

CONTACTS

**Executive Director**  
Rachel Cherry  
lebanon@americanhouse.com

**Life Enrichment Director**  
Amber Wallace  
lebanonlifeenrichment@americanhouse.com

**Director of Nursing**  
Sarah Pendergrass  
lebanonwellness@americanhouse.com

**Community Relations Director**  
Lindsay Summers  
lebanonsales@americanhouse.com

**Culinary Director**  
Miles Holt  
lebanonculinary@americanhouse.com

**Maintenance Director**  
Tristan Thomason  
lebanonmaintenance@continuumservices.com

**Memory Care Director**  
Jordan Claridy  
lebanonmemcare@americanhouse.com

National Suicide Hotline  
988

Alzheimers Association  
1-800-272-3900



**American House  
Lebanon**  
801 W Main St  
Lebanon | TN | 37087  
615.257.0021  
**AmericanHouse.com**



THE 1915 SAN FRANCISCO WORLD’S FAIR

The Panama-Pacific International Exposition, as the 1915 World’s Fair was known, covered over 600 acres and stretched along two-and-a-half miles of waterfront property. It highlighted San Francisco’s grandeur and celebrated a great American achievement: the successful completion of the Panama Canal. Nine years earlier, San Francisco experienced a terrible earthquake and one of America’s worst national disasters. The city overcame great challenges to rebuild and by the time the Exposition opened in 1915, the city was ready to welcome the world.

Between February and December 1915, over 18 million people visited the Panama-Pacific International Exposition World’s Fair. It promoted technological advancements and was the first World’s Fair to demonstrate a transcontinental telephone call, to promote wireless telegraphy and to endorse the use of the automobile.

Over 100 years later, the Exposition’s legacy is still evident in San Francisco. A few of the city’s buildings were either rebuilt or designed in the style of the Exposition, like the Marina District’s Palace of Fine Arts. The fair’s location and design also required significant landscape changes, including the filling-in of acres of waterfront marshland. Today, the Marina Green and Crissy Field, two of the city’s most popular recreational open spaces, are products of these landscape changes.



Quote of the Month

“ HE WHO LAUGHS LAST DIDN’T GET THE JOKE. ”  
~ LORD BYRON

THE LONGEST DAY SUMMER FUNDRAISER

American House has been a National Team with the Alzheimer’s Association for the past three years. The purpose of the Association’s “The Longest Day” is to raise awareness and funds for Alzheimer’s care, support and research, and coincide with the summer solstice—the day with the most daylight.

This day is chosen to symbolize the endurance and resilience needed to face the challenges of Alzheimer’s, and to honor those affected and their caregivers. Our communities host anything from car to comedy shows. The results for 2025 are in, and we once again rose to the occasion.

**American House raised over \$54,000 to bring our three-year total to \$166,000.** We placed 13<sup>th</sup> out of 34 teams and took 3<sup>rd</sup> place among senior living communities. American House Troy lead the way like they have for the last three years in a row, raising \$7,135. Kathleen Sable, Senior Manager of The Longest Day, said, “American House is a leader against the darkness of Alzheimer’s. Thank you for joining our mission and creating communities that support those with all types of dementia and the people who love them.



LIVING & WELL  
INSPIRING A HAPPIER, HEALTHIER YOU.

LEBANON ASSISTED LIVING

OCTOBER 2025

PHYLLIS OF ST. PETE’S:  
BEAUTIFUL INSIDE AND OUT

Phyllis looked at 10 different senior living communities before deciding American House St. Petersburg was the only place she wanted to be. “I’m so glad I’m here,” said the happy, healthy 85-year-old. “I’m just bubbly on the inside. I’m going to live here the rest of my life. Life is wonderful at American House.”



Phyllis was born in 1940 and grew up in St. Petersburg. She loves her hometown so much that when she was 18 she approached the Chamber of Commerce to see how she could help promote the city. Phyllis soon joined the St. Petersburg Charm School for Girls and went on to compete in beauty pageants as Miss Georgia. Her mother was a homemaker and her father worked for Borden Dairy as a refrigeration mechanic. Phyllis’ parents lived in the same house for 54 years.

