochester Adams High School at **10:45 a.m.** on **Wednesday, November 9th**. The high school is hosting a Veterans Day Appreciation Luncheon to honor all who have served our country. Please sign up in the sheet in the outings binder ASAP so I can give the high school an accurate count.

### Veterans Day Observation

Will take place at the Bloomfield Hills Senior Center on Veterans Day. At **9:15 a.m.** on **Friday, November 11th**, we will take the bus to Bloomfield Hills to sing along to patriotic music, enjoy light refreshments, and listen to a few notable speakers. Please sign up in the outings binder ASAP so we can give them an accurate count.



## Religious

### Chapel

Every Sunday at **11 a.m.**, in **Manor 5 Chapel**, with Pastor Allerton. This is a nondenominational service. On the **Third Sunday** of the month **communion is offered.**

### Catholic Mass

Mass will be on **Thursday, November 17th**, in **Manor 4**, beginning at 1:30 p.m.

### Sunday Worship

Pastor Tom Fischer will hold a nondenominational service at **3:30 p.m. (M5 Dining Area)**

### Bible Study

Bible study with Pastor Allerton on Wednesdays. Begins at 10 a.m. in Manor 5 Chapel.

### Communion

Tuesdays at **10:30 a.m.**, in **Manor 5**, with volunteers from Sacred Heart.

### Rosary

Mondays at **11:00 a.m.** - **M5 Chapel** residents will take turns saying rosary.



### Manor 4 Birthdays

11/4 - James T.  
11/5 - Lois N.  
11/6 - Dan P.  
11/14 - Brian F.

### Manor 5 Birthdays

11/12 - Carol P.  
11/17 - Irma L.  
11/27 - Ron S.

### Manor 6 Birthday

11/17 - Ruth P.

### Villa Birthdays

11/6 - Diane N.  
11/6 - Ed L.  
11/7 - Pat M.  
11/23 - Mary Lou U.

### Staff Birthdays

11/15 - Becky B.  
11/26 - Renee R.  
11/29 - John D.



## Heart Disease Prevention

*By: Brian Rosso, R.D.*

This month I am writing about living a heart-healthy lifestyle. I hope you find the information below helpful in your everyday lives.

*Visit your doctor on a regular basis.* Monitor your blood pressure and cholesterol levels.

*Maintain a healthy weight.* Keep your body mass index (BMI) level under 25. BMI levels above 25 are associated with an increased risk of developing heart disease. Your BMI level is determined by using a formula that includes a person's weight and height.

*Here is a list of heart-healthy foods:* salmon, oatmeal, tuna, carrots, spinach, broccoli, sweet potatoes, asparagus, oranges, tomatoes, cantaloupe, and tea. All of these foods can be found on the menu at American House.

*Limit your salt and saturated fat intake.* American House offers many heart-healthy food choices on our menu; just look for the picture of the heart.

*Stay active.* Try to do some form of physical activity 30 minutes every day. This is also a great way to manage stress!

American House offers many ways to live a heart-healthy lifestyle.



## November Entertainment

Nov. 4	Kelly Miller - M6
Nov. 8	John Latini - M4
Nov. 11	Dan Bergen - M5
Nov. 14	Rochester Community Chorus - M5
Nov. 15	Chet Penkala - M4
Nov. 18	Leonard Dow - M6
Nov. 22	Jean Garvey - M4
Nov. 23	Dr. Butler - M6
Nov. 25	Carol Jean Tennant - M5
Nov. 26	Craig Marsden - M6
Nov. 29	Harmonica George - M4



### Save the Date

For our Christmas Extravaganza! On **Tuesday, December 6th**, we will have three amazing Christmas parties in one night! Between the times of **five o' clock and seven o' clock** there will be dinner, music, and Christmas joy spread through the village. Manor 4, Manor 5, and Manor 6 will all have a party and your family is welcome to join. So please save the date.



## Holiday Gift Giving

Although our employees appreciate kind gestures during the holiday season to acknowledge their hard work throughout the year, they are not allowed to accept gifts or gratuities directly. That is why we have set up the **Employee Christmas Fund**. Residents or family members who would like to show their appreciation to our employees may contribute to the fund at the main office by **Dec. 15**. Just a reminder, the Medical Team is a separate company, and therefore, they are not considered American House employees. Thank you!



