

CONTACTS

Executive Director
Darlene Vernier
someset@americanhouse.com

Community Relations Director
Kaitlyn Collins
somesetsales@americanhouse.com

Life Enrichment Director
Gina Rappuhn
somesetlifeenrichment@americanhouse.com

Culinary Director
Libourne Stewart
somesetculinary@americanhouse.com

Maintenance Director
Kim Bradshaw
somesetmaintenance@amerianhouse.com

Business Office Manager
Isabella Pflum
somesetbom@americanhouse.com

Memory Care Director
Neila Kantarevic
somesetmemcare@americanhouse.com

Wellness Director
Shelby Sims
somesetwellness@americanhouse.com

National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

**American House
Somerset**
3400 Livernois Rd
Troy | MI | 48083
947.217.7411
AmericanHouse.com



1964: THE NEW YORK WORLD’S FAIR

On April 22, 1964, President Lyndon B. Johnson opened the New York World’s Fair in Flushing Meadows Corona Park in Queens with the theme of the event: “Peace Through Understanding.” The president said this idea was in the hands of the people of the world and would be the focus of the event until the World’s Fair’s last day, on October 22, 1965.



Spanning over 650 acres, the World Fair featured more than 140 pavilions, 110 restaurants and 45 exhibits from corporations around the world to display their goals and accomplishments. More than 51 million visitors attended the event and it was considered a pinnacle of mid-20th century American culture and technology.

The World’s Fair showcased products that would advance the transportation and consumer electronic markets in a way that would never be repeated at future World’s Fairs. Corporate America was well-represented, with one of the more memorable exhibits being General Motors’ “Futurama,” presenting colorful and imaginative views of future society.

Quote of the Month

“LAUGHTER IS AN INSTANT VACATION.”

~ MILTON BERLE

250 YEARS STRONG

The U.S. Army will celebrate its 250th birthday on June 14, commemorating the Armed Forces’ distinguished service to our nation. The central theme for this year’s celebration is “This We’ll Defend,” a battle cry first used by the Continental Army. It’s meant to remind Americans that our Army’s purpose is clear: to fight and win our nation’s wars.

The Army remains committed to honing warfighting skills, enforcing discipline and living the values defined by the culture. The 250th birthday will be celebrated with a series of commemorations, including leadership engagements, community outreach events and other events showcasing Army units, history, lineage and esprit de corps.

Established June 14, 1775, the Army is a year older than the United States itself. Since its establishment, soldiers, families and civilians have supported our country, bearing faith and allegiance to the country, the Constitution, their units and fellow team members as they defend the nation and help in times of need.



FOLLOW US ON FACEBOOK

LIVINGWELL

INSPIRING A HAPPIER, HEALTHIER YOU.

SOMERSET ASSISTED LIVING

JUNE 2025

A BLESSING TO THE COMMUNITY

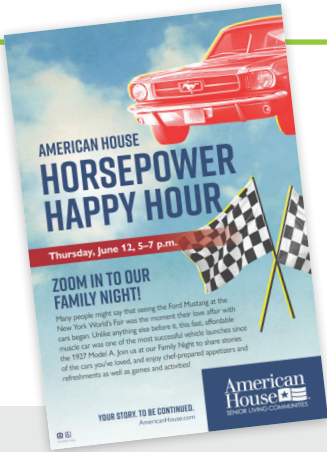
Life Enrichment Director Daisy Godbee, who has been at American House Fort Myers since before the building opened, often brags about the very first resident to move in over seven years ago. His name is Art and he likes to say he’s from a “small town called Brooklyn, New York.”



“One day I needed help,” Daisy said. “I asked Art if he’d lead an exercise class and he didn’t hesitate. It started with one class a week, but it was so popular it quickly became three classes per week. Then one day Art asked if he could help the residents in memory care. It really touched my heart. Art now conducts five classes a week for our residents with 12 to 20 residents per class. It’s not surprising he’s our Resident Ambassador.”

Art earned degrees in physical therapy from both State University of New York at Cortland and Columbia University. He loved his 50-year career as a physical therapist in both New York and Florida. He believes the key to his classes is working all the major muscles in the body, but perhaps more importantly, to have fun. He’s been living at American House for seven years and loves it. But maybe not as much as the residents love having him. Daisy said Art is “truly a godsend to the community.”

If you’re interested in being a part of the Resident Ambassador Society, please reach out to your Life Enrichment Director.



JUNE 2025 EVENTS

- Family Night is Thursday
- June 12th from 3-5:00
- If you have or know anyone
- with a classic car, please
- bring it to Family Night.
- Parrots will be visiting us!
- New Entertainers this month!
- An Ice Cream Truck will
- stop by.