She married Don, her high school sweetheart, in 1955. Phyllis worked for First Federal Savings for 27 years, and Don, after serving in the military in Washington, D.C., went on to a long career with GTE. Everything in Phyllis’ life worked out better than she could have possibly expected. “I’ve had a wonderful life,” she said, “and I still do at American House.”



OCTOBER 2025 EVENTS!

- Polish-American Cooking Demo
- Crafting:Glowstick Centerpiece
- Miss Dorothys 100th B-Day Bash
- "Neon Glow Party" Family Night
- Tomato Cage Ghosts
- Taste of San Francisco Social
- Pumpkin Decorating
- Boss's Day with Rachel
- Tower of Jewels Mosaic Art
- AH Boo-tacular Extravaganza

 FOLLOW US ON FACEBOOK

BREAST CANCER AWARENESS

Breast Cancer Awareness Month is an international health campaign that’s held every October. The campaign aims to promote screening and reduce the risk of the disease, which affects 2.3 million women worldwide. Known best for its pink theme color, the month features a number of campaigns and programs designed to support those diagnosed with breast cancer, educate people about breast cancer risk factors, raise money for research and encourage women to go for regular breast cancer screening, starting at the age of 40.





SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY											
										LOCATION KEY													
										CA Common Area		GL Gallery											
										CY Courtyard		LO Lobby											
DR Dining Room																							
BIRTHDAYS						01		02 YOM KIPPUR		03		04											
RESIDENTS: Barbara L 10/2 Joan D 10/6 Dorothy S 10/7 Frank O 10/24		STAFF: Jacquelynn R 10/1 Sarah P 10/15 Danielle J 10/21				10:00a Chair Aerobics 11:00a Lunch Outing-CiCi's Pizza 2:00p Bingo Mania 4:00p Walk With Me 5:00p Wine Down Wednesday		DR LO GL LO DR		10:00a Seated Stretching 10:30a Coffee Talk with Amber 2:00p Bingo Mania 3:00p Polish-American Heritage Cooking Demo 4:00p Walk With Me		DR DR GL LO		10:00a Chair Aerobics 10:30a Pawtastic Visit with Shaylie! 2:00p Bingo Mania Happy Hour 3:00p Shopping at The American House General Store 4:00p Walk With Me		DR LO GL LO		9:30a Morning Devotionals 10:30a Snack with Staff 2:00p Book Corner 3:30p Board Game of Choice 6:00p Movie of Choice					
05		06		07		08		09		10		11											
10:30a Snack with Staff 2:30p Commerce Church of Christ Ministries 3:30p Personal Time with Your Favorite Book 4:00p Tabletop Game of Choice 6:00p Favorite Card Game of Choice		10:00a Chair Aerobics 10:30a Menu Chat With Culinary 2:00p Bingo Mania 3:00p Organize With Amber 4:00p Crafting:Glowstick Centerpieces		DR DR GL GL GL		10:00a Seated Stretching 10:30a Bible Study with Janet 2:00p Bingo Mania 3:00p Miss Dorothy's 100th Birthday Bash!!! 4:00p Walk With Me		DR GL GL DR LO		10:00a Chair Aerobics 10:30a Walmart Trip 2:00p Bingo Mania 3:00p Health Screenings with Esperta Health Care 5:00p Wine Down Wednesday		DR LO GL CA DR		10:00a Seated Stretching 10:30a Coffee Talk with Amber 2:00p Bingo Mania 4:00p Walk With Me 5:00p Neon Glow Party Family Night Event		DR GL GL LO DR		10:00a Chair Aerobics 10:30a Pawtastic Visit with Shaylie! 2:00p Bingo Mania Happy Hour 3:00p Shopping at The American House General Store 4:00p Tomato Cage Ghosts!		DR LO GL GL		9:30a Morning Devotionals 10:30a Snack with Staff 2:00p Book Corner 3:30p Board Game of Choice 6:00p Movie of Choice	
