

DECLARE YOUR INDEPENDENCE

American
House 
SENIOR LIVING COMMUNITIES

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
Patti Kerstein Assistant Director
Logan Dimitrie Life Enrichment Director
Diamond Hamilton Life Enrichment Assistant
Michele Knoles Chef
Tammy Bente Assistant Chef
Jeff Bradley Maintenance Supervisor
Ty Brown Assistant Maintenance
Veronica Crutcher Housekeeping Supervisor

Independence should last a lifetime.



DSO Sneak Peak

On **Thursday, April 20th**, sign up in the outing binder in the front lobby for the opportunity to listen to the Detroit Symphony Orchestra at the Orchestra Hall. **The bus will be around for pickup at 8:45 a.m.** This is an all day event with speakers, performances, and much more fun. The event will last **until 3:30 p.m.** Therefore, **lunch will be provided.**

There is no cost for this event, so sign up quickly or you might miss out!

April 2017



Easter Bunny Hops Into the Village

On **Saturday, April 22nd, at 2:00 p.m.** CarolJean will lead a Sing-Along. During the Sing-Along we will have light refreshments. Each table will have eggs and dyes. The Easter bunny will hop into the party about midway through the Sing-Along.

Please invite your family and friends! This will be a great time to get photos with the Easter Bunny.



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, Apr. 6th**, 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

4/11 - Gloria H.
4/15 - Ruth Ann H.
4/22 - Carolyn L.

Manor 5 Birthdays

4/7 - Annie T.
4/14 - Frank G.
4/23 - Elmer M.

Manor 6 Birthday

4/11 - Dot H.

Villa Birthdays

4/4 - Richard S.
4/17 - Kat W.

Staff Birthdays

4/1 - Asia M.
4/21 - Eileen R.
4/28 - Andre S.



Birthday Celebration

On **Friday, April 28th**, we will celebrate all of the birthdays for the month of April. This celebration will take place at **3:00 p.m.** in **Manor 5**. We will have treats and drinks. Dan Bergen will perform for the crowd and we will sing Happy Birthday together.



Asparagus Facts

By *Brian Rosso, R.D.*

Asparagus is a popular menu item at American House. I hope you enjoy the following facts about this nutritious vegetable!

- Asparagus was believed to have originated in Greece 2,500 years ago.
- Asparagus comes in three colors: white (grown underground to avoid sunlight, and very popular in Northwest Europe), green and purple.
- Asparagus is part of the lily family.
- After planting, it takes three years to harvest asparagus for the first time.
- From a health aspect, asparagus acts as a diuretic and a laxative.
- Michigan is ranked third in producing asparagus nationally. Our state produces 25 million pounds of asparagus annually (a market value of \$15 million) on 11,000 acres.
- Prime growing season is early May to late June.
- Asparagus is 93 percent water.
- Five ounces of asparagus provide three grams of fiber and only 20 calories, and it is fat-free. Asparagus is a great source of folic acid, potassium, protein, and vitamins A and C.

Visit an American House today and enjoy some asparagus.

Doctors

April Entertainment

Apr. 4	Kelly Miller - M4
Apr. 11	Bob Lowe - M4
Apr. 13	Chet Penkala - M5
Apr. 15	Greg LaBrake - M6
Apr. 18	Harmonica George - M4
Apr. 21	Joel Palmer - M6
Apr. 22	CarolJean M5
Apr. 25	Al Savage - M4
Apr. 28	Dan Bergen - M5



Join the American House Choir

On **Wednesday, April 5th**, the American House choir will have a rehearsal at American House Elmwood. The bus will pick residents up at 1:00 p.m.



****Laura Wilkerson:**
Please sign up in the Doctor book or call her office at (810) 853-5875. Laura will visit on **Tuesdays**.


**** 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., April 12th**. Please sign up and she will come to your apartment.

****Dr. Elston—Eye Doctor:**
(248) 369-3300. He will be here **Wed., April 19th**. Please sign up and he will come to your apartment.

