

CONTACTS

Executive Director
Tori Garland
mtprospect@americanhouse.com

Community Relations Director
Earl Cridge
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
Dennis Gutierrez
mtprospectculinary@americanhouse.com

Maintenance Director
Bill Best
wbest@americanhouse.com

Resident Care Coordinator
Rossana D'longa
mtprospectwellnessassistant@americanhouse.com

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



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.



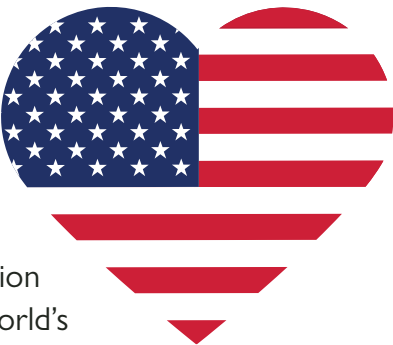
LIVING WELL
INSPIRING A HAPPIER, HEALTHIER YOU.

MOUNT PROSPECT ASSISTED LIVING

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 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.



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.

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 EVENTS!

- Jane Allyson Performs: 7/2
- Fourth of July: 7/4
- Chocolate Factory Tour: 7/7
- Soundz of Time Performs: 7/9
- George Nicholson: 7/9
- Family Night Event: 7/10
- Paul Johnson Performs: 7/18
- Therapy Dog Myra Visit: 7/21
- Ice Cream Party: 7/23
- Chris Minardi Performs: 7/25