## Doctors

**\*\*Laura Wilkerson:**  
Please sign up with your phone number in the Doctor book or call her office at (810) 853-5875.

**\*\* Dr. Romadan— Internist:** She will be here on **Mondays**. Please sign up, and she will come to your apartment.






























**\*\*Dr. Murray— Foot Doctor:**  
(302) 563-4500. She will be here **Wed., November 30th**. Please sign up, and she will come to your apartment.

**\*\*Blood Pressure Checks— Fire Department**  
Nancy will be checking blood pressure **every Thursday** starting at **8:30 a.m.** (*Rotating which building is first*)

**\*\*Kroger Pharmacy:**  
(248) 537-1011, Ext. 310. Will deliver prescriptions to your door.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	AHSC Thanksgiving Lunch Money Due 4	5
		9:00 Beauty Shop Open - M5 9:45 Brainercise - M6 10:30 Catholic Scripture Eucharist Service - M5 Chapel 11:00 Chair Yoga - M5 1:30 Wii Bowling - M5 2:45  <b>"The Fantasticks" Play at Avondale High School</b> 7:00 Movie Night - All Manors	9:00 Beauty Shop Open - M5 9:30 Exercises - M6 10:00 Bible Study with Pastor Allerton - M5 Chapel 10:15 Exercises - M5 11:00 Exercises - M4 1:30 <b>Choir Rehearsal (Join the choir or just enjoy the songs) - M5</b> 3:00 Bingo - M4 7:00 Puzzle Mania - All Manors	9:00 Beauty Shop Open - M5 9:15  <b>Shopping @ New Meijer</b> 1:15 Various Card Games - M6 1:30 Strength & Balance - M5 2:00 Trivia Challenge - M4 2:00 Bookmobile 3:30 Brainstorm (Wayne State Program) Lesson 4 - M6 5:30 Let's Play Pinochle - M6	9:00 Beauty Shop Open - M5 9:30 Exercises - M6 10:15 Exercises - M5 11:00 Exercises - M4 1:00 -2:00 General Store OPEN - M5 1:30 Scrabble - M6 1:30 <b>Crafting with Dee &amp; Diane - M4</b> 3:00  Happy Hour with Kelly Miller - M6	10:45 Therapy Dogs - M5 11:15 <b>Exercise with Beth - M6</b> 1:30 Cards after Lunch - M5 2:00 Euchre - M6 7:00 Movies & Popcorn - All Manors
Daylight Saving Time Ends (Fall Back) 6	7	8	9	10	11	12
11:00 Chapel with Pastor Allerton - M5 Chapel 1:30 Let's meet for Euchre - M5 2:00 Resident Run Scrabble - M6 3:30 <b>Worship with Pastor Fischer - M5</b> 7:00 Puzzle Mania - All Manors	9:30 Exercises - M6 10:15 Exercises - M5 11:00 Rosary - M5 Chapel 11:00 Exercises - M4 1:30 Current Events Discussion - M5 3:00 <b>GoodLife Presents "The White House" - M4</b> 4:00 One-on-One - All Manors 6:30 <b>Family &amp; Friends Bingo - M5</b>	9:00 Beauty Shop Open - M5 9:30  <b>Let's go vote at The Voting Polls</b> 10:30 Catholic Scripture Eucharist Service - M5 Chapel 11:00 Chair Yoga - M5 1:30 Wii Bowling - M5 2:30  Entertainment with John Latini - M4 4:00 Brainercise - M6 7:00 Movie Night - All Manors	9:00 Beauty Shop Open - M5 9:30 Exercises - M6 10:00 Bible Study with Pastor Allerton - M5 Chapel 10:15 Exercises - M5 10:45  <b>Veterans Day Appreciation Lunch @ Adams High School</b> 2:30 Bingo - M5 7:00 Puzzle Mania - All Manors	9:00 Beauty Shop Open - M5 9:15  <b>Shopping @ Old Meijer</b> 1:15 Various Card Games - M6 1:30 Strength & Balance - M6 1:30 <b>Mass with Father Stan - M4</b> 2:00 Bookmobile 3:30 Historical Discussion - M5 5:30 Let's Play Pinochle - M6	9:00 Beauty Shop Open - M5 9:15  <b>Veterans Day Observation Ceremony at Bloomfield Hills Senior Center</b> 9:30 Resident Run Exercises - M6 10:15 Resident Run Exercises - M5 11:00 Resident Run Exercises - M4 1:00 -2:00 General Store OPEN - M5 1:30 Scrabble - M6 3:00  Happy Hour with Dan Bergen - M5	10:30  <b>Greg LaBrake "America's Great Churches" - M6</b> 1:30 Cards after Lunch - M5 2:00 Euchre - M6 7:00 Movies & Popcorn - All Manors
13	14	15	16	17	18	19
