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National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

Institute of Aging Friendship Line
1-800-971-0016

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Quote of the Month

“THE SECRET OF STAYING YOUNG IS TO LIVE HONESTLY,
EAT SLOWLY AND LIE ABOUT YOUR AGE. ~ LUCILLE BALL”

THE POWER AND SIMPLICITY OF WALKING

Walking is the simplest form of exercise. One of the great benefits of walking is it allows us to slow down and connect with our surroundings. This heightened awareness can lead to a greater sense of gratitude and appreciation.



Walking also boasts a series of health benefits for older adults, according to a recent Blue Zones study. Its main benefits include reducing the risk of cardiovascular disease, type 2 diabetes and dementia. Walking can also lead to improvements in sleep, mental well-being and longevity. A 30-minute walk per day decreases the likelihood of multiple age-associated diseases and improves mood and sleep quality, and lowers the risk of bone fractures.

Walking is a great way to clear our minds and gives us time to think and reflect. We can use this time to focus on our goals or simply enjoy the present moment. Walking helps us find a sense of calm and balance in our lives.

ALEXA FEATURES YOU DON'T WANT TO LIVE WITHOUT

Alexa is Amazon's digital voice assistant that comes with innovative features to help you live more comfortably. What these features can do for you are jaw-dropping. Here are just a few:

MEDICATION REMINDERS. The “Medicine Tracker” feature is free and lets you know what your medications are, when you last took them and what times you should be taking them.

STAY CONNECTED. Alexa's “Remote Senior Care” comes with the latest sophisticated technology, yet is easy to use. It allows you to connect to your loved ones remotely with simple voice commands 24/7.

SLEEP BETTER. Alexa's “Train Ride” feature helps you sleep peacefully or block out unwanted noise. All you have to say is, “Alexa, open Train Ride.” It's from the makers of the top-rated “Sleep and Relaxation Sounds” skill.

GET COZY WITH NOSTALGIA. With Alexa's “Radio Mystery Theater,” it's easy to relive childhood evenings around the radio listening to old CBS programs. This cool Alexa feature will take you back to the original broadcasts!

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

SOMERSET MEMORY CARE

MAY 2024

THE INSPIRING TRANSFORMATION OF JOAN MACDONALD

At the age of 70, Joan MacDonald weighed 198 pounds and had a 39-inch waist. She was on medication for high blood pressure and had trouble walking up and down stairs. Joan knew if she continued on her path, things would only get worse. Her daughter Michelle gave her an ultimatum that it was high time she changed her life.

It wasn't easy, but Joan learned how to use an iPhone to help follow a nutrition plan, renewed her gym membership, bought a scale and got to work. She stuck to her guns and never gave up. Some days Joan was in tears, but her personal motto kept ringing in her head: “I don't mind if my changes are slow. I'm going to go at my own pace and this time the changes are going to last for the rest of my life.”

As the months rolled by, the weight and inches were disappearing to the point Joan lost 70 pounds. She now claims to be a different woman than she was when she began her journey to wellness. Her transformation is so complete, Joan now graces magazine covers, has over 1.5 million followers on Instagram, and is the author of “Flex Your Age with Joan MacDonald.” An inspiration to millions, Joan likes to say you can't turn back the clock, but you sure can wind it up again!



MAY 2024 EVENTS!

- 05/01- Mini Massages
- 05/01- Derby Hat making
- 05/04 Kentucky Derby
- 05/10 Birthday Party
- 05/11 Deck The Halls
- 05/12 Mother's day Celebration
- 05/12 Henrik The Violinist
- 05/14 Mr. Lincoln
- 05/24 Lukas and the Accordion

THE IMPORTANCE OF A HEALTHY AGING PLAN

Healthy aging is the ability to maintain an active, independent and purposeful lifestyle. To do so, everyone is encouraged to engage in proactive behaviors. This includes taking the necessary medications you're prescribed, exercising regularly, eating a balanced diet, minimizing alcohol consumption, not smoking and getting enough sleep at night. One of the most important proactive steps you can take is staying socially active. The main benefit of making new friends is the sense of belonging it provides and knowing fellow residents are more than just neighbors!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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MAY 2024

