

Executive Director
Jill Lajoi
mtprospect@americanhouse.com

Community Relations Director
Ginger Sabolcik
mtprospectsales@americanhouse.com

Business Office Manager
Mindy Murillo
mtprospectbom@americanhouse.com

Wellness Director
Riyamariya Sunny-Mathai (Sunny)
mtprospectwellness@americanhouse.com

Life Enrichment Director
Savannah Galindo
mtprospectlifeenrichment@americanhouse.com

Culinary Director
Ricky Roberts
rroberts@americanhouse.com

Maintenance Director
Bill Best
wbest@americanhouse.com

Memory Care Director
Ann Coda
(248) 228-7255

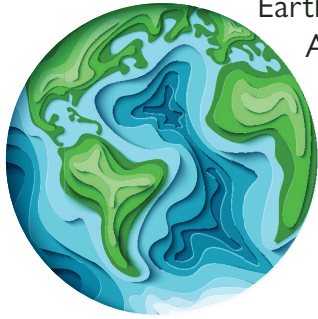
National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

**American House
Mount Prospect**
1111 S Linneman Rd
Mt Prospect | IL | 60056
224.344.3848
AmericanHouse.com

**American
House** 
SENIOR LIVING COMMUNITIES

THE HISTORY OF EARTH DAY



Earth Day is an annual celebration that takes place on April 22 to raise awareness for the need to protect Earth's natural resources for future generations. But how did it come to be? The stage was set for the environmental movement with the publication in 1962 of "Silent Spring," Rachel Carson's bestselling book that sold more than half a million copies in 24 countries. It raised public concern for the environment and the links between pollution and public health.

Gaylord Nelson, a junior senator from Wisconsin, established the first Earth Day on April 22, 1970. Earth Day was the push Americans needed and not long after, Congress passed major initiatives that became the foundation of the nation's environmental laws: the National Environmental Act, the Clean Air Act, the Clean Water Act and the Endangered Species Act.

In 1990, Earth Day went global and mobilized more than 200 million people in 141 countries to bring the fight for the environment to the world stage.

Quote of the Month

“ I WAS SURPRISED WHEN I STARTED GETTING OLD.
I ALWAYS THOUGHT IT WAS ONE OF THOSE THINGS
THAT WOULD HAPPEN TO SOMEONE ELSE. ”
~ GEORGE CARLIN

MARY ANN AND SALLY: BEST FRIENDS SINCE FIRST GRADE

Easy to smile and laugh, American House Lakeshore residents Mary Ann and Sally met at St. Ambrose Catholic Grade School in Grosse Pointe Park, Michigan. As the two shortest students in their class, they were chosen to lead processions in first grade together and have been best friends ever since.

The two friends spent 12 years together at school. They went their separate ways for a while as Mary Ann attended Hotel-Dieu Hospital School of Nursing in Windsor, Canada, and became a nurse and Sally went to the University of Detroit Mercy before she went to work in the sales offices at the popular radio station CKLW.

Their friendship was so contagious even their husbands got along great and the two families often traveled together. They took trips to Ireland and Spain and lived close to each other when they spent their winters in Florida. Mary Ann and Sally claim they've never had a fight and understand each other completely. How? By listening to each other through life's ups and downs. It also helps, they said, to start young!



LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

MOUNT PROSPECT ASSISTED LIVING

APRIL 2025

THE JAPAN WORLD EXPOSITION

The Japan World Expo was held in Osaka between March 15 and September 13 in 1970. Its theme was "Progress and Harmony for Mankind" with four pillars for participants to consider: how to have a richer life and achieve better health, how to utilize nature in a more prosperous way, how to design a better everyday life and how to mutually understand each other on a deeper level.

The Expo was the first World's Fair held in Japan and Asia and was designed by architect Kenzo Tange. It featured The Symbol Zone to inspire the center of future cities. It attracted international attention for its moving walkways and the iconic Tower of the Sun, a 229-foot structure with three faces that represented the past, present and future.

With over 64 million visitors, The Expo remains one of the most well-attended World's Fairs in history. It showcased early versions of technologies like mobile phones, the first-ever IMAX film and a time capsule that was created and not set to be opened until the year 6970. In 2025, the World Expo will return to Osaka.



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APRIL 2025 EVENTS

- Zumba- 1st & 3rd Wednesdays
- Happy Hour w/ Honeybee3 (4/4)
- Beer Tasting Social (4/7)
- Music w/ George N. (4/9)
- Family Night Event (4/10)
- Resident Council (4/16)
- Easter Sunday (4/20)
- Resident Town Hall (4/23)
- LE Calendar Discussion (4/30)



NEVER LOSING HOPE

The journey to understand and support Parkinson's disease research takes center stage during Parkinson's Awareness Month 2025. The event was originated to honor the birth of Dr. James Parkinson, who first described the disease in 1817, and today it underscores the importance of research and support for those afflicted by the disease. Parkinson's is a neurodegenerative disorder of the nervous system and was originally described based on a set of motor symptoms, namely: tremor while at rest, slowness of movement and increased muscle tone or rigidity.

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

SUNDAY				MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY			
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All activities subject to change.