11:00 Chapel with Pastor Allerton - M5 Chapel 1:30 Let's meet for Euchre - M5 2:00 Resident Run Scrabble - M6 3:00 <b>Bingo with Ed - M6</b> 7:00 Puzzle Mania - All Manors	9:30 Exercises - M6 10:15 Exercises - M5 11:00 Rosary - M5 Chapel 11:00 Exercises - M4 1:30 Current Events Discussion - M5 2:30  <b>Bingo Bash (\$1.25) @ Stone</b> 4:00 One-on-One - All Manors 6:45  <b>Rochester Community Chorus performs show tunes - M5</b>	8:30  <b>St. Mary's Mass &amp; Breakfast</b> 9:00 Beauty Shop Open - M5 10:30 Catholic Scripture Eucharist Service - M5 Chapel 11:00 Chair Yoga - M5 1:30 Wii Bowling - M5 2:30  Entertainment with Chet Penkala - M4 4:00 Brainercise - M6 7:00 Movie Night - All Manors	9:00 Beauty Shop Open - M5 9:30 Exercises - M6 10:00 Bible Study with Pastor Allerton - M5 Chapel 10:15 Exercises - M5 11:00  <b>Thanksgiving Feast at Auburn Hills Senior Center (\$5)</b> 3:30 Bingo - M6 7:00 Puzzle Mania - All Manors	9:00 Beauty Shop Open - M5 9:15  <b>Shopping @ New Meijer</b> 1:15 Various Card Games - M6 1:30 Strength & Balance - M5 2:00 Bookmobile 3:00 <b>Sweets and Treats Recipe - M4</b> 5:30  <b>Notre Dame Prep students invite us to see "Anything Goes" at AHS</b> 5:30 Let's Play Pinochle - M6	9:00 Beauty Shop Open - M5 9:30 Exercises - M6 10:15 Exercises - M5 11:00 Exercises - M4 12:00  <b>American House Choir Performance @ Auburn Hills Civic Center</b> 1:00 -2:00 General Store OPEN - M5 1:30 Scrabble - M6 3:00  Happy Hour with Leonard Dow - M6	10:45 Therapy Dogs - M5 11:15 <b>Exercise with Beth - M5</b> 1:30 Cards after Lunch - M5 2:00 Euchre - M6 3:00 <b>Bingo with Joyce - M5</b> 7:00 Movies & Popcorn - All Manors
20	21	22	23	24	25	26
11:00 Chapel with Pastor Allerton - M5 Chapel 11:15 <b>Exercise with Beth - M6</b> 1:30 Let's meet for Euchre - M5 2:00 Resident Run Scrabble - M6 3:30 <b>Worship with Pastor Fischer - M5</b> 7:00 Puzzle Mania - All Manors	8:30 <b>Omelettes - M6</b> 9:30 Exercises - M6 10:15 Exercises - M5 11:00 Rosary - M5 Chapel 11:00 Exercises - M4 2:00  <b>Resident Meeting - M4</b> 3:30 <b>GoodLife Presents "You Live Where?" - M4</b> 4:00 One-on-One - All Manors	8:30 <b>Omelettes - M4</b> 9:00 Beauty Shop Open - M5 9:45 Brainercise - M6 10:30 Catholic Scripture Eucharist Service - M5 Chapel 11:00 Chair Yoga - M5 2:00  <b>Thanksgiving Dessert Potluck featuring Flutist Jean Garvey - M4</b> 4:00  <b>Out to Supper @ Red Lobster</b> 7:00 Movie Night - All Manors	8:30 <b>Omelettes - M5</b> 9:00 Beauty Shop Open - M5 9:30 Exercises - M6 10:00 Bible Study with Pastor Allerton - M5 Chapel 10:15 Exercises - M5 11:00 Exercises - M4 1:30  <b>Shopping @ Dollar Tree</b> 4:00  <b>Dr. Butler Entertains - M6</b> 7:00 Puzzle Mania - All Manors	<b>Thanksgiving</b> 9:15 <b>Meijer Moved to Tuesday, Nov. 22nd</b> 1:00 Share your Favorite Jokes after Dinner - M4 1:15 Various Card Games - M6 1:30 Strength & Balance - M6 3:00  <b>Entertainment with Bob Lowe - M5</b> 5:30 Let's Play Pinochle - M6	9:00 Beauty Shop Open - M5 9:30 Exercises - M6 10:15 Exercises - M5 11:00 Exercises - M4 1:00 -2:00 General Store OPEN - M5 1:30 <b>Law Enforcement Presentation by our very own Laura - M5</b> 3:00  Happy Hour with CarolJean Tennant - M5	11:15 <b>Exercise with Beth - M5</b> 1:30 Cards after Lunch - M5 2:00 Euchre - M6 7:00 Movies & Popcorn - All Manors
27	28	29	30			
11:00 Chapel with Pastor Allerton - M5 Chapel 1:30 Let's meet for Euchre - M5 2:00 Resident Run Scrabble - M6 3:00 <b>Bingo with Ed - M4</b> 7:00 Puzzle Mania - All Manors	9:30 Exercises - M6 10:15 Exercises - M5 11:00 Rosary - M5 Chapel 11:00 Exercises - M4 1:30  <b>Shopping @ Kroger</b> 4:00 Wii Bowling - M5 4:30 One-on-One - All Manors	9:00 Beauty Shop Open - M5 9:30  <b>Greektown Casino</b> 10:30 Catholic Scripture Eucharist Service - M5 Chapel 11:00 Chair Yoga - M5 2:30  Entertainment with Harmonica George - M4 7:00 Movie Night - All Manors	9:00 Beauty Shop Open - M5 9:30 Exercises - M6 10:00 Bible Study with Pastor Allerton - M5 Chapel 10:15 Exercises - M5 11:00 Exercises - M4 1:30 Chair Volleyball Competition - M5 3:00 Bingo - M4 7:00 Puzzle Mania - All Manors			



