

The Patriot

American House Westland Joy

39201 Joy Road | Westland | Michigan | 48185
(734) 454-9838 | americanhouse.com

Your Friendly Staff at American House Westland Joy

Tabitha Hooper	Executive Director
Patty Mack	Assistant Director
Ashley Kocovski	Life Enrichment Director
Tiffany Perry	Culinary Supervisor
Stephanie Cadeau	Housekeeping Supervisor
Arron Hirkey	Maintenance Supervisor
Deborah Salter	Night/Weekend Manager
Sara Floyd	Night/Weekend Manager

Important Phone Numbers

Front Office	(734) 454-9838
The Medical Team	(734) 455-1717
In-Home Rehab	(734) 207-7784
Hair Care with Dawn	(734) 693-5496
Transportation-John Ingison	(734) 558-0493
Comcast-Jay	(248) 459-2747



November 2016



Frankenmuth

Come and join us on November 9th for our trip to Frankenmuth. This year we will be having lunch at Bavarian Inn Restaurant, and we will do a bit of shopping. We will also be stopping at Bronners on the way home. Hope to see you there!

Festival of Trees

On Tuesday, November 22nd we will be attending the Festival of Trees in Dearborn. This event is a benefit for the Children's Hospital of Michigan Foundation. The cost will be \$4.00. We will be stopping for lunch after the event.

Upcoming Events

Please remember Daylight Saving Time ends November 6th; the clocks will fall back an hour.

In December there will be our annual Resident and family Christmas party, along with Holiday for Hope. The party will be held on Thursday, December 1st, from 5 to 7 P.M.

Reminders

Resident Council

Our monthly resident council meeting will be held on Wednesday, November 16, at 2 p.m., in the cafe. All residents are encouraged to attend in order to voice their suggestions and concerns. Each department head will be in attendance to answer your concerns.

Employee of the Month

Please don't forget to put your suggestions in for Employee of the Month. This can be any American House employee that has gone above and beyond for you. Please write down the name of the employee and put it in the black box in the Cafe.



Employee of the Month

Employee of the Month



Sara has worked for American House for three months now. She doubles as housekeeper and office support. She loves her job and more importantly the residents! Sara has two children, a three year old daughter and a six month old son who keeps her very busy. She looks forward to her future at American House.

Birthday Bash

Join us on November 25, at 2 p.m., in the cafe, for our monthly Birthday Bash to celebrate all of our November birthdays. There will be entertainment by Bob Tarinelli.

New Activities

We have made a few changes to our monthly calendar. Please make note of the new activities that have been added daily. There is sure to be something you will enjoy. Participating in activities is a great way to meet a new friend or visit with an old friend.

Dietary Reminder

Attention, residents: Our dietary staff is asking that if any resident would like an item off the Everyday Menu that they would order it at breakfast time. This will ensure that everyone will be able to eat at the same time. You give your order to your server at breakfast.

Activities

November Events

- 11/1 Lunch at Karl's Cabin
- 11/3 Laughter and Wellness
- 11/4 Ent: Chuck Sharp
- 11/6 Daylight Saving Time
- 11/7 Ent: John Handa
- 11/8 Exercise w/ Brooke
- 11/9 Frankenmuth
- 11/11 Honor Our Veterans
- 11/11 Veterans out to Dinner
- 11/11 Ent: Daniel Bryson
- 11/14 Choir Rehearsal
- 11/16 Resident Council Meeting
- 11/18 DSO Ensemble
- 11/21 Lunch at Five Guys
- 11/22 Exercise w/ Brooke
- 11/22 Festival of Trees
- 11/25 Birthday Bash
- 11/25 Ent: Bob Tarinell
- 11/27 Entertainment: Ron Muka
- 11/28 Choir Rehearsal
- 11/29 Movie Outing



Out & About

Outings

- 11/1 Lunch at Karl's Cabin
- 11/9 Frankenmuth
- 11/11 Veterans out to dinner
- 11/14 Choir Rehearsal
- 11/21 Lunch at Five Guys
- 11/22 Festival of Trees
- 11/29 Movie Outing

FLOWER OF THE MONTH | NOVEMBER

Chrysanthemum

Compassion
and friendship



Wit & Wisdom

"I am grateful for what I am and have. My thanksgiving is perpetual."

