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National Suicide Hotline  
988

Alzheimers Association  
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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.

MOUNT PROSPECT 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!

- 10/1- Robb Pedraza Performs
- 10/2- Flu Shot Clinic
- 10/9- Family Night: Neon Party
- 10/10- Cake Decorating
- 10/15- Book Club w/ Rachel L.
- 10/16- Hummers & Strummers
- 10/18- Sweetest Day Social
- 10/22- Jane Allyson Performs
- 10/23- Historical Society
- 10/29- Birthday Happy Hour

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																																			
<div>OCTOBER 2025</div>															LOCATION KEY																																						
															2LI 2 <sup>nd</sup> Floor Library AR Activity Room B Bistro BPA Bistro Patio LO Lobby			MCC Memory Care Courtyard MCG Memory Care Garden Court yard MCK Memory Care Kitchenette MCL Memory Care Living Room			MCS Memory Care Sunroom PD Private Dining THR Theater																																
BIRTHDAYS						01			02 YOM KIPPUR			03			04																																						
Wes P.- October 3rd Mary P.- October 7th Connie S,- October 23rd						10:00a Workout w/ Paxxon 10:30a Daily Chronicle 11:00a Family Feud 1:00p <b>Communion w/ St. Raymond Church</b> 2:00p Bingo! 3:00p <b>Happy Hour w/ Robb Pedraza</b> 6:00p Movie Night			THR THR THR  THR AR  B THR			10:00a <b>Flu Vaccine Clinic</b> 11:00a Sit and Spike Volleyball 1:00p <b>Great Courses w/ Clay</b> 2:00p Bunco 3:00p Putting Green Practice 6:00p Movie Night			PD THR THR LO LO THR			10:00a Seated Yoga Video 1:00p Bingo! 2:00p Ambassador's Society Meeting 3:00p Happy Hour 6:00p Movie Night			THR AR LO B THR			10:00a Workout w/ Paxxon 10:30a Daily Chronicle 1:00p <b>Afternoon Matinee</b> 3:00p Rummikub & Games 6:00p Movie Night			THR THR THR AR THR																										
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9:30a <b>THR</b> 1:00p 1:30p 3:00p 3:00p 6:00p			Virtual Mass: Holy Name Cathedral  Sit and Be Fit w/ John Afternoon Chronicle Sunday Sips & Games Wheel of Fortune Movie Night			THR THR THR BPA LO THR			10:00a 10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 6:00p			Gentle Stretching Daily Chronicle Menu Chat w/ Chef Dennis <b>Parkinsons &amp; Pals Class</b> Bingo! Monday Music Discovery <b>Mimosa Monday</b> Movie Night			THR THR THR THR AR 2LI 2PA THR			10:00a 10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 6:00p			Workout w/ Paxxon Daily Chronicle Sit and Spike Volleyball <b>WhiskTakers: Choco-Pretzels</b> Landmarks: Grand Canyon Midday Meditation & Tea Movie Night			THR THR THR B THR THR THR			10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 6:00p			Fitness Ball Workout Daily Chronicle Sit and Spike Volleyball <b>Great Courses w/ Clay</b> <b>Family Night Event: Neon Glow Party!</b> Movie Night			THR THR THR THR AR B THR			10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 6:00p			Seated Yoga w/ Savannah Daily Chronicle Jeopardy Bingo! Ambassador's Society Meeting <b>Frost &amp; Fizz Happy Hour</b> Movie Night			THR THR THR AR LO B THR			10:00a 10:30a 1:00p 2:30p 3:00p 6:00p			Seated Yoga w/ Savannah Daily Chronicle Maker's Table: Pinecone Pumpkins  Sippin' Saturdays Rummikub & Games Movie Night			THR THR AR B AR THR		
12			13 INDIGENOUS PEOPLE'S DAY			14			15			16			17			18																																			
