

CONTACTS

Executive Director
Joe D'Angelo

Community Relations Director
Rachel Otero

Life Enrichment Director
Kat Walker

Business Office Manager
Lynn Germain

Maintenance Director
Stephanie Gubert

Housekeeping Supervisor - Sue Thomas
Culinary Director - Wes Barnard

Medical Driver
John Ingison
734-558-0493

Golden Shears Salon
Bernetta
734-626-9315

Medical Team & After Hours Emergency
On Staff Nurse: Earleen Slater
734-479-4319

National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

**American House
Riverview**
20300 Fort St
Riverview | MI | 48193
734.307.0688
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.

RIVERVIEW

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.

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JULY 2025 EVENTS!

- 7/1 Crosswinds Marsh Talk
- 7/8 Mobile Eye Dr
- 7/8 Resident Town Hall
- 7/16 Diamond Jack Boat Tour
- 7/23 Concert in the Park
- 7/24 Detroit History Museum
- 7/29 Family Night

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><div></div><div>July 2025</div></div>																		BIRTHDAYS																										
																		Pollyanna 7/3 Janet E 7/3 Janet B 7/4 Marjorie M 7/8 Leo F 7/18 Jean G 7/21						Geraldine D 7/22 Stan H 7/25 Helen N 7/26 Christina D 7/28 Frances T 7/31																				
LOCATION KEY						01			02			03			04			FOURTH OF JULY			05																							
<div><div>3FN</div><div>3rd Floor North</div><div>DR</div><div>Dining Room</div><div>OUT</div><div>Outing</div></div> <div><div>3FS</div><div>3rd Floor South</div><div>FPA</div><div>Front Patio</div><div>PAT</div><div>Patio</div></div> <div><div>AO</div><div>Activities Office</div><div>LIB</div><div>Library</div><div>THR</div><div>Theater</div></div> <div><div>BP</div><div>Back Patio</div><div>LO</div><div>Lobby</div></div> <div><div>CHP</div><div>Chapel</div><div>MOB</div><div>Mobile</div></div> <div><div>CMR</div><div>Community Room</div><div>O</div><div>Outside</div></div>						10:00a Motor City Casino 10:00a Communion & Rosary 2:00p Crosswinds Marsh Chat 6:30p Sit n Knit Group			OUT CHP DR CMR			10:00a Library Visit 10:30a Move & Stretch with TMT 12:00p Senior Center BBQ 2:30p Bingo 3:30p Cardio Boxing 6:00p Euchre Meetup			OUT CHP OUT DR THR CMR			9:15a Resident Corner Store 10:30a Spintopia! 12:30p July Jeopardy! 2:00p Balloon Volleyball 3:45p Popsicles on the Patio			CMR THR THR DR FPA			10:30a Morning Stretch Video 1:30p Movie: Top Gun-Maverick 2:00p Cookie Social 2:30p Music by Billy Dixon 3:30p Bean Bag Toss 7:00p Bingo Bash			THR THR LO DR CMR DR			10:30a Seated Tai Chi/Yoga Video 11:00a Weekend Word Puzzles 1:00p Jigsaw Puzzles 2:30p Bingo 3:30p Netflix: \"Man on the Inside\"			THR LO 3FS DR											
06						07			08			09			10			11			12																							
10:00a Morning Walking Group 11:00a Weekly Bulletin Pickup 1:30p Scrabble Meetup 2:00p Rummikub Meet Up 3:00p Church Service with Pastor Jeff CHP						LO LO CMR 3FS			9:30a Meijer 2:30p Movin' & Groovin' Exercise w/ Jolynn 2:30p Bingo! 3:30p Music Trivia 6:30p Bible Study w/ Inter-city Baptist CHP			OUT FPA DR CMR THR			9:30a Mobile Eye Clinic 10:00a Communion & Rosary 2:30p Resident Town Hall 3:30p LCR Dice Game 6:30p Sit n Knit Group			CMR CHP DR CMR CMR			10:00a Dollar Tree 10:30a Move & Stretch with TMT 2:30p Bingo 3:30p Tote Bag Craft 5:30p Cornhole			OUT CHP DR CMR FPA			10:30a Spintopia! 11:00a Lunch at Pete's Place 2:00p Cooking Demo 2:30p Activity Planning Meeting 3:00p Bunco 5:00p Cornhole & Coladas			THR OUT DR DR CMR FPA			9:15a Resident Corner Store 10:30a Morning Stretch 1:30p Happy 1/2 Hour 2:00p Music by Random Acts 3:30p Bus Pass Class 7:00p Bingo Bash			CMR CHP LO DR THR DR			10:30a Seated Tai Chi/Yoga Video 11:00a Weekend Word Puzzles 1:00p Jigsaw Puzzles 2:30p Bingo 3:30p Netflix: \"Man on the Inside\"			THR LO 3FS DR		