—Henry David Thoreau

"If you are really thankful, what do you do? You share."

—W. Clement Stone

"Best of all is it to preserve everything in a pure, still heart, and let there be for every pulse a thanksgiving, and for every breath a song."

—Konrad von Gesner

"If a fellow isn't thankful for what he's got, he isn't likely to be thankful for what he's going to get."

—Frank A. Clark

"The thankful receiver bears a plentiful harvest."

—William Blake

"Be thankful for what you have; you'll end up having more."

If you concentrate on what you don't have, you will never, ever have enough."

—Oprah Winfrey



Happy Birthday

Resident Birthdays

11/9	Josephine B.
11/11	Carol S.
11/22	Jerry G.
11/23	Bert O.
11/25	Lorraine K.

Staff Birthdays

11/22	Tabitha H.
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Your American House family would like to wish each of you a very special Happy Birthday.



Welcome New Residents

Come Say Hello to Our New Residents

9/23	Dorothy M.
10/7	Margot R.

Let's welcome our new residents to our American House family. It will only take a few minutes of your time to introduce yourselves and spread a little joy!

Go ahead ... introduce yourself, smile, talk and make a new friend.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div>November</div>		1	2	3	4	5	
	<div><div>←Fall</div><div></div><div>Back→</div></div>	8:30 Salon Open 9:00 Coffee and Current Events 10:00 Exercise: Chair Workout (AR) 11:00 Lunch at Karl's Cabin (O) 2:00 Bingo (DR) ● 4:00 Wii Bowling (AR)	10:00 Exercise w/ SydFit (AR) ♥ 11:45 Family Feud (C) 2:00 Uno (C) 3:00 '60s Throw Back (C) 4:30 You be the Judge (C)	10:00 Laughter and Wellness (AR) ♥ 11:00 /12:00 Fancy Fingers (C) 12:00 Fun Facts (C) 1:00 Resident Store (C) 2:30 Arts and Crafts: (AR) 4:00 Yahtzee (C) 6:00 Puzzles (C)	10:00 Shopping at Meijer (O) 11:00 Blood Pressure Checks (MT) 12:15 Book Reading (LR) 2:00 Entertainment: Chuck Sharp (C) 3:00 One on Ones with Ashley 3:15 Bible Study (AR) 4:00 Yahtzee (C)	11:45 Hangman (C) 2:00 Bingo (DR) ●	
	Daylight Saving Time Ends 10:00 Cards (C) 1:00 Hangman (C) 1:00 Lions vs. Vikings (C) 2:00 Afternoon Movie w/ Popcorn: (AR) 3:00 Balloon Volleyball (LR) 3:30 Word Game Packet (LR)	7 10:00 Exercise: Chair Zumba (AR) ♥ 10:30 Rosary (AR) 11:00 Weird But True Facts (LR) 11:45 Pass the Teddy Bear (C) 1:00 Ice Cream Social w/ A to Z (C) 1:00 Entertainment: John Hanba (C) 2:00 Bingo (DR) ● 2:00 One on Ones with Ashley 4:00 Beanbag Tic-Tac-Toe (C) 7:00 Fair Haven Church (C)	8 Election Day! 8:30 Salon Open 9:00 Coffee and Current Events 10:00 Exercise w/ Brooke (AR) ♥ 11:45 Brain Games (C) 2:00 Bingo (DR) ● 4:00 Wii Bowling (AR)	9 9:00 Frankenmuth (O) 10:00 Exercise: Sittercise (AR) ♥ 11:45 Family Feud (C) 2:00 Uno (C) 3:00 '60s Throw Back (C) 4:30 You be the Judge (C)	10 10:00 Exercise: Chair Workout (AR) ♥ 11:00 /12:00 Fancy Fingers (C) 12:00 Fun Facts (C) 1:00 Resident Store (C) 2:30 Arts and Crafts: (AR) 4:00 Yahtzee (C) 6:00 Puzzles (C)	11 Veterans Day 10:00 Shopping at Meijer (O) 11:00 Blood Pressure Checks (MT) 12:15 Book Reading (LR) 2:00 Entertainment: Daniel Bryson (C) 2:30 American Legion Honor Guard (C) 3:00 Veterans out to dinner (O) 3:15 Bible Study (AR) 4:00 Yahtzee (C)	12 11:45 Hangman (C) 2:00 Bingo (DR) ●