## Upcoming Events



### Shopping, Shopping and More Shopping!

#### New Meijer:

Nov. 3 - 9:15 a.m.

Nov. 17 - 9:15 a.m.

#### Old Meijer:

Nov. 10 - 9:15 a.m.

Nov. 22 - 9:15 a.m.

#### Kroger:

Nov. 28 - 1:30 p.m.

#### Dollar Tree:

Nov. 23 - 1:30 p.m.

There is a **five bag**  
**limit** on all shopping  
**trips. We will not**  
**have room for more**  
**than five bags per**  
**person.**

**Be ready at the time**  
**scheduled for**  
**shopping. I will**  
**honk and wait no**  
**more than a few**  
**minutes. Everyone's**  
**time is precious.**

If your name is not on  
the list, I do not know  
to pick you up.



## Poetry Corner

### "Give"

by

Alfred P. Murphy

If you give someone a helping hand  
They will feel good  
and you will feel grand  
It's more blessed to give than receive  
With reciprocals  
you would hardly believe  
Simply follow the golden rule  
It is God's greatest tool



### "Thanks Living"

by

Alfred P. Murphy

My mother said,  
I was the apple of her eye  
I'd rather she said  
I was her great pumpkin pie  
When the harvest table was  
set with the fare  
And I knew  
the whole family would be there  
It was a feast fit for a king  
That's when we knew it was a real  
Thanksgiving



## Important Phone Numbers

American House Office .....	248-853-6000
Jeff-Maintenance .....	248-853-6000
American House Transportation .....	248-410-5759
Becky (the Hairdresser) .....	248-275-6708
OPC-Transportation .....	248-652-4780
Mary MGM Cleaners .....	248-852-2237
Comcast Cable .....	800-266-2278
Detroit Free Press .....	800-395-3300
Oakland Press .....	248-745-4700
AT&T .....	800-244-4444
Kroger Pharmacy .....	248-537-1011, Ext. 310
Rochester Hill Public Library .....	248-656-2900





## Practice Gratitude!

by Derrick Carpenter, MAPP

The benefits of practicing gratitude are nearly endless. People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for, experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems. Keeping a gratitude journal, regularly writing brief reflections on moments for which we were thankful, can significantly increase well-being and satisfaction.

