### CONTACTS

**Executive Director** Leslee Poegel

**Customer Relations Director** Christine Eugenio

**Business Office Manager Britney Mitchell** 

**Culinary Director** Bill Joyce

**Housekeeping Supervisor** Donna Joiner

**Maintenance Director** Will Lockett

Life Enrichment Director Mary Raynal

**Living Well Coordinator** Takisha Martin

National Suicide Hotline 988

Alzheimers Association 1-800-272-3900

**American House Grosse Pointe at Cottage** 161 Kercheval Ave Grosse Pointe Farms | MI | 48236 313.228.4576 AmericanHouse.com



### MEET SKIP ... JUST DON'T CALL HIM A WAR HERO

Donald of American House Wildwood doesn't consider himself a war hero. But the native of Buffalo, New York, better known in his community as Skip, has a Bronze Service Star medal that says otherwise. During the Korean War, he was stationed on the 38th Parallel. One night in the trenches, he sensed something wasn't right. He started firing his weapon, catching the attention of his fellow soldiers. Flares went airborne and it was later learned Skip prevented an enemy attack, keeping the men in his company out of harm's way.



Skip may downplay his contributions but still has plenty of things to say about his life and times. He has been working on an autobiography that now stands at 600 pages. After the war, Skip went to work in his father's tailor shop while he attended night school and earned a diploma in business administration and accounting.

He went on to work for a family-owned trucking company for the next 23 years. Skip later became CEO and President at Woodland Leasing. He retired in 1996 and has been at American House since November 2023 and considers moving in the best decision he's ever made. The entire staff is like family to him, especially Life Enrichment Director Shelly Lofton. Skip says he couldn't ask for a better life than the one he's living now.

Quote of the Month

YOU ARE ONLY YOUNG ONCE, BUT YOU CAN STAY IMMATURE INDEFINITELY. ~ OGDEN NASH

**A BRAIN AND HEART SUPERFOOD** 

Blueberries are one of the healthiest fruits for you, especially as you age. Just one serving of blueberries can help meet your daily fiber requirement, which is vital for controlling blood sugar level, maintaining proper bowel health and lowering blood pressure and cholesterol levels. Blueberries also contain vitamin C and vitamin K, both of which are needed to boost your immune system and help your blood clot properly.

Blueberries also have many benefits that help older adults feel better throughout the aging process. This includes reducing inflammation, improving cognitive function, vision and skin health, while helping manage diabetes.

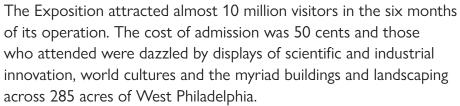
Blueberries naturally taste the best during the summer months, but you can also incorporate frozen blueberries into your diet. Some of the best ways to enjoy blueberries year-round is by mixing them into smoothies, on top of salads or yogurt or baked into a fresh cobbler.

# **INSPIRING A HAPPIER. HEALTHIER YOU.**

#### **GROSSE POINTE AT COTTAGE**

## **AMERICA'S FIRST WORLD'S FAIR**

The Philadelphia World's Fair of 1876, better known as the Centennial Exposition, was an event on an epic scale. The fair was constructed in West Fairmount Park to showcase the United States' industrial achievements on the 100<sup>th</sup> anniversary of the Declaration of Independence. It was also the first World's Fair held in America. President Ulysses S. Grant presided over the opening ceremonies on May 10, 1876.



Two of the biggest highlights of the Centennial Exposition were the first public demonstration of Alexander Graham Bell's telephone and the hand and torch of the Statue of Liberty-the first time any part of it was seen in America. The Exposition also introduced the typewriter, sewing machine, root beer, popcorn, the band aid and the banana to audiences in the U.S.

#### FOLLOW US ON FACEBOOK

### **A DAY FOR FIREWORKS**

The Fourth of July, also known as Independence Day or July 4th, has been a holiday in the United States since 1941. But the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence. Since 1776, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.



