

The Patriot

American House The Village

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

Our Wonderful Staff

Kathy Porman	Executive Director
Patti Kerstein	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.



Freshly Cut Grass Stimulates Your Brain

The scent of just-cut grass is a familiar one this time of year. Not only is it instantly recognizable, but it can also be powerful. Neuroscientists say a freshly mowed lawn releases chemicals that can affect the parts of the brain that produce happiness and relaxation and may prevent cell damage that can cause age-related memory loss. The researchers have even bottled the aroma into a spray so that people can reap the benefits anytime.

June 2017



Flag Day Celebration

Let's celebrate Flag Day with a big BBQ! On Wednesday, June 14th, at 11:45 a.m., we will set up under the car ports for a classic BBQ menu, enjoyable entertainment, and beautiful weather (cross your fingers)!



Father's Day Celebration

On **June 16th, at 3:00 p.m.**, we will celebrate Father's Day in **Manor 6**. Our most popular entertainer, Kelly Miller, will be performing. There will be drinks, appetizers, and prizes (for the fathers)! Everybody is welcome to attend.

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, June 8th**, 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

6/15 - Sue S.
6/22 - Betty S.

Manor 5 Birthdays

6/8 - Roger R.
6/10 - Mary L.

Manor 6 Birthdays

6/5 - Dave H.
6/15 - June C.
6/30 - Lois A.

Villa Birthdays

6/10 - Joann D.
6/16 - Sue B.

Staff Birthdays

6/12 - Madison P.
6/14 - Mildred C.
6/17 - Jeff B.
6/30 - Ty B.



Birthday Celebration

On the **last Friday of the month** we will celebrate all of the birthdays for the month. This celebration will take place at **3:00 p.m.** We will have treats and drinks. An entertainer will perform for the crowd and we will sing "Happy Birthday" together.

The Power of Oatmeal

By Brian Rosso, R.D.

This month I am writing about the power of oatmeal. I hope you find the information below helpful in your everyday lives.

- Oatmeal is a low-fat and low-calorie food.
- Oatmeal has been shown to lower cholesterol levels. Research shows that eating oatmeal can remove bad cholesterol (LDL) from your body.
- Eating oatmeal can reduce your waistline. One of the great benefits of eating oatmeal is that it is very filling, which helps you feel full longer and eat less.
- Oatmeal is a great source of fiber. There are 2 grams of fiber in a one-cup serving of oatmeal.
- The soluble fiber in oatmeal can help balance blood sugar levels.
- Oatmeal's fiber can help lower or maintain a person's blood pressure.
- Oatmeal is a great source of vitamins and minerals, including vitamin A, which is important for vision; vitamin B-6, which can help prevent heart disease; iron; and calcium.

Enjoy oatmeal every morning at American House.



June Entertainment

June 2	Matthew Drinkard - M4
June 3	Paul Krass - M5
June 6	Dan Bergen - M4
June 9	Chet Penkala - M5
June 10	Greg LaBrake - M6
June 14	Christine Schinker - BBQ
June 16	Kelly Miller - M6
June 16	Matthew Drinkard - M4
June 20	Jim Perkins - M4
June 23	Joel Palmer - M5
June 26	Monica - M6
June 27	Jean Garvey - M4
June 30	CarolJean - M6

Remember When: Iceboxes

Keeping food and drinks cool was a chore before electric refrigerators and freezers became common household appliances. At the turn of the 20th century, nearly every home's kitchen or pantry had an icebox—a wooden cabinet that was lined with zinc or tin and kept cool by a large block of ice. As the ice melted, it drained into a drip pan that had to be emptied often. Some iceboxes included an exterior access door so the iceman could deliver ice without having to come into the house.