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Our Life Enrichment program includes One to One activities and spontaneous activities in addition to the events on this calendar. Feedback is encouraged. Direct your questions, comments, or suggestions to the Life Enrichment Director</div>	<div></div>					<div>1</div> <div>1:30 Cards after Lunch - M5 2:00 Brainercise Group (Papers on the Table) - M4 3:00 Residents meet to discuss Current Events - M6 7:00 Movies & Popcorn - All Manors</div>
<div>2</div> <div>11:00 Chapel with Pastor Allerton - M5 Chapel 11:15 Exercise with Beth - M5 1:30 Let’s meet for Euchre - M5 2:30 Bingo with Penny - M6 3:30 Worship with Pastor Fischer - M5 6:00 After Dinner Resident Meet Up - All Manors</div>	<div>3</div> <div>9:30 Exercises - M6 10:15 Exercises - M5 11:00 Exercises - M4 11:00 Rosary - M5 Chapel 1:30 Activities/Programming Feedback with Logan - M5 3:30 GoodLife Presents “This or That” - M4 4:00 Flute playing by Volunteer Jennie Frost - M5 6:30 Family & Friends Bingo @ Stone (50¢)</div>	<div>4</div> <div>9:00 Beauty Shop Open - M5 9:15 Shopping @ Old Meijer 10:30 Catholic Scripture Eucharist Service - M5 Chapel 11:00 Chair Yoga - M5 1:30 Wii Bowling - M5 2:30 Entertainment with Kelly Miller - M4 3:45 Choose a Board game or Card Game - M6 7:00 Movie Night - All Manors</div>	<div>5</div> <div>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 1:15 Choir Rehearsal @ AH Elmwood 2:30 Bingo - M4 7:00 Puzzle Mania - All Manors</div>	<div>6</div> <div>9:00 Beauty Shop Open - M5 10:00 Chair Volleyball - M5 1:30 Mass with Father Stan (with Palms) - M4 2:00 Bookmobile (Between M4 and M5) 2:45 Blind Art Game with Diamond - M6 4:00 Giant Crossword Group - M5</div>	<div>7</div> <div>9:00 Beauty Shop Open - M5 9:30 Exercises - M6 10:15 Exercises - M5 11:00 Exercises - M4 1:00 Tigers Opening Day Party (First pitch at 1:10 vs Red Sox) 1:30 Janet with Sutton the Dog Visits - M5</div>	<div>8</div> <div>11:15 Exercise with Beth - M6 1:30 Cards after Lunch - M5 2:00 Brainercise Group (Papers on the Table) - M4 3:00 Residents meet to discuss Current Events - M6 7:00 Movies & Popcorn - All Manors</div>
<div>9</div> <div>Palm Sunday 11:00 Chapel with Pastor Allerton - M5 Chapel 1:30 Let’s meet for Euchre - M5 3:00 Bingo with Ed - M6 6:00 After Dinner Resident Meet Up - All Manors</div>	<div>10</div> <div>9:30 Exercises - M6 10:15 Exercises - M5 11:00 Exercises - M4 11:00 Rosary - M5 Chapel 2:45 Bingo Bash (\$1.25) - M5 4:00 Flute playing by Volunteer Jennie Frost - M6</div>	<div>11</div> <div>8:15 St. Mary’s Mass & Breakfast 9:00 Beauty Shop Open - M5 9:45 Giant Crossword Puzzle Group - M6 10:30 Catholic Scripture Eucharist Service - M5 Chapel 11:00 Chair Yoga - M5 1:30 Wii Bowling - M5 2:30 Entertainment with Bob Lowe - M4 3:45 Choose a Board game or Card Game - M6 7:00 Movie Night - All Manors</div>	<div>12</div> <div>** Dr. Murray Visits ** 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 Gardening Club Planning Meeting - M5 2:30 Bingo - M4 4:00 Men’s Group Supper - M6 7:00 Puzzle Mania - All Manors</div>	<div>13</div> <div>9:00 Beauty Shop Open - M5 9:15 Shopping @ New Meijer 10:00 Chair Volleyball - M4 1:30 Scrabble - M6 2:00 Bookmobile (Between M4 and M5) 3:00 Entertainment with Chet Penkala - M5</div>	<div>14</div> <div>9:00 Beauty Shop Open - M5 9:30 Exercises - M6 10:15 Exercises - M5 11:00 Exercises - M4 1:15 Veterans Club at AH Southfield 1:30 Janet with Sutton the Dog Visits - M4 3:00 Good Friday Meditation with Pastor Fischer - M5</div>	<div>15</div> <div>10:30 Greg LaBrake “Easter Memories” - M6 11:15 Exercise with Beth - M5 1:30 Cards after Lunch - M5 2:00 Brainercise Group (Papers on the Table) - M4 3:00 Residents meet to discuss Current Events - M6 7:00 Movies & Popcorn - All Manors</div>