CELEBRATING FRONTLINE HEROES

CNA Week takes place from June 12 to 18 and is a time to celebrate the contributions of Certified Nursing Assistants (CNAs) in health care. They began working under the Red Cross program during World War II and have served alongside U.S. Army nurses to care for wounded soldiers—and their important work continues to this day. The theme for 2025 is “We Are the Champions” to highlight CNAs as the frontline heroes of patient care. They play a vital role in health care, providing personal care, emotional support and clinical assistance to patients. Bravo!



SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY					
<div>June 2025</div>																							
01			02			03			04			05			06			07					
10:30a	Sunday Stretches	AR	10:30a	Weighted Workout	AR	10:30a	Get Fit with Legacy	AR	10:30a	Weighted Workout	AR	10:30a	Chair Yoga	AR	10:30a	Chair Zumba Exercise	AR	10:30a	Saturday Stretches	AR			
11:00a	Virtual Church Service	AR	11:30a	Words in a Word Game	B	11:00a	Word Category Game	B	11:00a	Catholic Communion	THR	11:30a	Play some Corn Hole Outside		11:00a	Come have some Coffee and Donuts with Gina	B	11:00a	Bible Study With Gene Anderson	THR			
1:00p	Join Friends and Work on a Puzzle Upstairs	2FG	1:00p	Watch a Netflix T.V. Series :Grace and Frankie	THR	1:00p	Get a Book, Return a Book or just Chit Chat with The Mobile Library	B	1:00p	Outing: Whole Foods Market	OUT	1:30p	Jewelry Making	AR	1:00p	Black Jack with Darlene	B	1:30p	Quarter Bingo	AR			
2:00p	Watch The Tiger's vs. KC	B	2:00p	Prize Bingo	AR	2:00p	Chit Chat with Gina about June's Calendar	B	2:30p	Chat with Chef Earl about the Menu	AR	2:30p	Chair Bingo Exercise with Carian	AR	2:00p	Read a Book amongst Friends	B	3:00p	Saturday Afternoon at The Movies & Popcorn: Awakenings	THR			
3:30p	Sunday Afternoon Movie: The Age of Innocence.	THR	3:00p	Margarita Monday! Entertainment with Billy Keys, Singer	B	3:00p	Art and Crafts	AR	3:00p	Wine Down Wednesday and Entertainment with Gary Pillow, Singer	B	3:30p	Get your Beat on with Cardio Drumming	B	3:00p	Happy Hour	B	3:30p	Choir with Audra	AR			
08			09			10			11			12			13			14					
10:30a	Sunday Stretches	AR	10:30a	Weighted Workout	AR	10:30a	Get Fit with Legacy	AR	10:30a	Weighted Workout	AR	10:30a	Chair Yoga	AR	10:30a	Chair Zumba Exercise	AR	10:30a	Saturday Stretches	AR			
11:00a	Virtual Church Service	AR	11:30a	Words in a Word Game	B	11:00a	Word Category Game	B	11:00a	Catholic Communion & Rosary		11:30a	Putting on the Green	BCY	11:30a	Walking Club	B	11:00a	Bible Study With Gene Anderson	THR			
1:00p	Join Friends and Work on a Puzzle Upstairs	2FG	1:00p	Prize Bingo	AR	1:00p	Walking Club	B	1:00p	Outing: Casino	OUT	1:00p	Grab a Book and Read amongst Friends	B	1:30p	Grab a Book and Read amongst Friends	B	1:30p	Quarter Bingo	AR			
1:30p	Watch The Tigers vs. CHC	B	2:00p	Individual baking of Banana Bread.	AR	2:00p	Arts and Crafts	AR	12:30p	Cooking Demo with Chef Earl	B	2:00p	Stretch and Flex with Carian	AR	3:00p	Happy Hour.		3:00p	Saturday Afternoon at The Movies & Popcorn: Field of Dreams	THR			
3:30p	Sunday Afternoon Movie: Smoky and The Bandit	THR	3:00p	Margarita Monday! Entertainment with The Old Crows, Singers	B	3:00p	Celebrate National Ice Tea Day!	BCY	3:00p	Wine Down Wednesday	B	3:00p	Family Night! Horsepower and Motown music with Cheryl Johnson	B	3:00p	Entertainment with Chris Lorge, The Magician!	B	3:30p	Choir with Audra	AR			
15			16			17			18			19			20			21					
FATHER'S DAY												JUNETEENTH			THE LONGEST DAY								