9:30a <b>THR</b> 1:00p 1:30p <b>THR</b> 1:30p 3:00p 3:00p 6:00p			Virtual Mass: Holy Name Cathedral  Sit and Be Fit w/ John <b>Mass w/ Father John Hoffman</b>  Afternoon Chronicle Sunday Sips & Games Wheel of Fortune Movie Night			THR THR THR THR THR BPA LO THR			10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 6:00p			Workout w/ Paxxon Menu Chat w/ Chef Dennis <b>Parkinsons &amp; Pals Class</b> Bingo! <b>Mimosa Monday</b> Movie Night			THR THR THR THR AR 2PA THR			10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 6:00p			Gentle Stretching Daily Chronicle Sit and Spike Volleyball <b>WhiskTakers: Pumpkin Mousse</b> <b>BINGO STORE</b> Midday Meditation & Tea Movie Night			THR THR THR PD AR THR B THR			10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 6:00p			Fitness Ball Workout Daily Chronicle Sit and Spike Volleyball <b>Great Courses w/ Clay</b> <b>Afternoon w/ The Hummers &amp; Strummers</b> Putting Green Practice Movie Night			THR THR THR THR THR LO LO THR			10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 6:00p			Seated Yoga w/ Savannah Daily Chronicle Jeopardy Bingo! Ambassador's Society Meeting <b>Gather &amp; Greet Happy Hour</b> Movie Night			THR THR THR AR LO B THR			10:00a 10:30a 1:00p 2:30p 3:00p 6:00p			Seated Yoga w/ Savannah Daily Chronicle Maker's Table: Pumpkin Painting  <b>Sweetest Day Sips</b> Rummikub & Games Movie Night			THR THR AR B AR THR		
19			20			21 DIWALI			22			23			24			25																																			
9:30a <b>THR</b> 1:00p 1:30p 3:00p 3:00p 6:00p			Virtual Mass: Holy Name Cathedral  Sit and Be Fit w/ John <b>Mass w/ Father John Hoffman</b>  Afternoon Chronicle Sunday Sips & Games Wheel of Fortune Movie Night			THR THR THR THR THR BPA LO THR			10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 6:00p			Workout w/ Paxxon Daily Chronicle Sit and Spike Volleyball <b>WhiskTakers: Mango Lassi</b> Landmarks: Stonehenge Midday Meditation & Tea Movie Night			THR THR THR B THR THR THR			10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 6:00p			Workout w/ Paxxon Daily Chronicle Family Feud Bingo! <b>Monthly Calendar Discussion</b> <b>Happy Hour w/ Jane Allyson</b> Movie Night			THR THR THR AR THR B THR			10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 6:00p			Fitness Ball Workout Daily Chronicle Sit and Spike Volleyball <b>Mt. Prospect Historical Society: Dressing for a New Era</b> Bunco Putting Green Practice Movie Night			THR THR THR THR THR LO LO THR			10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 6:00p			Seated Yoga w/ Savannah Daily Chronicle Jeopardy Bingo! Ambassador's Society Meeting Happy Hour Movie Night			THR THR THR AR LO B THR			10:00a 10:30a 11:00a 1:00p 2:30p 3:00p 6:00p			Seated Yoga w/ Savannah Daily Chronicle <b>Tech Savvy w/ Savannah</b> Maker's Table: Acrylic Painting Sippin' Saturdays Rummikub & Games Movie Night			THR THR LO AR B AR THR		
26			27			28			29			30			31 HALLOWEEN																																						
9:30a <b>THR</b> 1:00p 1:30p <b>THR</b> 1:30p 3:00p 3:00p 6:00p			Virtual Mass: Holy Name Cathedral  Sit and Be Fit w/ John <b>Mass w/ Father John Hoffman</b>  Afternoon Chronicle Sunday Sips & Games Wheel of Fortune Movie Night			THR THR THR THR THR BPA LO THR			10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 6:00p			Workout w/ Paxxon Menu Chat w/ Chef Dennis <b>Parkinsons &amp; Pals Class</b> Bingo! Monday Music Discovery <b>Mimosa Monday</b> Movie Night			THR THR THR AR 2LI 2PA THR						10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 6:00p			Gentle Stretching Daily Chronicle Sit and Spike Volleyball <b>WhiskTakers: Cookie Truffles</b> Landmarks: Eiffel Tower Midday Meditation & Tea Movie Night			THR THR THR B THR THR THR			10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 6:00p			<b>ID Theft Workshop w/ Lakeside Bank</b> Workout w/ Paxxon Daily Chronicle Family Feud Bingo! <b>Birthday Happy Hour w/ James Lynch</b> Movie Night			THR THR THR THR AR B THR			10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 6:00p			Fitness Ball Workout Daily Chronicle Sit and Spike Volleyball <b>Great Courses w/ Clay</b> Bunco Fixins' & Mixin's w/ Mindy Putting Green Practice Movie Night			THR THR THR THR LO B LO THR			10:00a 10:30a 11:00a 12:30p 1:00p 3:00p 6:00p			Seated Yoga w/ Savannah Daily Chronicle Halloween Jeopardy <b>Costume Contest!!</b> Bingo! <b>Boos &amp; Brews Party!</b> Spooky Movie Night		