12		13 INDIGENOUS PEOPLE'S DAY		14		15		16		17		18											
10:30a Snack with Staff 2:30p Commerce Church of Christ Ministries 3:30p Personal Time with Your Favorite Book 4:00p Tabletop Game of Choice 6:00p Favorite Card Game of Choice		10:00a Chair Aerobics 10:30a Trashcan Basketball with Deaconess Home Health 2:00p Bingo Mania 3:00p Resident Council Meeting 4:00p Taste of San Francisco Social		DR DR GL GL LO		10:00a Seated Stretching 10:30a Bible Study with Janet 2:00p Bingo Mania 3:00p Let's Talk Activities For November 4:00p Pumpkin Decorating!		DR GL GL GL DR		10:00a Chair Aerobics 11:00a Lunch Outing-Aubrey's 2:00p Bingo Mania 3:00p Cable Car Trivia 5:00p Wine Down Wednesday		DR LO GL LO DR		10:00a Seated Stretching 10:30a Wellness U with Aimee 2:00p Bingo Mania 3:00p New Resident Welcome-Ice Cream Social with Deaconess 4:00p Celebrating Boss's Day with Rachel		DR GL GL GL LO		10:00a Chair Aerobics 10:30a Pawtastic Visit with Shaylie! 2:00p Bingo Mania Happy Hour 3:00p Shopping at The American House General Store 4:00p Walk With Me		DR LO GL GL LO		9:30a Morning Devotionals 10:30a Snack with Staff 2:00p Book Corner 3:30p Board Game of Choice 6:00p Movie of Choice	
19		20		21 DIWALI		22		23		24		25											
10:30a Snack with Staff 2:30p Commerce Church of Christ Ministries 3:30p Personal Time with Your Favorite Book 4:00p Tabletop Game of Choice 6:00p Favorite Card Game of Choice		10:00a Chair Aerobics 2:00p Bingo Mania 3:00p Singing with Jessica Rose 3:00p Organize With Amber 4:00p Walk With Me		DR GL CA GL LO		10:00a Seated Stretching 10:30a Bible Study with Janet 2:00p Bingo Mania 3:00p Music with Billy Tarkington 4:00p Ghirardelli Chocolate Tasting		DR GL GL LO LO		10:00a Chair Aerobics 10:30a Walmart Trip 2:00p Bingo Mania 4:00p Walk With Me 5:00p Wine Down Wednesday		DR LO GL LO DR		10:00a Seated Stretching 10:30a Coffee Talk with Amber 2:00p Bingo Mania 3:00p October Birthdays Celebration! 4:00p Walk With Me		DR DR GL GL LO		10:00a Chair Aerobics 10:30a Trip To The Learning Zone Preschool 2:00p Bingo Mania Happy Hour 3:00p Asa Grace Music Therapy 4:00p Guess The Pumpkin weight!		DR LO GL CA LO		9:30a Morning Devotionals 10:30a Snack with Staff 2:00p Book Corner 3:30p Board Game of Choice 6:00p Movie of Choice	
26		27		28		29		30		31 HALLOWEEN													
10:30a Snack with Staff 2:30p Commerce Church of Christ Ministries 3:30p Personal Time with Your Favorite Book 4:00p Tabletop Game of Choice 6:00p Favorite Card Game of Choice		10:00a Chair Aerobics 10:30a Chinatown Festival Relay 2:00p Bingo Mania 3:00p Loves Way Church Social 4:00p Walk With Me		DR DR GL DR LO		10:00a Seated Stretching 10:30a Bible Study with Janet 2:00p Bingo Mania 3:00p Dance Class with Chelsea 4:00p Walk With Me		DR GL GL CA LO		10:00a Chair Aerobics 10:30a Lunch Outing-Zaxby's 2:00p Bingo Mania 4:00p Haunted House Trivia 5:00p Wine Down Wednesday				DR LO GL LO DR		10:00a Seated Stretching 10:30a Tower of Jewels Mosaic Art 2:00p Bingo Mania 3:00p Crafting:Spooky Spider Night Lights 4:00p Walk With Me		DR GL GL GL LO		10:00a Chair Aerobics 10:30a Shopping at The American House General Store 2:00p Bingo Mania Happy Hour 4:00p Walk With Me 5:30p American House Boo-tacular Extravaganza!		DR LO GL LO LO	