SUNDAY				MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY																															
<div>July 2025</div>												BIRTHDAYS																																											
												July 13th: Jim F. July 16th: Joanne M.																																											
LOCATION KEY								01				02				03				04				FOURTH OF JULY				05																											
<div>2LI 2nd Floor Library</div> <div>AR Activity Room</div> <div>B Bistro</div> <div>BPA Bistro Patio</div> <div>LO Lobby</div>								<div>MCC Memory Care Courtyard</div> <div>MCG Memory Care Garden</div> <div>Courtyard</div> <div>MCK Memory Care Kitchenette</div> <div>MCL Memory Care Living Room</div>				<div>MCS Memory Care Sunroom</div> <div>PD Private Dining</div> <div>THR Theater</div>				<div>10:00a Sit and Be Fit</div> <div>10:30a Daily Chronicle</div> <div>11:00a Sit and Spike Volleyball</div> <div>1:00p Garden Club</div> <div>2:00p Golden Strolls Walking Group</div> <div>3:00p Midday Meditation & Tea</div> <div>6:00p Movie Night</div>				<div>THR</div> <div>THR</div> <div>THR</div> <div>PAT</div> <div>LO</div> <div>THR</div> <div>THR</div>				<div>10:00a Sit and Be Fit</div> <div>10:30a Daily Chronicle</div> <div>11:00a Family Feud</div> <div>1:00p Bingo!</div> <div>2:00p Poker w/ Dennis</div> <div>3:00p Happy Hour w/ Jane Allyson</div> <div>6:00p Movie Night</div>				<div>THR</div> <div>THR</div> <div>THR</div> <div>AR</div> <div>AR</div> <div>B</div> <div>THR</div>				<div>10:00a Sit and Be Fit</div> <div>10:30a Daily Chronicle</div> <div>11:00a Sit and Spike Volleyball</div> <div>1:00p Bunco</div> <div>2:00p Golden Strolls Walking Group</div> <div>3:00p Putting Green Practice</div> <div>6:00p Movie Night</div>				<div>THR</div> <div>THR</div> <div>THR</div> <div>LO</div> <div>LO</div> <div>LO</div> <div>THR</div>				<div>10:00a Sit and Be Fit</div> <div>10:30a Daily Chronicle</div> <div>11:00a Independance Day Trivia</div> <div>1:00p Outing: Mount Prospect 4th of July Parade</div> <div>6:00p Movie Night</div>				<div>THR</div> <div>THR</div> <div>THR</div> <div>THR</div> <div>LO</div> <div>LO</div> <div>THR</div>				<div>9:30a Shopping Trip: Walgreens</div> <div>1:00p Artist's Studio</div> <div>1:20p MLB Saturdays: Cubs v. Cardinals</div> <div>2:00p Sippin' Saturdays</div> <div>3:00p Rummikub & Games</div> <div>6:00p Movie Night</div>				<div>LO</div> <div>AR</div> <div>LO</div> <div>B</div> <div>AR</div> <div>THR</div>			
06				07				08				09				10				11				12																															
<div>9:30a THR</div> <div>10:00a Sit and Be Fit</div> <div>1:00p Card Games w/ Enrique</div> <div>1:20p MLB Sundays: Cubs v. Cardinals</div> <div>2:00p Golden Strolls Walking Group</div> <div>3:00p Sunday Sips</div> <div>6:00p Movie Night</div>				<div><i>Virtual Mass: Holy Name Cathedral</i></div> <div>10:00a Outing: Long Grove Confectionary</div> <div>10:30a Menu Chat w/ Chef Dennis</div> <div>11:00a Parkinson's & Pals w/ EJ</div> <div>1:00p Bingo!</div> <div>2:00p Golden Strolls Walking Group</div> <div>3:00p Mimosa & Chocolates</div> <div>6:00p Movie Night</div>				<div>THR</div> <div>THR</div> <div>LO</div> <div>THR</div> <div>AR</div> <div>LO</div> <div>2PA</div> <div>THR</div>				<div>10:00a Sit and Be Fit</div> <div>10:30a Daily Chronicle</div> <div>11:00a Sit and Spike Volleyball</div> <div>1:00p Wellness U: Raspberry Smoothies</div> <div>2:00p BINGO STORE</div> <div>3:00p Midday Meditation & Tea</div> <div>6:00p Movie Night</div>				<div>THR</div> <div>THR</div> <div>THR</div> <div>THR</div> <div>BPA</div> <div>AR</div> <div>THR</div> <div>THR</div>				<div>10:00a Sit and Be Fit</div> <div>10:30a Daily Chronicle</div> <div>10:45a George Nicholson Music</div> <div>1:00p Ministry</div> <div>1:00p Book Club w/ Rachel L.</div> <div>1:00p Bingo!