Fun in the Sun at the Village



Doctors

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







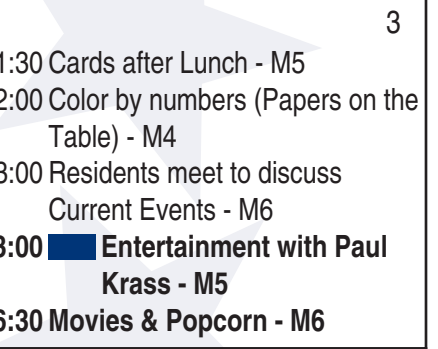

**** Dr. Romadan— Internist:** She will be here on **Mondays**. Please sign up and she will come to your apartment.

****Dr. Murray—Foot Doctor:**
(302) 563-4500. She will be here **Wed., June 14th**. Please sign up and she will come to your apartment.

****Dr. Elston—Eye Doctor:**
(248) 369-3300. 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
 <p>4</p> <p>11:00 Chapel with Pastor Allerton - M5 Chapel 11:15 Exercise with Beth - M6 1:30 Meet for Card Games after lunch - M6 2:30 Bingo with Penny - M6 3:30 Worship with Pastor Fischer - M5 4:30 Resident Story sharing before supper - M4</p>	 <p>5</p> <p>9:30 Exercises - M6 10:15 Exercises - M5 11:00 Exercises - M4 11:00 Rosary - M5 Chapel 2:00 Activities/Programming Feedback with Logan - M5 3:30 GoodLife Presents "This or That" - M4 4:00 Wii Bowling - M6 4:00 Flute playing by Volunteer Jennie Frost - M5</p>	 <p>6</p> <p>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 11:30 Trivia Challenge - M4 1:30 Wii Bowling - M5 2:30 Entertainment with Dan Bergen - M4 4:00 Train Dominoes - M6 6:30 Movies & Popcorn - M5</p>	 <p>7</p> <p>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 No-Bake Recipes with Logan - M4 4:00 Choose a board game or Card game - M6 6:30 Family & Friends Bingo - M5 (50¢ per card)</p>	 <p>1</p> <p>9:00 Beauty Shop Open - M5 9:15 Shopping @ New Meijer 1:30 Popsicles on the Patio - M5 Patio 2:00 Bookmobile (Between M4 and M5) 3:00 Chair Tai Chi with Pam - M6 6:30 Movies & Popcorn - M4</p>	 <p>2</p> <p>9:00 Beauty Shop Open - M5 9:30 Exercises - M6 10:15 Exercises - M5 11:00 Exercises - M4 1:30 Janet Visits with Sutton the Dog - M4 2:00 Song and Meditation with Matthew Drinkard - M4 3:00 Giant Crossword Group - M5 4:00 Chair Volleyball - M6</p>	 <p>3</p> <p>1:30 Cards after Lunch - M5 2:00 Color by numbers (Papers on the Table) - M4 3:00 Residents meet to discuss Current Events - M6 3:00 Entertainment with Paul Krass - M5 6:30 Movies & Popcorn - M6</p>
<p>11</p> <p>11:00 Chapel with Pastor Allerton - M5 Chapel 1:30 Meet for Card Games after lunch - M6 3:00 Bingo with Ed - M5 4:30 Resident Story sharing before supper - M4</p>	<p>12</p> <p>9:30 Exercises - M6 10:15 Exercises - M5 11:00 Rosary - M5 Chapel 11:00 Exercises - M4 2:15 Bingo Bash @ Elmwood (\$1.25) 4:00 Flute playing by Volunteer Jennie Frost - M5</p>	<p>13</p> <p>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 11:30 Trivia Challenge - M4 1:30 Wii Bowling - M5 4:00 Train Dominoes - M6 6:30 Movies & Popcorn - M5</p>	<p>14</p> <p>Flag Day ** Dr. Murray Visits ** 9:00 Beauty Shop Open - M5 9:30 Resident-Run Exercises - M6 10:00 Bible Study with Pastor Allerton - M5 Chapel 10:15 Resident-Run Exercises - M5 11:45 Flag Day BBQ - Under Carports 4:00 Bingo - M6</p>	<p>15</p> <p>9:00 Beauty Shop Open - M5 9:15 Shopping @ New Meijer 1:30 Popsicles on the Patio - M5 Patio 2:00 Bookmobile (Between M4 and M5) 3:00 Chair Tai Chi with Pam - M6 6:30 Movies & Popcorn - M4</p>	<p>16</p> <p>9:00 Beauty Shop Open - M5 9:30 Exercises - M6 10:15 Exercises - M5 11:00 Exercises - M4 1:30 Janet Visits with Sutton the Dog - M5 2:00 Song and Meditation with Matthew Drinkard - M4 3:00 Father's Day Celebration with Kelly Miller - M6</p>	<p>17</p> <p>11:15 Exercise with Beth - M5 1:30 Cards after Lunch - M5 2:00 Color by numbers (Papers on the Table) - M4 3:00 Residents meet to discuss Current Events - M6 6:30 Movies & Popcorn - M6</p>
