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.

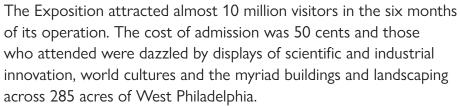
Blueberries naturally taste the best during the summer months, but you can also incorporate frozen blueberries into your diet. Some of the best ways to enjoy blueberries year-round is by mixing them into smoothies, on top of salads or yogurt or baked into a fresh cobbler.

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 100th 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 nd Floor	LOCATION KEN		01 10:00a	HasFit Workout	2FI	02 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
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11:00a Morning Warm up 11:30a Word in a Word 2:00p Memory Matching! 3:30p Sunday Social!	3FA 10:30 3FA 10:30 3FC 10:30 3FC 10:30 2FC 11:00 11:30 1:00p 2:00p 3:30p	 Grocery Store Outing Grocery Store Outing Coffee & Chronicle Morning Warm up Brain Games Monday Moves w/Tammy Spintopia! 	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.