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National Suicide Hotline
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Alzheimers Association
1-800-272-3900

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

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American House
SENIOR LIVING COMMUNITIES

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.

HAMPTON VILLAGE ASSISTED LIVING

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!

- Kentucky Derby 5/4
- Cinco De Mayo 5/5
- Shopping @ Kroger 5/7
- Mother's Day 5/12
- Family Night Event 5/15
- Lunch @ Hudson Cafe 5/21
- Craft & Vendor Show 5/22
- Memorial Day 5/27
- Lunch @ Hamlin Pub 5/28

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!

**LIVING WELL
IS BEING WELL.**
American House Senior Living Communities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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May 2024

LOCATION KEY

IPA 1 st Floor Patio	CCH Couch Area	LR Living Room
2PA 2 nd Floor Patio	CY Courtyard	PAR Piano Area
2FT 2 nd Floor Theatre	DR Dining Room	PDR Private Dining Room
AR Activity Room	DRP Dining Room Patio	PG Putting Green
A&C Arts & Crafts Room	DIS Discovery Room	SR Sun Room
B Bistro	FD Front Desk	
BPA Bistro Patio	GR Game Room	

BIRTHDAYS		01	02	03	04
Brenda B. 5/9 Diane F. 5/16 Gail P. 5/17 Kathy K. 5/17		10:00a Daily Chronicle (B) 11:00a Get Fit w/Legacy (AR) 1:00p BINGO! w/Friends (AR) 3:00p Wine Down Wednesday (B) 4:00p Bible Study (GR) 4:30p Chair Yoga (DVD) (AR)	10:00a Independent Fit Minds (B) 11:00a Play Racko (B) 1:00p Play Rummikub (AR) 3:30p Play Blackjack (GR) 4:30p Chair Yoga (DVD) (AR)	10:00a Daily Chronicle (B) 11:15a Fitness w/Jessica (AR) 1:00p Kings in the Corner (AR) 2:00p Pray The Rosary (GR) 3:00p Entertainment: Carl A. (B) 4:30p Chair Yoga (DVD) (AR)	11:30a Chair Yoga (DVD) (AR) 1:00p BINGO! w/Friends (AR) 2:00p Play Family Feud on IN2L (B) 2:30p Kentucky Derby (2FT) 3:30p Activity Puzzle Packet (AR)
05	06	07	08	09	10
CINCO DE MAYO 10:00a Communion (AR) 11:30a Chair Yoga (DVD) (AR) 2:00p Cinco De Mayo Social (B) 4:00p Cranium Crunches	10:00a Daily Chronicle (B) 11:00a Get Fit w/Legacy (AR) 11:30a Mimosa Monday (B) 1:00p BINGO! w/Friends (AR) 2:30p Balloon Tennis (AR) 4:30p Chair Yoga (DVD) (AR)	10:00a Independent Fit Minds (B) 10:30a Shopping @ Kroger 1:00p Crafting- Mother's Day Hats (AR) 2:00p Poker (GR) 3:30p Wheel of Fortune (B) 4:30p Chair Yoga (DVD) (AR)	10:00a Daily Chronicle (B) 11:00a Get Fit w/Legacy (AR) 1:00p BINGO! w/Friends (AR) 3:00p Wine Down Wednesday (B) 4:00p Bible Study (GR) 4:30p Chair Yoga (DVD) (AR)	10:00a Independent Fit Minds (B) 11:00a Play Racko (B) 1:00p Play Rummikub (AR) 3:30p Play Blackjack (GR) 4:30p Chair Yoga (DVD) (AR)	10:00a Daily Chronicle (B) 11:00a Morning Exercise (AR) 1:00p Kings in the Corner (AR) 2:00p Pray The Rosary (GR) 3:00p Entertainment: D&A Duo (B) 4:30p Chair Yoga (DVD) (AR)