</div> <div>2:00p Resident Council Meeting</div> <div>3:00p Happy Hour w/ Soundz of Time</div>				<div>THR</div> <div>THR</div> <div>THR</div> <div>THR</div> <div>THR</div> <div>PD</div> <div>AR</div> <div>THR</div> <div>B</div>				<div>10:00a Sit and Be Fit</div> <div>10:30a Daily Chronicle</div> <div>11:00a Sit and Spike Volleyball</div> <div>1:00p Midday Matinee: The Greatest Showman</div> <div>5:00p Family Night Event: Stars & Stripes Party</div>				<div>THR</div> <div>THR</div> <div>THR</div> <div>THR</div> <div>THR</div> <div>LO</div> <div>B</div> <div>THR</div>				<div>10:00a Sit and Be Fit</div> <div>10:30a Daily Chronicle</div> <div>11:00a Jeopardy</div> <div>1:00p Bingo!</div> <div>2:00p Ambassador's Society Meeting</div> <div>3:00p Happy Hour</div> <div>6:00p Movie Night</div>				<div>THR</div> <div>THR</div> <div>THR</div> <div>AR</div> <div>LO</div> <div>B</div> <div>THR</div>				<div>10:00a Sit and Be Fit</div> <div>10:30a Daily Chronicle</div> <div>12:00p MLB Saturdays: Cubs v. Yankees</div> <div>1:00p Artist's Studio</div> <div>2:00p Sippin' Saturdays</div> <div>3:00p Rummikub & Games</div> <div>6:00p Movie Night</div>				<div>THR</div> <div>THR</div> <div>THR</div> <div>LO</div> <div>AR</div> <div>B</div> <div>AR</div> <div>THR</div>							
13				14				15				16				17				18				19																															
<div>9:30a THR</div> <div>10:00a <i>Virtual Mass: Holy Name Cathedral</i></div> <div>10:00a Sit and Be Fit</div> <div>12:35p MLB Sundays: Cubs v. Yankees</div> <div>1:00p Card Games w/ Enrique</div> <div>1:30p Mass w/ Father John Hoffman</div> <div>2:00p Golden Strolls Walking Group</div> <div>3:00p Sunday Sips</div>				<div>10:00a Sit and Be Fit</div> <div>10:30a Menu Chat w/ Chef Dennis</div> <div>11:00a Parkinson's & Pals w/ EJ</div> <div>1:00p Bingo!</div> <div>1:00p Strollin' w/ Sunny</div> <div>3:00p Mimosa Monday</div> <div>6:00p Movie Night</div>				<div>THR</div> <div>THR</div> <div>THR</div> <div>LO</div> <div>AR</div> <div>LO</div> <div>2PA</div> <div>THR</div>				<div>10:00a Sit and Be Fit</div> <div>10:30a Daily Chronicle</div> <div>11:00a Sit and Spike Volleyball</div> <div>1:00p Garden Club</div> <div>2:00p Golden Strolls Walking Group</div> <div>3:00p Midday Meditation & Tea</div> <div>6:00p Movie Night</div>				<div>THR</div> <div>THR</div> <div>THR</div> <div>PAT</div> <div>LO</div> <div>THR</div> <div>THR</div>				<div>10:00a Outing: Chicago Botanic Gardens</div> <div>10:00a Sit and Be Fit</div> <div>10:30a Daily Chronicle</div> <div>11:00a Family Feud</div> <div>1:00p Bingo!</div> <div>2:00p Resident Town Hall</div> <div>3:00p Happy Hour</div> <div>6:00p Movie Night</div>				<div>THR</div> <div>LO</div> <div>THR</div> <div>THR</div> <div>THR</div> <div>AR</div> <div>THR</div> <div>B</div> <div>THR</div>				<div>10:00a Sit and Be Fit</div> <div>10:30a Daily Chronicle</div> <div>11:00a Sit and Spike Volleyball</div> <div>1:00p Bunco</div> <div>2:00p Golden Strolls Walking Group</div> <div>3:00p Putting Green Practice</div> <div>6:00p Movie Night</div>				<div>THR</div> <div>THR</div> <div>THR</div> <div>LO</div> <div>LO</div> <div>LO</div> <div>THR</div> <div>B</div> <div>THR</div>				<div>10:00a Sit and Be Fit</div> <div>10:30a Daily Chronicle</div> <div>11:00a Jeopardy</div> <div>1:00p Bingo!</div> <div>2:00p Ambassador's Society Meeting</div> <div>3:00p Happy Hour w/ Paul Johnson</div> <div>6:00p Movie Night</div>				<div>THR</div> <div>THR</div> <div>THR</div> <div>AR</div> <div>LO</div> <div>LO</div> <div>THR</div> <div>THR</div>				<div>9:30a Shopping Trip: Jewel-Osco</div> <div>1:00p Artist's Studio</div> <div>2:00p Sippin' Saturdays</div> <div>3:00p Rummikub & Games</div> <div>6:00p Movie Night</div> <div>6:15p MLB Saturdays: Cubs v. Red Sox</div>				<div>LO</div> <div>AR</div> <div>B</div> <div>AR</div> <div>THR</div> <div>LO</div>							
20				21				22				23				24				25				26																															