<div>16</div> <div>Easter 11:00 Chapel with Pastor Allerton - M5 Chapel 1:30 Let’s meet for Euchre - M5 6:00 After Dinner Resident Meet Up - All Manors</div>	<div>17</div> <div>8:30 Omelettes - M6 9:30 Exercises - M6 10:15 Exercises - M5 11:00 Rosary - M5 Chapel 11:00 Exercises - M4 2:00 Resident Meeting - M5 3:30 GoodLife Presents “Washington War Monuments” - M4 4:00 Flute playing by Volunteer Jennie Frost - M6</div>	<div>18</div> <div>8:30 Omelettes - M4 9:00 Beauty Shop Open - M5 9:45 Giant Crossword Puzzle Group - M6 10:30 Catholic Scripture Eucharist Service - M5 Chapel 11:00 Chair Yoga - M5 1:30 Wii Bowling - M5 2:30 Entertainment with Harmonica George - M4 3:45 Choose a Board game or Card Game - M6 7:00 Movie Night - All Manors</div>	<div>19</div> <div>** Dr. Elston Visits ** 8:30 Omelettes - M5 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 2:30 Bingo - M6 4:15 Trivia Before Supper - M4 7:00 Puzzle Mania - All Manors</div>	<div>20</div> <div>8:45 DSO Sneak Peek (Event Ends at 3:30 p.m./Lunch Provided) 9:00 Beauty Shop Open - M5 1:30 Resident Meet up for various games - M5 2:00 Bookmobile (Between M4 and M5)</div>	<div>21</div> <div>9:00 Beauty Shop Open - M5 9:15 Shopping @ Old Meijer 9:30 Exercises - M6 10:15 Exercises - M5 11:00 Exercises - M4 1:30 Crafts with Dee & Diane - M4 1:30 Janet with Sutton the Dog Visits - M5 3:00 Happy Hour with Joel Palmer - M6</div>	<div>22</div> <div>Earth Day 1:30 Cards after Lunch - M5 2:00 Easter Bunny visits with a Sing-Along lead by CarolJean - M5 2:00 Brainercise Group (Papers on the Table) - M4 7:00 Movies & Popcorn - All Manors</div>
<div>23</div> <div>11:00 Chapel with Pastor Allerton - M5 Chapel 1:30 Let’s meet for Euchre - M5 3:00 Bingo with Ed - M6 6:00 After Dinner Resident Meet Up - All Manors</div>	<div>24</div> <div>9:30 Exercises - M6 10:15 Exercises - M5 11:00 Rosary - M5 Chapel 11:00 Exercises - M4 11:30 Out to Lunch at Lucky’s Prime Time 3:00 Giant Crossword Group - M5 4:00 Flute playing by Volunteer Jennie Frost - M4</div>	<div>25</div> <div>9:00 Beauty Shop Open - M5 9:45 Giant Crossword Puzzle Group - M6 10:30 Catholic Scripture Eucharist Service - M5 Chapel 11:00 Chair Yoga - M5 1:30 Wii Bowling - M5 2:30 Entertainment with Al Savage - M4 3:45 Choose a Board game or Card Game - M6 7:00 Movie Night - All Manors</div>	<div>26</div> <div>9:00 Beauty Shop Open - M5 9:30 Exercises - M6 9:30 Greektown Casino 10:00 Bible Study with Pastor Allerton - M5 Chapel 10:15 Exercises - M5 11:00 Exercises - M4 1:30 Trivia Challenge - M4 3:00 Navigating your way through Loss: Presented by Judith Shredneski, MA, LLPC - M5 7:00 Puzzle Mania - All Manors</div>	<div>27</div> <div>9:00 Beauty Shop Open - M5 9:15 Shopping @ Kroger 10:00 Chair Volleyball - M6 2:00 Bookmobile (Between M4 and M5) 2:00 Seussical the Musical @ Avondale High</div>	<div>28</div> <div>9:00 Beauty Shop Open - M5 9:30 Exercises - M6 10:15 Exercises - M5 11:00 Exercises - M4 1:30 Janet with Sutton the Dog Visits - M6 3:00 Happy Hour with Dan Bergen - M5</div>	<div>29</div> <div>11:15 Exercise with Beth - M6 1:30 Cards after Lunch - M5 2:00 Brainercise Group (Papers on the Table) - M4 3:00 Residents meet to discuss Current Events - M6 7:00 Movies & Popcorn - All Manors</div>
<div>30</div> <div>Hairstylist Day 11:00 Chapel with Pastor Allerton - M5 Chapel 1:30 Let’s meet for Euchre - M5 3:30 Worship with Pastor Fischer - M5 6:00 After Dinner Resident Meet Up - All Manors</div>						

