Welcome to American House Southfield
Welcome to American House. Our community is dedicated to making sure you feel at home. We have had several residents move in this month, and we would like to extend a warm welcome to those who are new to our community. As sad as we are to see the summer season over, fall is here and so are the beautiful colors of autumn.

September Highlights
We would like to wish all the grandparents in our community a Happy Grandparents Day, which is the first Sunday after Labor Day. Grandparents make a real difference in the lives of their grandchildren. Please join us in the courtyard on Sunday, Sept. 9th, from 12-2, for a fun-filled afternoon. This carnival-themed outdoor celebration will include fun activities, live entertainment and lunch. Guests are welcome, so be sure to invite your children, grandchildren and great-grandchildren to join in on all of the fun. On Patriot Day, Sept. 11, remember all those who lost their lives as a result of the terrorist attacks against the United States in 2001.
Welcome New Residents

Please Join Us in Giving a Warm American House Southfield Welcome to Our New Friends:
Join us for our monthly Social Hours to meet your new neighbors with live entertainment **Friday, September 7th, and 21st.**
Charlene B., Melvin B., Darlene C., Bernice H.

With Sympathy

It Is With Heavy Hearts That We Convey Our Greatest Sympathies and Prayers to the Family Of: **Willie T.**

Find us on Facebook

**Did You Know American House Southfield is on Facebook?**
We love to share what’s happening at American House! Stay “in the know” by liking and following our Facebook page.
Follow these 4 easy steps and soon, you’ll see posts and pictures from American House Southfield in your Facebook News Feed.
Step 1: Go to www.americanhouse.com.
Step 2: Find American House Southfield by searching under “Our Communities” at the top center of the page.
Step 3: Once on our website, click on the Facebook icon located in the center of the page to the right of our contact information.
Step 4: Click the “Like” and “Follow” buttons located underneath our community’s cover photo.
It’s that simple! We look forward to sharing our community news with you.

**Big Birthday for ‘Little Women’**
Since it was first published 150 years ago, “Little Women” has become a beloved novel for generations of readers. Louisa May Alcott’s story of the four March sisters—Meg, Jo, Beth and Amy—who come of age during the American Civil War is the author’s most popular work and has been translated into 50 languages.

**Did You Know?**
To leave Earth’s gravitational pull behind, an object must travel 7 miles per second, which is our planet’s escape velocity.

**Director’s Corner**

Thank you to those who volunteered their time and resources to assist in preparing donations for the homeless at South Oakland Shelter. Your kindness will help a family who needed basic household items. As the blazing heat of summer begins to transform into the cool breeze of autumn, American House Southfield continues to blaze with the spirit of community. As our community smolders with the spirit of unity, we must remember that the beginning of fall is often still warm in Michigan; we must remember to remain hydrated to stay cool. This is especially true on Grandparents Day, when we celebrate our children, grandchildren, and great-grandchildren. Even as we honor our families and each other, the heat of the sun pales in comparison to the inferno within our hearts, but we must take care to avoid letting the heat of the sun overwhelm us!

**Belinda Smith**
Senior Executive Director
American House Amenities

- Luxurious, affordable apartments that are maintenance-free.
- Access to meals, housekeeping, laundry and personal-care services.
- Social, cultural, recreational and fitness activities organized by our Lifestyles Director, with complimentary scheduled personal transportation. On-site physical therapy clinic, fitness room, computer room with Internet access and general store.
- Lighted parking and controlled entrances.
- On-site beauty salon/barbershop.
- Month-to-month rental packages.
- Contact our office any day between 9 a.m. and 5 p.m. at (248) 353-5835, or visit us at 27577 Lahser Rd., Southfield, MI.

Healthy Living

After 5 p.m. - Emergency Phone
(Medical Team)
(248) 208-0096

After 8 p.m. please contact
Clarence at
(248) 353-5835

In-Home Doctor Visits
Dr. Cohen, MD
Call for appointment,
(313) 972-9001

In-Home Podiatry Visits
Dr. Sheryl Bentzley, DPM
Office at
(248) 979-3438

Free Blood Pressure Checks
Tuesdays at 2:30 p.m. (VM)
(subject to change)

On-Site Physical Therapy Clinic
By the Medical Team
For appointment call
(734) 779-9700.

Visiting Dentist Dr. Mansour
Monthly Dental Services (VM)
Please RSVP at (586)-873-5567 by the 8th of the month

Fitness Options

We offer several different fitness classes such as Morning Stretch, Tai Chi, Stretch Stride and Strive, Walking Club, and Strength & Balance, and Yoga.