	13 10:00 Cards (C) 1:00 Hangman (C) 2:00 Afternoon Movie w/ Popcorn: (AR) 3:00 Balloon Volleyball (LR) 3:30 Word Game Packet (LR)	14 10:00 Exercise: Chair Zumba (AR) ♥ 10:30 Rosary (AR) 11:00 Weird But True Facts (LR) 11:45 Pass the Teddy Bear (C) 12:45 Choir Rehearsal at Riverview (O) 1:00 Ice Cream Social w/ A to Z (C) 2:00 Bingo (DR) ● 4:00 Beanbag Tic-Tac-Toe (C) 7:00 Fair Haven Church (C)	15 8:30 Salon Open 9:00 Coffee and Current Events 10:00 Exercise: Chair Workout (AR) ♥ 10:45 Hangman (C) 11:45 Brain Games (C) 2:00 Bingo (DR) ● 4:00 Wii Bowling (AR)	16 10:00 Exercise w/ SydFit (AR) ♥ 11:30 Noon Mass (O) 2:00 Resident Council ★ 3:00 Uno (C) 4:30 You be the Judge (C)	17 10:00 Exercise: Chair Workout (AR) ♥ 11:00 /12:00 Fancy Fingers (C) 12:00 Fun Facts (C) 1:00 Resident Store (C) 2:30 Arts and Crafts: (AR) 4:00 Yahtzee (C) 6:00 Puzzles (C)	18 10:00 Shopping at Meijer (O) 11:00 Blood Pressure Checks (MT) 12:15 Book Reading (LR) 2:30 DSO Ensemble (DR) 3:15 Bible Study (AR) 4:00 Yahtzee (C)	19 11:45 Hangman (C) 2:00 Bingo (DR) ●
	20 10:00 Cards (C) 1:00 Lions vs. Jaguars (C) 1:00 Hangman (C) 2:00 Afternoon Movie w/ Popcorn: (AR) 3:00 Balloon Volleyball (LR) 3:30 Word Game Packet (LR)	21 10:00 Exercise: Chair Zumba (AR) ♥ 10:30 Rosary (AR) 11:00 Lunch at Five Guys (O) 1:00 Ice Cream Social w/ A to Z (C) 2:00 Bingo (DR) ● 2:00 One on One's with Ashley 4:00 Color Therapy (C) 7:00 Fair Haven Church (C)	22 8:30 Salon Open 9:30 Festival of Trees (O) 10:00 Exercise w/ Brooke (AR) 2:00 Bingo (DR) ● 4:00 Wii Bowling (AR)	23 10:00 Exercise led by Ashley (AR) ♥ 10:45 Hangman (C) 11:45 Family Feud (C) 2:00 Uno (C) 3:00 '60s Throw Back (C) 4:30 You be the Judge (C)	24 Thanksgiving 10:00 Exercise: Sittercise (AR) ♥ 10:00 Thanksgiving Parade (C) 12:30 Lions vs. Vikings (C) 1:00 Resident Store (C) 2:00 Afternoon Movie (AR) 6:00 Puzzles (C)	25 11:00 Blood Pressure Checks (MT) 12:15 Book Reading (LR) 2:00 Birthday Bash (C) ★ 2:00 Entertainment: Bob Tarinelli (C) 3:00 One on Ones with Ashley 3:15 Bible Study (AR) 4:00 Yahtzee (C)	26 11:45 Hangman (C) 2:00 Bingo (DR) ●
27 10:00 Cards (C) 1:00 Hangman (C) 2:00 Entertainment: Run Muka (C) 3:00 Balloon Volleyball (LR) 3:30 Word Game Packet (LR)	28 10:00 Exercise: Chair Zumba (AR) ♥ 10:30 Rosary (AR) 11:00 Weird But True Facts (LR) 11:45 Pass the Teddy Bear (C) 1:00 Ice Cream Social w/ A to Z (C) 1:45 Choir Rehearsal (C) ★ 2:00 Bingo (DR) ● 3:30 One on Ones with Ashley 7:00 Fair Haven Church (C)	29 8:30 Salon Open 9:00 Coffee and Current Events 10:00 Exercise: Chair Workout (AR) 12:30 Movie Outing: Fantastic Beasts and Where to Find Them (O) 2:00 Bingo (DR) ● 4:00 Wii Bowling (AR)	30 10:00 Exercise led by Ashley (AR) 10:45 Hangman (C) 11:45 Family Feud (C) 2:00 Uno (C) 3:00 '60s Throw Back (C) 4:30 You be the Judge (C)	<div>Happy Thanksgiving</div> <div></div>	<div>VETERANS DAY</div> <div></div>	<div></div>	

Talk About It

Mealtime Traditions

Families often have mealtime traditions, from favorite recipes served to the seating arrangements. Use the following questions to reminisce and share your family's customs at the dinner table.