Upcoming Events



Shopping, Shopping and More Shopping!

New Meijer:

Apr. 13 - 9:15 a.m.

Old Meijer:

Apr. 4 - 9:15 a.m.

Apr. 21 - 9:15 a.m.

Kroger:

Apr. 27 - 9:15 a.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.



Resident Feedback

On **Monday, April 3rd**, in **Manor 5** at **1:30 p.m.**, Logan will host a meeting with a focus on the Activities and Programming created for the Village. This will give residents an opportunity to share their ideas and feedback with Logan and other residents. This will help lead to a better calendar of events. Logan strives to create a calendar that interests all of the Village.

The **third Monday of every month** will be our Resident Meeting. This gives the residents an opportunity to share their feedback with each department of the Village.

St. Mary's Mass & Breakfast

On **Tuesday, April 11th**, **St. Mary's Catholic Church** will be having a **breakfast and mass**. St. Mary's is located on John R Rd in Rochester Hills, MI. **The bus will be coming around at 8:15 a.m.** for pickup.



At Last

Today I heard a bird sing!
Those brave, sweet notes
tumbling through the
frosty morning air

Warmed my winter-weary heart,
And springtime blossomed there!

by

Carol P.

(Manor 5 Resident)



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
Tricia (the Manicurist)	586-569-1227
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



Veterans' Club

On **Friday, April 14th**, AH **Southfield** will be hosting a **Veterans' meeting**. Come to discuss service experiences and shared testimonies. There will be food and drinks as well. **The bus will be around for pickup at 1:15 p.m.**



Seussical the Musical

On **Thursday, April 27th**, The Musical **"Seussical"** will be held at **Avondale** high school in Auburn Hills, MI. Come to watch the great youths' performance. **The bus will be coming around for pickup at 2:00 p.m.**



Luncheon at Lucky's Prime Time

On **Monday, April 24th**, the option to go out to lunch will be held at **Lucky's Prime Time** (on Walton Blvd in Rochester Hills). Lucky's includes a wide variety of food selections, including steak and seafood! **The bus will be around for pickup at 11:30 am.**



Greek Town Casino

On **Wednesday, April 26th** we will be going to the **Greek Town Casino** in Detroit, MI on E Lafayette St. Come join us for a day filled with adventure and fun! **The bus will be around for pickup at 9:30 a.m.**



Family And Friends Bingo

On **Monday, April the 3rd**, Bingo will be held at Stone AH (across the street from the village). The cost is **50¢ per card** and family and friends are welcome! **The bus will be around to pick everyone up at 6:30 p.m**

BINGO!!!

