Our Wonderful Staff

Anne Tomlinson .................. Executive Director
Susan Voydanoff ................. Assistant Director
Logan Dimitrie ................. Life Enrichment Director
Michelle Puffpaff ........... 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.

Get Your Flu Shots Here!

On Monday, October 17th, T.M.T will be providing flu shots in each manor. They will be given in Manor 6 between 9 a.m. and 10 a.m. In Manor 4 you can get your flu shot between 10 a.m. and 11 a.m. And in Manor 5 you can get your flu shot in between 11 a.m. and noon. Be sure to fill out the paperwork and turn it in to the main office or to Logan as soon as possible.

Halloween Celebration!

On Saturday, October 29th, at 2:00 p.m. we will have music, treats, and spooky drinks. Everyone is welcome to join us in Manor 6 for our Halloween party. Don’t forget to wear a costume! There will be a prize for the spookiest costume.

Halloween Night Party

On Monday, October 31st (Halloween night), we will take the bus over to Stone. This spooktacular party will include food, drinks, and music. Sign up in the outings binder so Logan knows who to pick up.
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, October 13th, 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 with our volunteer, Duke.

Interesting Pumpkin Facts
By Brian Rosso
1. The word “pumpkin” originated from the Greek words “large melon.”
2. The largest pumpkin grown to date weighed 1,140 pounds.
3. Pumpkins are part of the squash family.
4. Pumpkins are 90 percent water.
5. The flower on a pumpkin vine is edible.
6. Pumpkins are a great source of beta carotene, which can lower one’s risk of having larynx, esophageal or lung cancer.
7. The largest pumpkin pie ever made weighed over 350 pounds. The pie contained 80 pounds of cooked pumpkin, 36 pounds of sugar and 12 dozen eggs.
8. The traditional American pumpkin is classified as the Connecticut Field variety.
9. One old-time myth is that eating pumpkin will remove freckles!
10. Native Americans made mats out of flattened strips of pumpkin.

Enjoy some pumpkin pie at your American House!
October Entertainment

Oct. 4 ................................................................. Al Savage - M4
Oct. 7 ................................................................. Dan Bergen - M6
Oct. 11 ................................................................. Craig Marsden - M4
Oct. 14 ................................................................. Chet Penkala - M5
Oct. 18 ................................................................. Alice Bentley - M4
Oct. 21 ................................................................. Joel Palmer - M6
Oct. 25 ................................................................. Kelly Miller - M6
Oct. 27 ................................................................. Dr. Butler - M4
Oct. 28 ................................................................. CarolJean Tennant - M5
Oct. 29 ................................................................. Campfire Compadres - M6 (Halloween Party)

First Place

Ford Deluxe Model A Roadster 1931 (Zellen)

American House Car Show 2016

Everyone had a blast at our car show in August. These are the pictures of the first, second, and third place cars. This just showcases a drop in the bucket. We had plenty of cars. The big wheel was giving everyone rides around our lot. The food was delicious. The music was spectacularly performed by “The What Abouts.” Make sure to join us at all of our special events.

Second Place

Mercedes Gazelle 1929 (Rezanka)

Third Place

Chevelle SS 1970 (Dombeck)

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., October 26th**. 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.
### October 2016

#### The Village

**Sunday**
- 11:00 Chapel with Pastor Allerton - M5 Chapel
- 11:15 Exercise with Beth - M6

**Monday**
- 9:30 Exercises - M6
- 10:15 Exercises - M5
- 10:00 Rosary with Pastor Allerton - M5 Chapel
- 10:30 Catholic Scripture Eucharist Service - M5 Chapel
- 11:00 Chair Yoga - M5

**Tuesday**
- 9:00 Beauty Shop Open - M5
- 9:45 Brainerd - M6
- 10:00 Knitting with Lori Logan - M4
- 10:30 Catholic Scripture Eucharist Service - M6 Chapel
- 11:00 Chair Yoga - M5

**Wednesday**
- 9:00 Beauty Shop Open - M5
- 9:30 Exercises - M6
- 10:00 Lunch on the Genesee Belle River Boat ($16.95)

**Thursday**
- 9:00 Beauty Shop Open - M5
- 9:15 Shopping @ New Meijer
- 10:00 Chair Volleyball - M5
- 1:15 Various Card Games - M6
- 3:00 Bingo with Joyce - M5