<div>9:30a THR</div> <div>10:00a <i>Virtual Mass: Holy Name Cathedral</i></div> <div>10:00a Sit and Be Fit</div> <div>1:00p Card Games w/ Enrique</div> <div>1:20p MLB Sundays: Cubs v. Red Sox</div> <div>2:00p Golden Strolls Walking Group</div> <div>3:00p Sunday Sips & Ice Cream Bars</div> <div>6:00p Movie Night</div>				<div>10:00a Sit and Be Fit</div> <div>10:30a Comfort Dog Visit</div> <div>10:30a Menu Chat w/ Chef Dennis</div> <div>11:00a Parkinson's & Pals w/ EJ</div> <div>1:00p Bingo!</div> <div>2:00p Golden Strolls Walking Group</div> <div>3:00p Mimosa Monday</div> <div>6:00p Movie Night</div>				<div>THR</div> <div>LO</div> <div>THR</div> <div>THR</div> <div>AR</div> <div>LO</div> <div>2PA</div> <div>THR</div>				<div>10:00a Sit and Be Fit</div> <div>10:30a Daily Chronicle</div> <div>11:00a Cupcake Tasting w/ Tori</div> <div>1:00p Garden Club</div> <div>2:00p Golden Strolls Walking Group</div> <div>3:00p Midday Meditation & Tea</div> <div>6:00p Movie Night</div>				<div>THR</div> <div>THR</div> <div>2PA</div> <div>PAT</div> <div>LO</div> <div>THR</div> <div>THR</div>				<div>10:00a Sit and Be Fit</div> <div>10:30a Daily Chronicle</div> <div>11:00a Family Feud</div> <div>1:00p Bingo!</div> <div>2:00p Monthly Calendar Discussion</div> <div>3:00p Sundae Funday Social</div> <div>6:00p Movie Night</div>				<div>THR</div> <div>THR</div> <div>THR</div> <div>AR</div> <div>LO</div> <div>LO</div> <div>LO</div> <div>B</div> <div>THR</div>				<div>10:00a Sit and Be Fit</div> <div>10:30a Daily Chronicle</div> <div>11:00a Sit and Spike Volleyball</div> <div>1:00p Bunco</div> <div>2:00p Golden Strolls Walking Group</div> <div>3:00p Putting Green Practice</div> <div>6:00p Movie Night</div>				<div>THR</div> <div>THR</div> <div>THR</div> <div>LO</div> <div>LO</div> <div>LO</div> <div>THR</div> <div>THR</div>				<div>10:00a Sit and Be Fit</div> <div>10:30a Daily Chronicle</div> <div>11:00a Jeopardy</div> <div>1:00p Bingo!</div> <div>2:00p Ambassador's Society Meeting</div> <div>3:00p Happy Hour w/ Chris M.</div> <div>6:00p Movie Night</div>				<div>THR</div> <div>THR</div> <div>THR</div> <div>AR</div> <div>LO</div> <div>B</div> <div>THR</div>				<div>10:00a Sit and Be Fit</div> <div>10:30a Daily Chronicle</div> <div>1:00p Artist's Studio</div> <div>2:00p Sippin' Saturdays</div> <div>3:00p Rummikub & Games</div> <div>6:00p Movie Night</div> <div>6:10p MLB Saturdays: Cubs v. Sox</div>				<div>THR</div> <div>AR</div> <div>B</div> <div>AR</div> <div>THR</div> <div>LO</div>							
27				28				29				30				31				<div> <i>happy independence day</i> 4TH OF JULY</div>																																			
<div>9:30a THR</div> <div>10:00a <i>Virtual Mass: Holy Name Cathedral</i></div> <div>10:00a Sit and Be Fit</div> <div>1:00p Card Games w/ Enrique</div> <div>1:10p MLB Sundays: Cubs v. Sox</div> <div>1:30p Mass w/ Father John Hoffman</div> <div>2:00p Golden Strolls Walking Group</div> <div>3:00p Sunday Sips</div>				<div>10:00a Sit and Be Fit</div> <div>10:30a Menu Chat w/ Chef Dennis</div> <div>11:00a Parkinson's & Pals w/ EJ</div> <div>1:00p Bingo!</div> <div>2:00p Golden Strolls Walking Group</div> <div>3:00p Mimosa Monday</div> <div>6:00p Movie Night</div>				<div>THR</div> <div>THR</div> <div>THR</div> <div>AR</div> <div>LO</div> <div>LO</div> <div>2PA</div> <div>THR</div>				<div>10:00a Sit and Be Fit</div> <div>10:30a Daily Chronicle</div> <div>11:00a Sit and Spike Volleyball</div> <div>1:00p Garden Club</div> <div>2:00p Golden Strolls Walking Group</div> <div>3:00p Midday Meditation & Tea</div> <div>6:00p Movie Night</div>				<div>THR</div> <div>THR</div> <div>THR</div> <div>PAT</div> <div>LO</div> <div>THR</div> <div>THR</div>												<div>10:00a Sit and Be Fit</div> <div>10:30a Daily Chronicle</div> <div>11:00a Family Feud</div> <div>1:00p Bingo!</div> <div>3:00p Cheesecake Happy Hour</div> <div>6:00p Movie Night</div>				<div>THR</div> <div>THR</div> <div>THR</div> <div>AR</div> <div>B</div> <div>THR</div> <div>LO</div> <div>THR</div>																							