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10:00a Morning Walking Group 11:00a Weekly Bulletin Pickup 1:30p Scrabble Meetup 2:00p Rummikub 3:00p Church Service with Pastor Jeff CHP						LO LO CMR CMR			9:30a Meijer 2:00p Lemonade on the Porch 2:30p Bingo! 3:30p Chair Exercises w/ Kat 6:30p Bible Study w/ Inter-city Baptist CHP			OUT FPA DR CMR			10:00a Communion & Rosary 12:30p Lawn Darts 2:00p DIY Stained Glass Art 3:30p Wii Bowling 6:30p Sit n Knit Group			CHP BP CMR THR CMR			10:30a Move & Stretch with TMT 11:00a Diamond Jack Riverboat 2:30p Bingo 3:30p Cornhole 6:00p Music by Paul K			CHP OUT DR FPA LO			10:00a Trentwood Market 10:30a Spintopia! 12:00p Picnic at the Park 1:30p Culinary Connection 3:00p Craft w/ Rylee 5:00p Snowcone Social			OUT THR OUT DR CMR BP			9:15a Resident Corner Store 10:30a Morning Stretch 1:30p Movin & Groovin w/ JoLynn 2:30p Music by Steve Kovich 3:30p Axe Throwing 7:00p Bingo Bash			CMR CHP CMR DR LO DR			10:30a Seated Tai Chi/Yoga Video 11:00a Weekend Word Puzzles 1:00p Jigsaw Puzzles 2:30p Bingo 3:30p Netflix: \"Man on the Inside\"			THR LO 3FS DR		
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10:00a Morning Walking Group 11:00a Weekly Bulletin Pickup 1:30p Scrabble Meetup 3:00p Church Service with Pastor Jeff CHP						LO LO CMR			9:30a Meijer 1:00p Wellness Chat with TMT 2:00p Book Club 2:30p Bingo! 6:30p Bible Study w/ Inter-city Baptist CHP			OUT LO LIB DR			10:00a Communion & Rosary 12:00p New Resident Orientation 2:00p Documentary: The French Quarter 2:30p Taste of France: Beignets! 6:30p Sit n Knit Group			CHP THR THR LO CMR			10:30a Move & Stretch with TMT 1:30p Wii Bowling 2:30p Bingo 3:30p Sensory Slime Craft 5:30p Concert in the Park			CHP THR DR CMR OUT			10:30a Spintopia! 10:45a Detroit History Museum Tour 2:00p Detroit's Music History 3:00p Euchre Meet Up 3:30p Detroit Trivia			THR THR CMR THR			9:15a Resident Corner Store 10:30a Morning Stretch 2:00p Birthday Happy 1/2 Hour 2:30p Music by Motor City Sensations 3:30p Lawn Darts 7:00p Bingo Bash			CMR CHP LO DR FPA DR			10:30a Seated Tai Chi/Yoga Video 11:00a Weekend Word Puzzles 1:00p Jigsaw Puzzles 2:30p Bingo 3:30p Netflix: \"Man on the Inside\"			THR LO 3FS DR		
27						28			29			30			31			<div><div></div><div>happy independence day</div><div>4TH OF JULY</div></div>																										
10:00a Morning Walking Group 11:00a Weekly Bulletin Pickup 1:30p Scrabble Meetup 2:00p Rummikub 3:00p Church Service with Pastor Jeff CHP						LO LO CMR 3FS			9:30a Meijer 2:00p Music w/ Sara from TMT 2:30p Bingo! 3:30p Chair Exercises w/ Kat 6:30p Bible Study w/ Inter-city Baptist CHP			OUT LO DR CHP			10:00a Communion & Rosary 2:00p Euchre Meet Up 5:00p Stars & Stripes Happy Hour 6:00p Music by The ABC Sisters 6:30p Sit n Knit Group												CHP CMR LO LO CMR			10:00a Library Visit 10:30a Move & Stretch with TMT 2:00p Jeopardy! 2:30p Bingo 3:30p Cardio Boxing			OUT CHP THR DR THR			10:30a Spintopia! 1:00p Pastries @ Promenade 3:00p Farkle Dice 4:30p Trivia on the Porch 5:30p Bunco			THR OUT CMR FPA CMR					