**Friday**
- 9:00 Beauty Shop Open - M5
- 9:15 Shopping @ Old Meijer
- 10:00 Chair Volleyball - M5

**Saturday**
- 11:00 Chapel with Pastor Allerton - M5 Chapel

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**Columbus Day**
- 9:30-Rosary - M5 Chapel

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**11:00 Chapel with Pastor Allerton - M5 Chapel**

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<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Time</th>
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<tbody>
<tr>
<td>Sunday</td>
<td>11:00 Chapel with Pastor Allerton - M5 Chapel</td>
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<td></td>
<td>11:15 Exercise with Beth - M6</td>
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<td>1:30 Let’s mee for Euchre - M5</td>
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<td>2:00 Resident Run Scrabble - M6</td>
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<td>4:00 Bingo with Ed - M6</td>
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<td>1:30 Walking Club - M5 Patio</td>
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<td>3:00 GoodLife Presents &quot;This or That&quot; - M4</td>
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<td>4:00 Current Events Discussion - M6</td>
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<td>10:00 Choir Rehearsal @ Baldwin House</td>
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**Entertainment**

- **Dr. Murray Visits**
- **Resident Meeting**
- **Outings**
- **Events**

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**10/14 Therapy Dogs - M5**
- 1:00 Oktoberfest @ Stone

**10/15 Entertainment**
- 9:30 Exercise - M6
- 10:15 Exercise - M5
- 11:00 Exercise - M4

**10/15 Therapy Dogs - M5**
- 1:30 cards after Lunch - M5

**10/16 Entertainment**
- 9:30 Exercise - M6
- 10:15 Exercise - M5
- 11:00 Exercise - M4

**10/17 Entertainment**
- 9:30 Exercise - M6
- 10:15 Exercise - M5
- 11:00 Exercise - M4

**10/18 Entertainment**
- 9:30 Exercise - M6
- 10:15 Exercise - M5
- 11:00 Exercise - M4

**10/19 Entertainment**
- 9:30 Exercise - M6
- 10:15 Exercise - M5
- 11:00 Exercise - M4

**10/20 Entertainment**
- 9:30 Exercise - M6
- 10:15 Exercise - M5
- 11:00 Exercise - M4

**10/21 Entertainment**
- 9:30 Exercise - M6
- 10:15 Exercise - M5
- 11:00 Exercise - M4

**10/22 Entertainment**
- 9:30 Exercise - M6
- 10:15 Exercise - M5
- 11:00 Exercise - M4

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**7:00 Movies & Popcorn - All Manors**
Upcoming Events

Shopping, Shopping and More Shopping!

New Meijer:
Oct. 6 - 9:15 a.m.
Oct. 20 - 9:15 a.m.

Old Meijer:
Oct. 13 - 9:15 a.m.
Oct. 27 - 9:15 a.m.

Kroger:
Oct. 4 - 2:00 p.m.

Walmart:
Oct. 18 - 2:00 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.

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Grandparents Day!

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Poetry Corner

**Spirit**

With my last breath I will call your name.
Leaving now from where I came.
Body is gone, but the spirit endures.
It seeks to hear these words.
Your spirit has reached eternity.
Together, forever, you and I will be.

by
Alfred P. M.

**Shroud**

There are no pockets in a shroud
Taking it with you is not allowed
To become a miser is to be a fool.
Send it ahead using the golden rule
It’s very simple make no mistake
The more you give the more you take.

by
Alfred P. M.

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Important Phone Numbers

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

Last night the Master Painter came,
I heard Him not at all.
But when I looked out at my woods,
I knew that it was Fall.

The reds and golds and oranges
Stood out against blue skies.
And every way I turned and gazed,
Those colors filled my eyes.

Today the cool, crisp air is filled
With all the smells of Fall.
The smokey air from burning leaves
Brings tears to eyes of all.

But, oh, the memories that come
To fill my heart with joy -
My children playing in the leaves,
Such happy girls and boys.

But more than joy,
My heart is filled with gratitude anew,
For God who planned this wondrous world
For folk like me and you.

And even though the Fall portends
A winter yet to be,
We know that Spring will come again,
For each of us to see.

by
Carol P.