Did your family have any mealtime traditions when you were a child, such as Sunday dinners or special foods served on holidays and birthdays? Share your favorite stories.

What was your favorite meal—breakfast, lunch or dinner? What foods were your favorites?

Who prepared the meals? Did you help cook, set the table, or clean up afterward?

How many people were at your table during a meal? Did everyone have their own place at the table, or did you switch seats?

Did you ever have guests for a meal?

Let's Talk Turkey!

By Brian K. Rosso, R.D.

The traditional holiday of Thanksgiving is celebrated this month. Turkey is the main food consumed on this day. Below are several interesting and informative facts about the turkey.

- On average, Americans eat more than 16 pounds of turkey annually.
- The largest turkey on record was 86 pounds.
- A male turkey is a tom, a female is a hen and a newborn is a poult.
- The average mature turkey has about 3,500 feathers.
- A turkey egg takes 28 days to hatch.
- 675 million pounds of turkey will be eaten this coming Thanksgiving in the United States.

- The main farmers of turkey are Minnesota, North Carolina, Arkansas, Virginia and California.
- Turkeys see in color.
- Every year, the president of the United States pardons a turkey for the Thanksgiving holiday.
- Turkey is a great source of protein—30 grams per 3.5 ounces of cooked turkey.
- The first meal ever eaten on the moon was turkey.

American House will be serving turkey (along with seconds) this coming Thanksgiving.

HAPPY THANKSGIVING!



The fun times we have had at Westland Joy!



The First Thanksgiving

Festivals with the spirit of giving thanks have been common in many cultures, so determining the original Thanksgiving celebration proves difficult. But tradition recognizes the 1621 feast between the Pilgrim settlers at Plymouth Colony and neighboring American Indians as America's first Thanksgiving.

Sailing from England aboard the Mayflower, the Pilgrims arrived in present-day Massachusetts in the fall of 1620, yet remained on the ship for several months. When the colonists moved ashore the following spring, they were visited by two English-speaking Indians, Samoset and Squanto, who showed the Pilgrims how to hunt and grow their own food. Squanto also served as an interpreter and mediator between the settlers and the neighboring Wampanoag tribe.

Sometime between Sept. 21 and Nov. 1, the Pilgrims organized a feast to celebrate the success of their first crop. Around 90 Wampanoag, including Chief Massasoit, joined the colonists for the festivities, which lasted for three days and included games, singing and dancing, in addition to the elaborate meal.

The Pilgrims' records indicate that regional fowl, such as ducks, geese, swans and, yes, probably turkey, were served at the feast, along with venison brought by the Wampanoag. Historians believe that other foods present at the meal included fish and shellfish, beans, onions, porridge made from cornmeal, berries, squash and pumpkin—but no pumpkin pie.

Talking Turkey

For more than 30 years, the experts at the Butterball Turkey Talk-Line have been at the ready, answering home cooks' holiday turkey-related questions. Here's a taste of some of the hotline's most memorable inquiries:

A Talk-Line expert asked a caller what state her turkey was in, meaning how thawed it was. The caller replied, "Florida."

After finding a turkey from 1969 in his father's freezer, a man phoned in requesting tips on how to cook the 30-year-old bird.

A woman called disappointed, wondering why her turkey had no breast meat. The Butterball staffer figured out the caller's turkey was placed upside down on the platter.

A man cut his turkey in half with a chainsaw, then wanted to know if the chain's grease would affect the turkey.

THE PATRIOT

November 2016



Thanksgiving

There's Much To Be Thankful For!

Have a terrific Thanksgiving holiday.

**American
House** 
SENIOR LIVING COMMUNITIES

AMERICAN HOUSE WESTLAND II

39201 Joy Road
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