<p>18</p> <p>Father's Day 11:00 Chapel with Pastor Allerton - M5 Chapel 2:30 Bingo with Penny - M6 3:30 Worship with Pastor Fischer - M5 4:30 Resident Story sharing before supper - M4</p>	<p>19</p> <p>9:30 Exercises - M6 10:15 Exercises - M5 11:00 Rosary - M5 Chapel 11:00 Exercises - M4 2:00 Resident Meeting - M6 3:30 GoodLife Presents "Wonders" - M4 4:00 Flute playing by Volunteer Jennie Frost - M5 4:00 Wii Bowling - M6</p>	<p>20</p> <p>8:30 Omelettes - M6 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 11:30 Trivia Challenge - M4 1:30 Wii Bowling - M5 2:30 Entertainment with Jim Perkins - M4 4:00 Train Dominoes - M6 6:30 Movies & Popcorn - M5</p>	<p>21</p> <p>First Day of Summer 8:30 Omelettes - M4 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 - M4 4:00 Choose a board game or Card game - M6 5:30 Summer Welcoming Party @ Elmwood</p>	<p>22</p> <p>8:30 Omelettes - M5 9:00 Beauty Shop Open - M5 9:15 Shopping @ Kroger 1:30 Popsicles on the Patio - M5 Patio 2:00 Bookmobile (Between M4 and M5) 3:00 Chair Tai Chi with Pam - M6 6:30 Movies & Popcorn - M4</p>	<p>23</p> <p>9:00 Beauty Shop Open - M5 9:30 Exercises - M6 10:15 Exercises - M5 11:00 Exercises - M4 1:30 Crafts with Dee & Diane - M4 1:30 Janet Visits with Sutton the Dog - M6 3:00 Happy Hour with Joel Palmer - M5</p>	<p>24</p> <p>11:15 Exercise with Beth - M6 1:30 Cards after Lunch - M5 2:00 Color by numbers (Papers on the Table) - M4 3:00 Residents meet to discuss Current Events - M6 6:30 Movies & Popcorn - M6</p>
<p>25</p> <p>11:00 Chapel with Pastor Allerton - M5 Chapel 11:15 Exercise with Beth - M5 1:30 Meet for Card Games after lunch - M6 3:00 Bingo with Ed - M6 4:30 Resident Story sharing before supper - M4</p>	<p>26</p> <p>9:30 Exercises - M6 10:15 Exercises - M5 11:00 Rosary - M5 Chapel 11:00 Exercises - M4 2:00 Watercolor Painting - M4 4:00 Wii Bowling - M6 4:00 Flute playing by Volunteer Jennie Frost - M5</p>	<p>27</p> <p>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 11:30 Trivia Challenge - M4 1:30 Wii Bowling - M5 2:30 Entertainment with Jean Garvey - M4 4:00 Train Dominoes - M6 6:30 Movies & Popcorn - M5</p>	<p>28</p> <p>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 Oakland County Picnic @ Raintree Park 4:00 Bingo - M6</p>	<p>29</p> <p>9:00 Beauty Shop Open - M5 9:15 Shopping @ New Meijer 1:30 Popsicles on the Patio - M5 Patio 2:00 Bookmobile (Between M4 and M5) 3:00 Chair Tai Chi with Pam - M6 6:30 Movies & Popcorn - M4</p>	<p>30</p> <p>9:00 Beauty Shop Open - M5 9:30 Exercises - M6 10:15 Exercises - M5 11:00 Exercises - M4 1:30 Janet Visits with Sutton the Dog - M4 1:30 Chair Volleyball - M5 3:00 Birthday Party with CarolJean Tennant - M6</p>	