## We Had a Lot of Fun in October

We enjoyed a lovely lunch on the Genessee Belle Riverboat. The boat took us on a cruise around Mott Lake. The Detroit Symphony Orchestra sent an ensemble of some of its finest musicians for our listening pleasure.



## BINGO!!!



### Bingo Bash

Bingo Bash will be located at American House **Stone** on **Monday, November 14th**. The bus will pick up at **2:30 p.m.** The cost is **\$1.25** for up to 4 cards.

### Family And Friends Bingo

Will be on **Monday, November 7th**, in Manor 5. The cost for the game is 50¢ per card, up to four cards. The first number will be called at **6:45 p.m.**

### Weekend Bingo

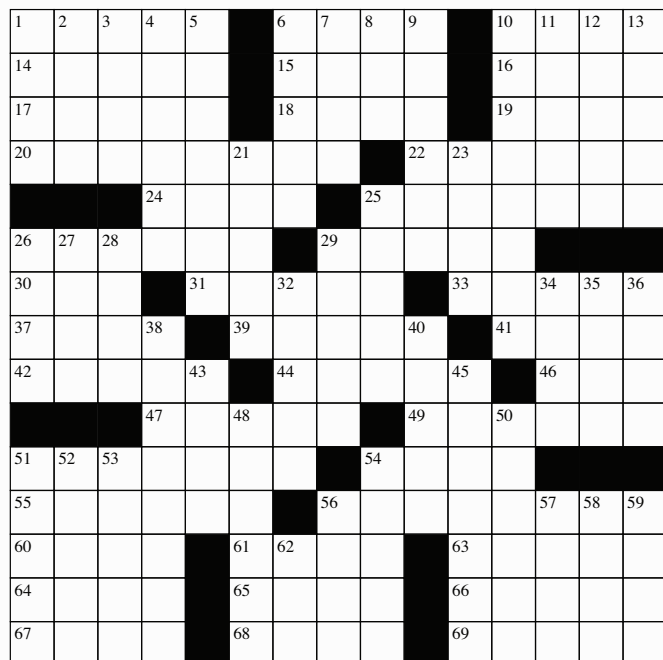
Watch the calendar for bingo on the weekends! We have a few wonderful volunteers. But we can always use more to help us create a busy weekend! Call Logan to volunteer.  
**248-853-6000**



# THE PATRIOT

November 2016

## Crossword Puzzle



### ACROSS

1. Most common first name for U.S. presidents
6. Ardor
10. Campus area
14. Remus or Sam
15. French I verb
16. Biblical preposition
17. Clamor
18. Laugh loudly
19. On
20. Imagine
22. City in Wisconsin
24. Lake birds
25. Singing group for Davy, Peter, Micky & Mike
26. Gathered
29. Strain vegetables
30. Bullring cry
31. Chopper
33. Fury
37. Animal with a snout
39. Leading
41. Ox's burden
42. Nursery rhyme Jack
44. City on the Rhone
46. Won back?
47. Under \_\_; confidential
49. Show affection for
51. Gifts from a crocheter
54. Whiten
55. Cup-shaped blooms

56. Rainy weather items
60. \_\_, Oklahoma
61. Have on
63. City NW of Orlando
64. Sound
65. Suffix for kitchen or major
66. Certain paintings
67. Amphibians
68. Musical instrument
69. Common sites for trouser tears

### DOWN

1. Beaver Cleaver's mom
2. Of unknown authorship: abbr.
3. 1104
4. Women's names
5. Becomes enraged
6. Digits
7. Type of collar
8. Casa Mrs.
9. Great fright
10. Charlatan's claims
11. Loosen
12. Make reparation
13. Dummies
21. Populous nation
23. Again
25. Huge painting
26. Crowds
27. Tilted
28. Scorch

29. Equals
32. Fellows
34. Excellent
35. Ref.'s decisions
36. Chops
38. Untanned skins
40. Appliquéd sticker
43. Pitfall
45. Bars
48. Piece of info given to a "Jeopardy!" player
50. Save
51. Tête-\_\_
52. Make \_\_; ridicule
53. Brief flash of light
54. Reduced
56. Fence opening
57. "Mary \_\_ little lamb..."
58. Type of school: abbr.
59. Talk back
62. Season in Soissons



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