

CONTACTS

**Executive Director**  
Heather Peche  
milford@americanhouse.com

**Community Relation Director**  
JJ. Jenkins  
248-228-5458

**Culinary Director**  
Ethan Williams  
milfordculinary@americanhouse.com

**Maintenance Director**  
Dustin Slaymaker  
milfordmaintenance@americanhouse.com

**Life Enrichment Director**  
Dawn Keene  
248-494-6112

**Housekeeping Supervisor**  
Jaiden Wickham  
248-676-2121

**Medical Team Supervisor**  
Sarah Berry  
734-748-4250

**PS Salon**  
Amy  
248-716-6041

**Office Support**  
Kelly and Marilyn  
248-676-2121

National Suicide Hotline  
988

Alzheimers Association  
1-800-272-3900

**American House  
Milford**  
700 Napa Valley Dr  
Milford | MI | 48381  
248.714.0540  
**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.



LIVING & WELL  
INSPIRING A HAPPIER, HEALTHIER YOU.

MILFORD INDEPENDANT

JULY 2025

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.



The Exposition attracted almost 10 million visitors in the six months of its operation. The cost of admission was 50 cents and those who attended were dazzled by displays of scientific and industrial innovation, world cultures and the myriad buildings and landscaping across 285 acres of West Philadelphia.

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.

f FOLLOW US ON FACEBOOK



JULY 2025 EVENTS!

- Family Fun Night - Philly
- Kensington-Picnic & Boat Ride
- Guest Speaker-Harmony Cares
- Mini-Mart w/Avon (On-Site)
- Baker of Milford Outing
- Weekly Shopping - Out
- Oakland Audiology - Testing
- Resident Run Community Store
- Weekly Church and Bible Study
- St. Mary's Monthly Mass

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.





SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY																																																																																																											
<div>July 2025</div> 									BIRTHDAYS																																																																																																																				
									Janet G. 7-2			Terri S. 7-11			Mary S. 7-16			Angie N. 7-27																																																																																																											
									Bert B. 7-4			Kristine I. 7-12			Rick H. 7-17			Sally O. 7-31																																																																																																											
									Mary Ann B. 7-7			Shirley G. 7-15			Thelma P. 7-23			Carolyn H. 7-31																																																																																																											
									Mary J. 7-7						Ralph P. 7-25																																																																																																														
LOCATION KEY						01			02			03			04			FOURTH OF JULY			05																																																																																																								
<div><div>1FL</div><div>2FL</div><div>2FA</div><div>2FT</div><div>3FL</div><div>3FA</div></div> <div><div>1<sup>st</sup> Floor</div><div>2<sup>nd</sup> Floor</div><div>2<sup>nd</sup> Floor Activities</div><div>2<sup>nd</sup> Floor Theater</div><div>3<sup>rd</sup> Floor</div><div>3<sup>rd</sup> Floor Activities</div></div> <div><div>3FT</div><div>APT</div><div>BPL</div><div>B</div><div>DR</div><div>CY</div></div> <div><div>3<sup>rd</sup> Floor Theater</div><div>Your Apartment</div><div>Back Parking Lot</div><div>Bistro</div><div>Dining Room</div><div>Courtyard</div></div> <div><div>OUT</div><div>PAT</div><div>PD</div><div>S</div><div>THR</div><div>MT</div></div> <div><div>Outing</div><div>Patio</div><div>Private Dining</div><div>Salon</div><div>Theater</div><div>The Medical Team</div></div>						9:30a 10:00a 1:30p 2:30p 6:15p 7:00p			Open Transport-WL Chair Yoga w/Bonita Euchre Communion w/Dana Bingo w/Nancy Let's Play Pool!			OUT 3FT PD 3FT DR 2FL			9:30a 10:00a 10:00a 10:15a 1:00p 6:30p			Community Store-Closed B/P Check Chair exercise w/lvy Walk with Me Brain Teasers Bible Study			2FA 2FL 3FT B 3FT PD			10:00a 10:15a 1:00p 2:30p 6:00p			Yoga w/Suzanne Cancelled Walk with me Scrabble w/Pam Happy Hour Rummikub Game			3FT B 3FA DR PD			10:00a 1:00p 1:45p 3:00p 7:00p			Yoga with Suzanne Arts and Crafts w/Kelly Movie-Yankee Doodle Dandy Brainiacs Group Let's Play Pool!			3FT 2FA 3FT 3FT 2FL			10:30a 1:30p 1:30p 2:00p 5:30p 5:30p			Color with Me Corn Hole Bistro Games Games, fun and conversation Movie-Wicked (Earlier this Sat.) BUNCO w/Andrea			3FA B B PD PD PD																																																																													
06						07						08						09						10						11						12																																																																																									
10:30a 10:30a 2:00p 3:00p 3FT 6:15p						Color with Me Music w/Albums Games, fun and conversation Church Services w/Milford Baptist Bingo w/Nancy						3FA 3FT PD DR						10:00a 10:00a 1:00p 2:15p 4:00p						Corn Hole Yoga w/Bonita Life Enrichment-Chat Bingo for Prizes Brainiacs Group						B 3FT PD DR THR						9:30a 10:00a 1:30p 2:00p 6:15p 7:00p						Open Transport-Milford Chair Yoga w/Bonita Euchre St. Mary's Mass Bingo w/Nancy Let's Play Pool!						OUT 3FT PD 3FT DR 2FL						9:30a 10:00a 10:00a 10:00a 10:15a 1:00p 2:30p 2FA 6:30p						Community Store Secretary of State B/P Check Chair exercise w/lvy Walk with Me Brain Teasers Oakland Audiology-Hearing Tests Bible Study						2FA PD 2FL 3FT B 3FT DR						10:00a 10:15a 1:00p 2:30p 5:00p 5:30p 6:00p						Yoga w/Suzanne Walk with me Scrabble w/Pam Happy Hour Family Fun Night-Stars & Stripes Entertainment w/Kelly M. Rummikub Game						3FT B 3FA DR DR PD						10:00a 12:00p 3:00p 3:45p 7:00p						Drums Alive w/Dawn Baker's - Milford Brainiacs Group Wine Down Friday Let's Play Pool!						3FT OUT 3FT 3FT 2FL						10:00a 10:30a 1:30p 1:30p 2:00p 5:30p 6:00p						Senior Simon-Roll Out Color with Me Corn Hole Bistro Games Games, fun and conversation BUNCO w/Andrea Movie-RUST						PD 3FA B B PD PD 3FT					
13						14						15						16						17						18						19																																																																																									
10:30a 10:30a 1:00p Services 2:00p 2:30p 6:15p						Color with Me Music w/Albums Oak Pointe Church-Online Games, fun and conversation Movie-Driftwood Bingo w/Nancy						3FA 3FT 3FT PD 3FT DR						10:00a 10:00a 11:00a 2:15p 4:00p						Corn Hole Yoga w/Bonita Mini-Mart Bingo for Prizes Brainiacs Group						B 3FT B DR THR						9:30a 10:00a 1:30p 2:30p 6:15p 7:00p						Open Transport-WL Chair Yoga w/Bonita Euchre Birthday Party w/Tom Z. Bingo w/Nancy Let's Play Pool!						OUT 3FT PD DR DR 2FL						9:30a 10:00a 10:00a 10:00a 10:15a 1:00p 7:00p						Community Store B/P Check Chair exercise w/lvy Walk with Me Brain Teasers Bible Study-Showing Chosen						2FA 2FL 3FT B 3FT 3FT						10:00a 10:15a 1:00p 2:30p 2:30p 6:00p						Yoga w/Suzanne Walk with me Scrabble w/Pam Happy Hour w/Bryan D Communion w/Theresa St. Mary's Rummikub Game						3FT B 3FA DR THR PD						10:00a 10:30a 11:30a 3:00p 7:00p						Drums Alive w/Dawn Wellness U-TMT Speaker Pettibone's - Milford Brainiacs Group Let's Play Pool!						3FT B OUT 3FT 2FL						10:30a 1:30p 1:30p 2:00p 5:30p 6:00p						Color with Me Corn Hole Bistro Games Games, fun and conversation BUNCO w/Andrea Movie-Prizzi's Honor						3FA B B PD PD 3FT					
20						21						22						23						24						25						26																																																																																									
10:30a 10:30a 1:00p Services 2:00p 2:30p 3FT 6:15p						Color with Me Music w/Albums Oak Pointe Church-On-Line Games, fun and conversation Movie-A Streetcar Named Desire Bingo w/Nancy						3FA 3FT 3FT PD 3FT DR						10:00a 10:00a 1:15p 2:15p 4:00p						Corn Hole Yoga w/Bonita Documentary on France Bingo for Prizes Brainiacs Group						B 3FT 3FT DR THR						9:30a 10:00a 1:30p 2:30p 6:15p 7:00p						Open Transport-Milford Chair Yoga w/Bonita Euchre Resident Town Hall Bingo w/Nancy Let's Play Pool!						OUT 3FT PD DR DR 2FL						9:30a 10:00a 10:00a 10:00a 10:15a 1:00p 2:30p 6:30p						Community Store B/P Check Chair exercise w/lvy Cooking Demo w/Ethan Walk with Me Brain Teasers Guest Speaker-HarmonyCares Bible Study						2FA 2FL 3FT PD B 3FT DR PD						10:00a 10:15a 1:00p 2:00p 2:30p 6:00p						Yoga w/Suzanne Walk with me Scrabble w/Pam Communion w/Pat from St. Mary's Happy Hour w/Sam Ekstrom Rummikub Game						3FT B 3FA 3FT 3FT DR PD						10:00a 11:00a 3:00p 3:45p 7:00p						Drums Alive w/Dawn Kensington Picnic/Boat Ride Brainiacs Group Drinks on the Patio Let's Play Pool!						3FT OUT 3FT PAT 2FL						10:30a 1:30p 1:30p 2:00p 5:30p 6:00p						Color with Me Corn Hole Bistro Games Games, fun and conversation BUNCO w/Andrea Movie-Stepping Out						3FA B B PD PD 3FT					
27						28						29						30						31						<div>happy independence day</div>  <div>4TH OF JULY</div>																																																																																															
10:15a 10:30a 10:30a 1:00p Services 2:00p 2:30p 3FT 2:30p						Give/Take Program Color with Me Music w/Albums Oak Pointe Church-On-Line Games, fun and conversation Movie-The House of Seven Gables Voices on Tap-Acapella Group						2FA 3FA 3FT 3FT PD						10:00a 10:00a 1:15p 2:15p 4:00p						Corn Hole Yoga w/Bonita Trivia on France Bingo for Prizes Brainiacs Group												B 3FT 3FT DR THR						9:30a 10:00a 1:30p 6:15p 7:00p						Open Transport-WL Chair Yoga w/Bonita Euchre Bingo w/Nancy Let's Play Pool!						OUT 3FT PD DR 2FL						9:30a 10:00a 10:00a 10:00a 10:15a 1:00p						Community Store B/P Check Chair exercise w/lvy Walk with Me Brain Teasers						2FA 2FL 3FT B 3FT						10:00a 10:00a 1:00p 2:30p 6:00p						New Resident Coffee Welcome Yoga w/Suzanne Walk with me Scrabble w/Pam Happy Hour w/Marsha Mumm Rummikub Game						3FT B 3FA DR PD																																			