Upcoming Events



Shopping, Shopping and More Shopping!

New Meijer:

June 1st - 9:15 am
June 15th - 9:15 am
June 29th - 9:15 am

Kroger:

June 8th - 9:15 am
June 22nd - 9:15 am

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.



Shopping Update

Due to time constraints, Old Meijer has been taken out of the shopping rotation. The Old Meijer outing was interfering with the noon meal. We will now alternate between New Meijer and Kroger. The shopping trips will still be at 9:15 a.m. on Thursdays.



Resident Feedback

On **the first Monday of every month**, at **2:00 p.m.**, Logan will host a meeting focusing on the Activities and Programming created for the Village. This gives you an opportunity to share your ideas and feedback with Logan. This will help lead to a better calendar of events. Logan strives to create a calendar that interests all residents.

The **third Monday of every month**, at **2:00 p.m.**, will be our Resident Meeting. This gives you an opportunity to share your feedback with each department.

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

June

How does a rose know
It's supposed to be a rose.
And who tells graceful tulips
With such dignity to pose.

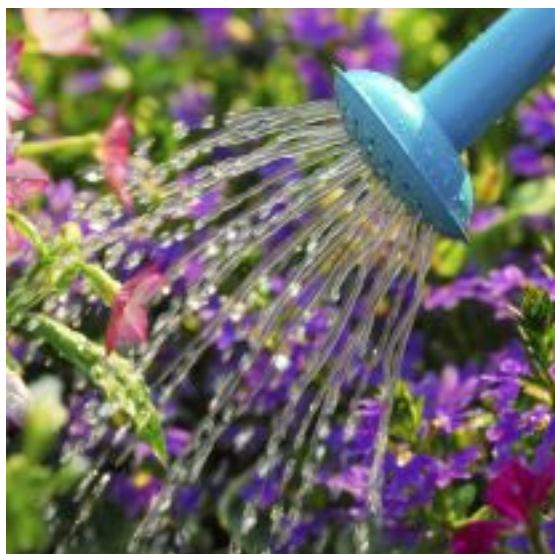
—
And why are purple iris
Always just the same bright hue,
And what makes grasses sparkle
With early morning dew.

—
I always ask these questions
Each year when June comes
'round,
And flowers bright and colorful
In each garden can be found.

—
We wait out winter's icy grip,
And springtime's thunderstorms,
And suddenly the sun comes back
And all the cold earth warms.

—
Then flowers and trees spring
into life
And all this beauty we so need,
We see before our wondering eyes,
A gift from God indeed!

by
Carol P.



Garden Club

Take a nice walk out in the sunshine. Stroll by the garden box between Manor 5 and Manor 4. There are beautiful flowers planted by our gardening club. We are always looking for helpers and admirers for our garden.



BINGO!!!

Bingo Bash

Bingo Bash will be located at **American House Elmwood** on **Monday, June 12th.**

The bus will be around to pick residents up at **2:15 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 on **June 7th, in Manor 5.** The cost for the game is **50 cents per card**, up to four cards. Bingo will begin at **6:45 p.m.**, so try to arrive early to acquire a good seat.