Fitness Room
Always open. Equipped with treadmills, weight machines, etc.

Weight Room
All residents interested in building strength, toning up or trimming down are encouraged to visit our weight room.
Did you know that you don’t have to be a great singer to join? You just have to enjoy singing. If you are interested in joining the choir, please sign up in the Activity Book located in the Main Lobby of Building 1. The choir is the voice of American House.

**Volunteer Corner**

**Whom We Cannot Thank Enough**
- Ron S.
- Maurice H.
- Joyce S.
- Linda J.

**Remembering the Marshal**
The TV Western “Gunsmoke,” starring James Arness as Marshal Matt Dillon, premiered on Sept. 10, 1955. Based in late-1800s Dodge City, Kan., the show also featured characters Doc Adams, Miss Kitty and Festus. Popular with audiences, the series ran for 20 seasons.

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**On the Menu: Cold-Brew Coffee**
One of the world’s favorite beverages, coffee boasts numerous health perks because of its antioxidants and essential nutrients. Now the cold-brew method of making it is gaining ground in restaurants and home kitchens. Cold-brew coffee involves steeping coffee grounds in room-temperature or cold water for 12 to 24 hours, resulting in a smooth blend that’s around 60 percent less acidic than regular brewed coffee. Many find that the lower acid content is gentler on sensitive stomachs and that the taste is less bitter, requiring less cream and sugar to soften the beverage’s signature bite. Cold-brew coffee can be served hot as well as over ice.

**‘Keen’ Is One**
How many words can you come up with using the letters in “knowledge”?

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**Free Personal Errand Transportation Service W/ Renee**
- Free transportation is available by appointment only on Thursdays 9 a.m.- 4 p.m. and on Fridays 12:30 p.m. - 4 p.m. Call (248) 880-9130. Calling at least three days in advance is advised.
- American House provides free transportation to any destination within a 10-mile radius of our property. The bus driver will call you back to confirm all requests for transportation.
- Unconfirmed requests may not be honored. Medical and business appointments will be scheduled first.
- No doctors’ appointments after 2 p.m.
- Please utilize scheduled shopping trips whenever possible.
- You may share a ride to the same destination with other residents. Riders will be given the van driver’s phone number to call when ready to return.
- Van has a wheelchair lift.
Happy Birthday

Join Us in Celebrating This Month’s Birthdays!

Thelma P. .................................................. 9/03
Mary H. ..................................................... 9/06
Marion M. ................................................... 9/06
Helen T. ...................................................... 9/08
Thessia D. ................................................... 9/10
Donald H. .................................................... 9/10
Murray F. ..................................................... 9/10
Corbin E. ..................................................... 9/11
Marilyn W. ................................................... 9/11
Leaman W. ................................................... 9/13
Laurine R. .................................................... 9/17
Dolores M. ................................................... 9/18
Joyce S-T .................................................... 9/20
Rita A. ........................................................ 9/22
Linda J. ....................................................... 9/22
Margaret J. ................................................... 9/23
Patricia F. .................................................... 9/29

September Was Filled of Lots of Great, Fun-Filled Times.

Family Fun

Interesting Apple Facts: By Brian K. Rosso

I hope you find the following apple information interesting and informative.

• Apples are a source of antioxidants, which can fight cancer. A researcher believes that eating apples on a regular basis may limit the development of Alzheimer’s and Parkinson’s.

• The State of Michigan grows over 20 different kinds of apples. Last year Michigan farmers sold over 25 million bushels of apples (Michigan’s largest fruit crop).

• Here are a few:

- Paula Red
- McIntosh
- Jonathon

Sunday, September 9, 2018 12 — 2 PM Outdoor Event Lunch Served

Grandparents — this occasion is planned especially for you! Grab the grandkids and join us on Grandparents Day for our annual outdoor event! Enjoy a carnival-themed cookout with your favorite All-American fare; plus, we’ll have carnival games for the young and the young at heart! Mark your calendars and don’t miss this epic outdoor event. We can’t wait to celebrate with you and your loved ones! This event is FREE and open to the public. Guests must RSVP by Friday, September 7, 2018, by calling or stopping by the front office to let us know you’ll be joining us.
GRANDS
are great!

NATIONAL
GRANDPARENTS
DAY {SUNDAY AFTER LABOR DAY}

A MOMENT IN OUR LIVES, FOREVER IN OUR HEARTS.

Sept. 11

Patriot Day

National Day of Service and Remembrance