LOCATION KEY					
AA	Activity Area	FIT	Fitness Center	RR	Reflection Room
AR	Activity Room	LR	Living Room	S	Salon
B	Bistro	OUT	Outing	THR	Theatre
CY	Courtyard	PAT	Patio		
DR	Dining Room	PLR	Parlor		

BIRTHDAYS		01	02	03	04		
Cheryl H. 05/22 Ruth S. 05/31 Ernest V. 05/31		9:45a Daily Mindfulness MCA 10:30a Get Fit with Legacy 11:00a Backyard Games 2:00p Mini Massages MC 2:00p Derby Hat Making Class AR 3:00p Happy Hour!	9:45a Daily Mindfulness MCA 10:00a Chair Dancing 10:30a Laugh Therapy 11:00a Sing Fit therapeutic Music 2:30p Cardio Drumming 3:30p DJ Dance Party	9:45a Daily Mindfulness MCA 10:00a Parachute Exercise 11:00a Sing Fit therapeutic Music MCA 12:45p Prize Bingo! 1:30p Reminiscing Time 2:30p Caption This! MCA 3:30p Tender Heart Therapeutic Arts and Crafts	9:45a Daily Mindfulness MCA 10:00a Virtual Church Service 12:45p Thank you cards for Nurses AR 2:30p Chat & Snack 6:30p Kentucky Derby Showing: Wear your best derby attire. B		
05	CINCO DE MAYO	06	07	08	09	10	11
9:45a Daily Mindfulness MCA 10:00a Virtual Catholic Church Service 12:45p Walk & Roll 2:00p Wheel of Fortune 2:30p Laughing Out Loud	9:45a Daily Mindfulness MCA 10:00a Move, Groove, & Stretch! 11:00a Instrument Karaoke 1:00p Sing Fit therapeutic Music MCA 2:00p Craft Corner 3:00p Resident Social	9:45a Daily Mindfulness MCA 10:00a Flyswatter Bolleyball 11:00a Sing Fit therapeutic Music MCA 1:30p MC Outing Day! 2:30p Bowling 3:00p Tavern Talks	9:45a Daily Mindfulness MCA 10:30a Get Fit with Legacy 11:00a Sing Fit therapeutic Music MCA 11:00a Backyard Games 1:00p Songfit Therapeutic Music Program 3:00p Happy Hour!	9:45a Daily Mindfulness MCA 10:00a Chair Dancing 10:30a Laugh Therapy 11:00a Sing Fit therapeutic Music MCA 3:30p DJ Dance Party	9:45a Daily Mindfulness MCA 10:00a Parachute Exercise 11:00a Sing Fit therapeutic Music MCA 11:00a Reminiscing Time 12:45p Birthday Party with Marie MCA 3:30p Tender Heart Therapeutic Arts and Crafts	9:45a Daily Mindfulness MCA 10:00a Virtual Church Service 1:00p Saturday Short Story 1:30p Deck The Halls: Family Craft Time 2:30p Chat & Snack	9:45a Daily Mindfulness MCA 10:00a Virtual Church Service 12:45p Travel Adventures: Saturday Short Story 1:00p Therapy Dog Visit 1:30p Chat & Snack 2:30p
12	MOTHER'S DAY	13	14	15	16	17	18
9:45a Daily Mindfulness MCA 10:00a Mothers day Celebration 2:00p Wheel of Fortune 2:00p Entertainment: Henrik the violinist 2:30p Laughing Out Loud	9:45a Daily Mindfulness MCA 10:00a Move, Groove, & Stretch! 