The Cover All Jackpot will be at least \$90.

Weekend Bingo

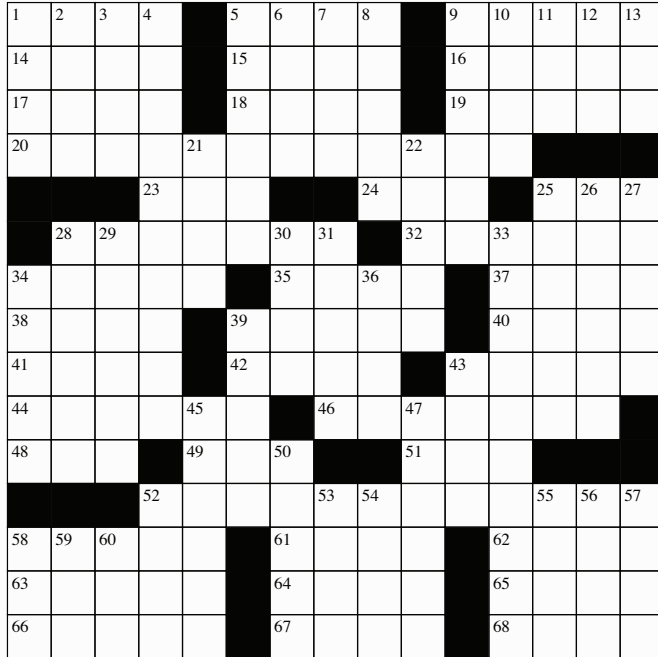
Watch the calendar for bingo on the weekends! We have a few wonderful volunteers. But we can always use more to help us create a busy weekend! Call Logan to volunteer.

248-853-6000

THE PATRIOT

June 2017

Crossword Puzzle



ACROSS

1. Encyclopedias: abbr.
5. Puts two and two together
9. Talked & talked & talked
14. Lamb's pseudonym
15. Farmer's place, in song
16. Overdo the role
17. Requisite
18. Own
19. Put colored labels on
20. One with two pensions
23. Egypt & Syria, once: abbr.
24. Small amount
25. Place of rejuvenation
28. C, D, or AA
32. Desk drawer article
34. Mountain ridge
35. ___ up; relax
37. Voiced
38. Region: abbr.
39. Fine home
40. Diddly-squat
41. Mr. Bridges
42. ___, Nevada
43. Eagle's feature
44. Mexican Indians
46. Walks
48. Peg for Mickelson
49. Happy ___ clam
51. Type of silk in Assam
52. TV profession for Bob Newhart before he

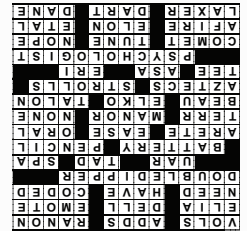
became an innkeeper

58. Cleanser
61. ___-up; car expense
62. Unh-unh
63. Blazing
64. College in North Carolina
65. And others: abbr.
66. Less stringent
67. Game piece
68. Great ___

DOWN

1. Peddle
2. Product sold in cubes and tubs
3. Stead
4. Unfortunate
5. Stick
6. No longer with us
7. 556
8. Snoozed
9. Flow back
10. Roman deity
11. Give the go-ahead
12. Suffix denoting origin
13. Sparks or Beatty
21. Overdue
22. Daily
25. Sacred parchment
26. Grands
27. Ethan of the Green Mountain Boys

28. Wind
29. Provide with oxygen
30. Actual
31. Jerks
33. Like a neutral nation
34. Ready to swing
36. Chimney particles
39. Unkempt
43. Bull
45. Part of a swivel chair
47. Show mercy
50. Performed
52. Jacques, to his kids
53. Island dance
54. ___ about; approximately
55. Jot
56. Reach across
57. Prefix for type or scope
58. Presidential nickname
59. Son-gun connection
60. Recipe direction



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