#### **JULY 2025**





### **JULY 2025 EVENTS!**

- Happy Hour w/Bella Musica 7/2
- Happy Hour w/Cheryl J. 7/4
- Tiger Game 7/9
- Happy Hour w/Valentino 7/11
- Happy Hour w/Kevin Wills 7/12
- Mindful Music 7/14
- Happy Hour w/Billy Mc. 7/18
- Ford House Outing 7/24
- July Family Night 7/10
- July Birthday Party 7/30



SUNDAY		MONDAY		TUESDAY			WEDNESDAY			THURSDAY		FRIDAY		SATURDAY	
	*	* Jul	* y 20	025	*					Birthday to our born in the Month	Ray HAPPY	Birthdays ' Birthday!			
2FL 2 <sup>nd</sup> Floor	LOCATION KEN		<b>01</b> 10:00a	HasFit Workout	2FI	<b>02</b> 10:00a	Wednesday Warm Up!	2FI	Norm 03 10:00a	Hearing Aid Checks	2FA	04 FOURTH OF JULY 10:30a Coffee & Chronicle	05 3FC 10:00	a Morning Exercise	2FA
2FA 2 <sup>nd</sup> Floor Activity Rool 2FC 2 <sup>nd</sup> Floor Café 2PL 2 <sup>nd</sup> Floor Parlor 2FI 2 <sup>nd</sup> Floor Fitness Roor 2FT 2 <sup>nd</sup> Floor Theater 3FA 3 <sup>rd</sup> Floor Activity Rool	n 3LG 3 <sup>rd</sup> Floo 3FT 3 <sup>rd</sup> Floo CY Courty FIT Fitness MC Memor	or Lounge PLR Parlor or Theater PRM Piano vard Room Center TER Terrac	10:30a 11:00a	Jeopardy! Coffee & Chronicle Morning Warm up	2FC 3FC 3FA	10:30a 11:00a 11:30a 1:00p 1:00p 2:00p 3:30p 6:00p	Coffee & Ćhronicle Morning Warm up Today in History Flower Arranging Flower Arranging Happy Hour w/Bella Musica Life Enrichment Chat Downton Abbey!	3FC 3FA 3FA 2FA 2FA 2PL 2PL 3FC	11:00a 11:00a 11:30a 12:00p 2:30p	Coffee & Chronicle Morning Exercise Morning Warm up Today in History Lunch Bunch St. Paul's Mass Bingo!!	3FC 3FA 3FA 3FA OUT 2PL 2PL	11:00a Morning Exercise 11:30a Today in History	3FA         10:30           3FA         11:00           3FA         11:30           2FC         1:00p           nson!         2:00p           3:30p         2FT           6:00p	a Morning Warm up	3FC 3FA 3FA 2FC 2PL 3FC
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11:00a Morning Warm up 11:30a Word in a Word 2:00p Memory Matching! 3:30p Sunday Social!	<b>3FA</b> 10:30 <b>3FA</b> 10:30 <b>3FC</b> 10:30 <b>3FC</b> 10:30 <b>2FC</b> 11:00 11:30 1:00p 2:00p 3:30p	<ul> <li>Grocery Store Outing</li> <li>Grocery Store Outing</li> <li>Coffee &amp; Chronicle</li> <li>Morning Warm up</li> <li>Brain Games</li> <li>Monday Moves w/Tammy</li> <li>Spintopia!</li> </ul>	OUT OUT 3FC 3FA 3FA 3FA 2FI 2FT 2PL	Coffee & Chronicle Morning Warm up Wellness-U Clinic w/TM True/False Trivia	3FC 3FA	10:30a 11:00a 11:30a 1:00p 2:00p 2:00p 3:30p 6:00p	Coffee & Chronicle Morning Warm up Today in History	3FC 3FA 3FA OUT 2FA 2FT 2PL 3FC	11:00a 11:00a 11:30a 12:00p 3:30p	Morning Exercise Morning Warm up Today in History Lunch Bunch Bingo!! FAMILY NIGHT	3FA 3FA 3FA OUT 2PL	11:00a Morning Warm up 11:00a Morning Exercise	3FA         10:30           3FA         11:00           3FA         11:30           2FA         1:00p           2FA         2:00p           3:30p         3:30p           2FT         6:00p	a Coffee & Chronicle a Morning Warm up	3FC 3FA 3FA 2FC
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All activities subject to change.