11:00a Instrument Karaoke 1:00p Sing Fit therapeutic Music MCA 2:00p Craft Corner 3:00p Resident Social	9:45a Daily Mindfulness MCA 10:00a Flyswatter Bolleyball 11:00a Sing Fit therapeutic Music MCA 1:30p MC Outing Day! 2:00p Entertainment:Mr. Lincoln 3:00p Tavern Talks	9:45a Daily Mindfulness MCA 10:30a Get Fit with Legacy 11:00a Backyard Games 1:00p Sing Fit therapeutic Music MCA 2:30p Bowling 3:00p Happy Hour! 5:00p Family Night! A Murder Mystery	9:45a Daily Mindfulness MCA 10:00a Chair Dancing 10:30a Laugh Therapy 11:00a Sing Fit therapeutic Music MCA 1:30p Brain Matters: collage picture art 3:30p DJ Dance Party	9:45a Daily Mindfulness MCA 10:00a Parachute Exercise 11:00a Reminiscing Time 12:45p Prize Bingo! 1:30p Sing Fit therapeutic Music MCA 2:30p Decorate a Funny Cupcake 3:30p Tender Heart Therapeutic Arts and Crafts	9:45a Daily Mindfulness MCA 10:00a Virtual Church Service 12:45p Travel Adventures: Saturday Short Story 1:00p Therapy Dog Visit 1:30p Chat & Snack 2:30p	
19	20	21	22	23	24	25	
9:45a Daily Mindfulness MCA 10:00a Virtual Catholic Church Service 12:45p Walk & Roll 2:00p Wheel of Fortune 2:30p Laughing Out Loud	9:45a Daily Mindfulness MCA 10:00a Move, Groove, & Stretch! 11:00a Instrument Karaoke 1:00p Sing Fit therapeutic Music MCA 2:00p Craft Corner 3:00p Resident Social	9:45a Daily Mindfulness MCA 10:00a Flyswatter Bolleyball 11:00a Sing Fit therapeutic Music MCA 1:30p MC Outing Day! 2:30p Bowling 3:00p Tavern Talks	9:45a Daily Mindfulness MCA 10:30a Get Fit with Legacy 11:00a Sing Fit therapeutic Music MCA 1:15p 2nd Chance to Dance 3:00p Happy Hour! MC	9:45a Daily Mindfulness MCA 10:00a Chair Dancing 10:30a Laugh Therapy 11:00a Sing Fit therapeutic Music MCA 3:30p DJ Dance Party	9:45a Daily Mindfulness MCA 10:00a Parachute Exercise 11:00a Reminiscing Time 12:45p Fallen Solider Ceremony DR 1:00p Prize Bingo! 1:30p Sing Fit therapeutic Music MCA 3:30p Tender Heart Therapeutic Arts and Crafts	9:45a Daily Mindfulness MCA 10:00a Virtual Church Service 1:00p Saturday Short Story 1:30p Therapy Dog Visit 2:30p Chat & Snack	
26	27	MEMORIAL DAY	28	29	30	31	
9:45a Daily Mindfulness MCA 10:00a Virtual Catholic Church Service 12:45p Walk & Roll 2:00p Wheel of Fortune 2:30p Laughing Out Loud	9:45a Daily Mindfulness MCA 10:00a Move, Groove, & Stretch! 11:00a Sing Fit therapeutic Music MCA 1:00p Instrument Karaoke 2:00p Craft Corner 3:00p Resident Social	9:45a Daily Mindfulness MCA 10:00a Flyswatter Bolleyball 11:00a Sing Fit therapeutic Music MCA 1:30p MC Outing Day! 2:30p Bowling 3:00p Tavern Talks	9:45a Daily Mindfulness MCA 10:30a Get Fit with Legacy 11:00a Sing Fit therapeutic Music MCA 12:45p Backyard Games 1:30p Bowling 3:00p Happy Hour! MCC MC	9:45a Daily Mindfulness MCA 10:00a Chair Dancing 10:30a Laugh Therapy 11:00a Sing Fit therapeutic Music MCA 3:30p DJ Dance Party	9:45a Daily Mindfulness MCA 10:00a Parachute Exercise 11:00a Sing Fit therapeutic Music MCA 12:45p Prize Bingo! 2:00p Caption This! AR 3:30p Tender Heart Therapeutic Arts and Crafts		



All activities subject to change.