10:30a	Sunday Stretches	AR	10:30a	Weighted Workout	AR	10:30a	Get Fit with Legacy	AR	10:30a	Weighted Workout	AR	10:30a	Chair Yoga	AR	10:30a	Chair Zumba Exercise	AR	10:30a	Saturday Stretches	AR			
11:00a	Virtual Church Service	AR	11:30a	Words in a Word Game	B	11:30a	Word Category Game	B	11:00a	Catholic Communion	THR	11:30a	Play some Corn Hole	BCY	11:30a	Walking Club	B	11:00a	Bible Study With Gene Anderson	THR			
1:00p	Join Friends and Work on a Puzzle Upstairs	2FG	1:00p	Peaceful Connections Massages		1:00p	Walking Club	B	1:00p	Outing: Target	OUT	1:00p	Legacy Talk	B	1:30p	Painting with a Twist is Coming to Us! Paint a picture with an instructor.		1:30p	Quarter Bingo	AR			
1:00p	Watch The Tigers vs. CIN	B	2:00p	Prize Bingo	AR	2:00p	We're having a visit with Beautiful Parrots	AR	3:00p	Celebrate June's Birthdays!	B	2:30p	Chair Zumba with Carian	AR	2:30p	Water Balloon Toss	BCY	3:00p	Saturday Afternoon at The Movies & Popcorn: Wicked	THR			
3:30p	Sunday Afternoon Movie: Martha	THR	3:00p	Margarita Monday! Entertainment with Kenneth Rowls, Pianist, Guitarist & Drums	B	3:30p	Arts and Crafts	AR	3:00p	Wine Down Wednesday. Entertainment with Jacob, Singer and Guitarist	B	3:30p	The Longest Day Celebration!	B	3:00p	Happy Hour	B	3:30p	Choir with Audra	AR			
22			23			24			25			26			27			28					
10:30a	Sunday Stretches	AR	10:30a	Weighted Workout	AR	10:30a	Get Fit with Legacy	AR	10:30a	Chair Exercise with Sandy	AR	10:30a	Chair Yoga	AR	10:30a	Chair Zumba Exercise	AR	10:30a	Saturday Stretches	AR			
11:00a	Virtual Church Service	AR	11:30a	Words in a Word Game	B	11:30a	Word Category Game	B	11:00a	Catholic Communion & Rosary		11:30a	Putting on the Green!	BCY	11:00a	Come Celebrate National Pineapple Day!	B	11:00a	Bible Study With Gene Anderson	THR			
12:00p	Watch The Tigers vs. TB	B	1:00p	Netflix Series: Grace and Frankie	THR	1:00p	Walking Club	B	1:00p	Outing: Aquarium	OUT	1:30p	Have your Voice heard with The Resident Town Hall. Darlene, Gina, Kim and Chef will be there.	AR	1:00p	Grab a Book and Read amongst Friends!	B	1:30p	Quarter Bingo	AR			
1:00p	Join Friends and Work on a Puzzle Upstairs	2FG	2:00p	Prize Bingo	AR	2:00p	Arts and Crafts	AR	12:30p	Wine Down Wednesday	B	2:30p	Flex and Stretch with Carian.		2:00p	Penny Auction!	B	3:00p	Saturday Afternoon at The Movies & Popcorn: Forest Gump	THR			
3:30p	Sunday Afternoon Movie: Documentary of Dolly Parton	THR	3:00p	Margarita Monday! Entertainment with Lucas, Accordionist	B	3:00p	Pizza Party!	B	3:00p	Meet our New Residents	B	3:30p	Come get Ice Cream from the Ice Cream Truck!	B	3:00p	Happy Hour! Entertainment with Michael Palambo, Singer	B	3:30p	Choir with Audra	AR			
29			30			BIRTHDAYS												LOCATION KEY					
10:30a	Sunday Stretches	AR	10:30a	Weighted Workout	AR	Happy Birthday to the following: Philip C. 06/06 Larissa K. 06/06 Eleanor K. 06/06 Robert S. 06/09 Robert Z. 06/14						Kathleen R. 06/24 Vivian B. 06/28 Louise I. 06/29						AA Activity Area AR Activity Room B Bistro CY Courtyard DR Dining Room FIT Fitness Center LR Living Room OUT Outing PAT Patio PLR Parlor RR Reflection Room S Salon THR Theatre					
11:00a	Virtual Church Service	AR	11:30a	Words in a Word Game	B																		
1:00p	Join Friends and Work on a Puzzle Upstairs	2FG	1:00p	Netflix Series: Grace and Frankie	THR																		
1:30p	Watch The Tigers vs. MIN	B	2:00p	Prize Bingo	AR																		
3:30p	Sunday Afternoon Movie: Documentary of How The Beatles Changed The World	THR	3:00p	Margarita Monday! Entertainment with Tom Carroll, Singer	B																		

All activities subject to change.