Bingo Bash

Bingo Bash will be located at American House **Village, Manor 5** on **Monday, April 10th**. Bingo will begin at approximately 3:00 p.m. The cost is **\$1.25** for up to 4 cards. The Cover All Jackpot will be at least \$30.

Family And Friends Bingo

Family and Friends: Bingo will be April 3rd at American House Stone. The cost for the game is **50 cents per card**, up to four cards. **The bus will be around to pick everyone up at 6:30 p.m.** The Cover All Jackpot will be at least \$90.

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

April 2017

Crossword Puzzle

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20					21				22	23				
			24					25						
26	27	28					29							
30				31		32				33		34	35	36
37			38		39				40		41			
42				43		44				45		46		
			47		48				49		50			
51	52	53						54						
55							56				57	58	59	
60					61	62				63				
64					65					66				
67					68					69				

ACROSS

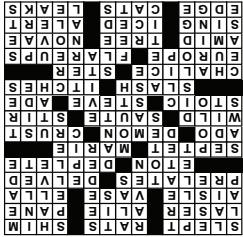
- 1. Caught some Z's
- 6. "Shoot!"
- 10. Wedge-shaped piece of wood
- 14. Modern surgical device
- 15. "I cannot tell ___!"
- 16. Piece of glass
- 17. Bridal path
- 18. Bud holder
- 19. Fitzgerald, for one
- 20. Bishops
- 22. Dug
- 24. Boys' school
- 25. Use up
- 26. 2 altos, 3 tenors and 2 baritones
- 29. ___ Osmond
- 30. Flurry of activity
- 31. Wicked one
- 33. Part of a pie
- 37. Feral
- 39. Cook chopped onions
- 41. Word with crazy or fry
- 42. Impassive
- 44. Martin or Allen
- 46. Lemony concoction
- 47. Cut
- 49. Irritating skin sensations
- 51. Sacred cup
- 54. Suffix for mob or old
- 55. Luxembourg's location

- 56. Sudden outbursts
- 60. Among
- 61. December purchase
- 63. Variable stars
- 64. Half of a prison?
- 65. Worked on a birthday cake
- 66. On the ball
- 67. Do a lawn chore
- 68. Morris and Garfield
- 69. Complaints to a plumber

DOWN

- 1. Strike
- 2. Refuge
- 3. To be: Lat.
- 4. Tiny stone
- 5. Gave medical care to
- 6. Crow
- 7. "Ach!"
- 8. Poet's contraction
- 9. Sower's device
- 10. Bee entrants
- 11. Split down the middle
- 12. Stream
- 13. Union General George
- 21. Bears
- 23. Heroic tale
- 25. Poet who attended Bologna University in 1287
- 26. Sharp tools
- 27. Make scholarly corrections
- 28. Outdoor sport
- 29. Dentist's view

- 32. Billiards stroke
- 34. St. George's place
- 35. Faction
- 36. Uno y uno y uno
- 38. Perform the Heimlich maneuver
- 40. Hit Broadway play
- 43. Fastener
- 45. Endless
- 48. Containing vinegar
- 50. Many a New Orleanian
- 51. Desist
- 52. Weather word
- 53. Give someone ___; phone
- 54. Snow toys
- 56. Extremities
- 57. Eye part
- 58. Recreational spot
- 59. Beautician's offerings
- 62. Letters on some TVs



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