12	13	14	15	16	17
MOTHER'S DAY 10:00a Communion (AR) 11:30a Chair Yoga (DVD) (AR) 2:00p Mother's Day Tea (B) 4:00p Cranium Crunches	10:00a Daily Chronicle (B) 11:00a Get Fit w/Legacy (AR) 11:30a Mimosa Monday (B) 1:00p BINGO! w/Friends (AR) 2:30p Cardio Drumming (AR) 4:30p Chair Yoga (DVD) (AR)	10:00a Independent Fit Minds (B) 11:00a Crafters- Collage Art (AR) 1:00p Play Jeopardy (B) 2:00p Poker (GR) 3:30p Wheel of Fortune (B) 4:30p Chair Yoga (DVD) (AR)	10:00a Daily Chronicle (B) 11:00a Get Fit w/Legacy (AR) 1:00p BINGO! w/Friends (AR) 3:00p Comedy Hour (B) 4:00p Bible Study (GR) 4:30p Chair Yoga (DVD) (AR) 5:00p Family Night	10:00a Independent Fit Minds (B) 11:00a Play Racko (B) 1:00p Play Rummikub (AR) 3:30p Play Blackjack (GR) 4:30p Chair Yoga (DVD) (AR)	10:00a Daily Chronicle (B) 11:15a Fitness w/Jessica (AR) 1:00p Kings in the Corner (AR) 2:00p Pray The Rosary (GR) 3:00p Entertainment: Vanessa C. (B) 4:30p Chair Yoga (DVD) (AR)
19	20	21	22	23	24
10:00a Communion (AR) 11:30a Chair Yoga (DVD) (AR) 2:00p Sunday Matinee- "Firefox" (2TH) 4:00p Cranium Crunches	10:00a Daily Chronicle (B) 11:00a Get Fit w/Legacy (AR) 11:30a Mimosa Monday (B) 1:00p BINGO! w/Friends (AR) 2:30p Balloon Tennis (AR) 4:30p Chair Yoga (DVD) (AR)	10:00a Independent Fit Minds (B) 11:00a Lunch @ Hudson Cafe 1:00p Crafters- American Flag Painting (AR) 2:00p Poker (GR) 3:30p Wheel of Fortune (B) 4:30p Chair Yoga (DVD) (AR)	10:00a Daily Chronicle (B) 11:00a Get Fit w/Legacy (AR) 12:00p The Traveling Sales Gals (Craft & Vendor Show) (B) 4:00p Bible Study (GR) 4:30p Chair Yoga (DVD) (AR)	10:00a Independent Fit Minds (B) 11:00a Play Racko (B) 1:00p Play Rummikub (AR) 3:30p Play Blackjack (GR) 4:30p Chair Yoga (DVD) (AR)	10:00a Daily Chronicle (B) 11:00a Morning Exercise (AR) 1:00p Kings in the Corner (AR) 2:00p Pray The Rosary (GR) 3:00p Entertainment: Double Play (B) 4:30p Chair Yoga (DVD) (AR)
26	27	28	29	30	31
MEMORIAL DAY 10:00a Communion (AR) 11:30a Chair Yoga (DVD) (AR) 2:00p Sunday Matinee- "Downton Abbey" (2TH) 4:00p Cranium Crunches	10:00a Daily Chronicle (B) 11:00a Get Fit w/Legacy (AR) 11:30a Mimosa Monday (B) 1:00p BINGO! w/Friends (AR) 2:30p Balloon Tennis (AR) 4:30p Chair Yoga (DVD) (AR)	10:00a Independent Fit Minds (B) 11:00a Lunch @ Hamlin Pub 2:00p Poker (GR) 3:30p Wheel of Fortune (B) 4:30p Chair Yoga (DVD) (AR)	10:00a Daily Chronicle (B) 11:00a Get Fit w/Legacy (AR) 1:00p BINGO! w/Friends (AR) 2:30p Resident Council Meeting 3:00p Wine Down Wednesday (B) 4:00p Bible Study (GR) 4:30p Chair Yoga (DVD) (AR)	10:00a Independent Fit Minds (B) 11:00a Play Racko (B) 1:00p Play Rummikub (AR) 2:00p Activity Buck Store (AR) 3:30p Play Blackjack (GR) 4:30p Chair Yoga (DVD) (AR)	10:00a Daily Chronicle (B) 11:15a Fitness w/Jessica (AR) 1:00p Kings in the Corner (AR) 2:00p Pray The Rosary (GR) 3:00p Entertainment: Kevin W. (B) 4:30p Chair Yoga (DVD) (AR)



All activities subject to change.