

CONTACTS

Executive Director
Paul Z.
Oakpark@americanhouse.com

Business Office Manager
Nataly M.
oakparkbom@americanhouse.com

Community Relations Director
Mary Ann P.
mpappone@americanhouse.com

Housekeeping Director
Kenneth N.
oakparkhousekeeping@americanhouse.com

Memory Care Director
Adrian D.
oakparkmemcare@americanhouse.com

Life Enrichment Director
Yolanda A.
oakparklifeenrichment@americanhouse.com

Culinary Director
James H.
oakparkculinary@americanhouse.com

Maintenance Director
Joey T.
oakparkmaintenance@americanhouse.com

Assisted Living Director
Briana R.
oakparkwellasst@americanhouse.com

National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

American House
Oak Park
703 Madison St
Oak Park | IL | 60302
708.622.9426
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 13th out of 34 teams and took 3rd 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.

OAK PARK ASSISTED & INDEPENDENT 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!

- 10/13-Town Hall Meeting
- 10/9-Neon Glow Family Night
- 10/27-Chef Demo& Chat
- 10/23-OP Conservatory Outing
- 10/16-Art Therapy w/Colleen
- 10/30-Tea Party
- 10/24-Riverside Play Outing

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																													
OCTOBER 2025															LOCATION KEY																																
															1HM Hemingway's			7FC 7 th Floor Fitness Center																													
															2FF 2 nd Floor Flex Room			2DB Demo Bistro																													
															2FR 2 nd Floor Family Room			ILD IL Dining																													
															3AS 3 rd Floor Art Studio			LO Lobby																													
4AR 4 th Floor Activity Room			MSL Madison Street Lounge																																												
5LB 5 th Floor Library			TWP The Wright Place																																												
6CR 6 th Floor Card Room																																															
BIRTHDAYS						01			02			YOM KIPPUR			03			04																													
10/13- Jim Mc.			10/2- Anne P.			10/24- Phyllis M.			10:00a Chair Yoga			9:15a Ascension Church Visit			10:00a Resistant Band Workout			10:00a Morning Fitness																													
10/17- Mark H.			10/13- Terry H.			10/23- Doug D.			10:45a Mindful Meditation			10:00a Neuro High Impact			10:45a Free Mind Fridays			10:45a Mindful Breath Meditations																													
10/15- Coralu S.			10/12- Alan F.			10/3- Ray C.			11:00a Daily Chronicle			11:00a Neuro Low Impact			11:00a Daily News			7FC																													
10/13- Susan M.			10/12- Lorenzo J.			10/6- Martha T.			1:00p AH Actors Guild			1:30p Game: Family Feud			1:00p Poker Club			11:00a Daily Chronicles																													
10/16- Verden F.			10/31- Betty K.			10/20- Ebony W.			2:00p BIBLE Study			6:00p Movie: Penny Serenade(1941)			3:00p The Wright Place Social Hour!			1:45p Movie Club Choice																													
10/6- Curt B.			10/02- Charlene J.						3:00p Wine Down Wednesday			6:00p Chatter Matters			6:00p Movie Club Classic			6:00p Movie: I'll See You in my Dreams																													
									6:00p Women's Wednesday Movie																																						
									Choice			1HM																																			
05						06			07			08			09			10			11																										
9:00a <i>Spiritual Outing</i>			LO			10:15a Health Kick Fitness			7FC			10:00a NEURO HIGH IMPACT			7FC			9:15a Ascension Church Visit			ALD			10:00a Resistant Band Workout			7FC			10:00a Morning Fitness			7FC														
9:30a Sunday Morning Prayer			1HM			11:00a Daily Chronicles			7FC			11:00a NEURO LOW IMPACT			7FC			10:30a Mindful Meditation			7FC			10:30a Free Mind Fridays			7FC			10:45a Mindful Breath Meditations																	
10:15a Sunday Stretch			2FR			11:15a Games: Wacky Wordies			7FC			12:30p LE Meeting			2FR			11:00a Daily Chronicle			7FC			11:00a Daily News			7FC																				
11:00a Sunday Meditation			2FR			1:00p Gym Orientation			7FC			1:00p AL Resident Council			2FR			1:00p AH Actors Guild			5LB			1:45p (Reel) 1915 San Francisco			6CR			11:00a Daily Chronicles			7FC														
11:15a Daily Chronicles			2FR			1:00p Poker Club			6CR			1:30p Ukulele Practice			5LB			2:00p BIBLE Study			6CR			5:00p Expo			1HM			1:00p Poker Club			6CR														
1:00p The Magic Flute Opera			1HM			1:30p Dehydration in Seniors			7FC			2:00p Short Story Readers			3AS			3:00p Wine Down Wednesday			MSL			6:00p Neon Glow Family Night!			1HM			1:00p Movie Club Meeting			1HM														
6:00p Movie: Saving Mr. Banks			1HM			3:00p Community Social Hour			TWP			3:30p Campfire Sing-a-Long			6CR			6:00p Women's Wednesday Movie			1HM			7:30p Movie: Happy Gilmore 2			1HM			3:00p The Wright Place Social Hour!			TWP														
						6:00p Men's Monday Movie Choice			1HM			Chatter Matters			MSL			Choice			1HM						6:00p Movie: Vivacious Lady (Classic)			1HM			6:00p Movie: Prime Choice			1HM											
												Movie: The Magic of ...			1HM																																
12						13 INDIGENOUS PEOPLE'S DAY			14			15			16			17			18																										
9:00a <i>Spiritual Outing</i>			LO			10:15a Health Kick Fitness			7FC			10:00a NEURO HIGH IMPACT			7FC			10:00a Zumba Fitness			7FC			9:15a Ascension Church Visit			ALD			10:00a Resistant Band Workout			7FC			10:00a Morning Fitness			7FC								
9:30a Sunday Morning Prayer			1HM			11:00a Daily Chronicles			7FC			11:00a NEURO LOW IMPACT			7FC			10:45a Positive Messages			7FC			10:30a Mindful Meditation			7FC			10:45a Free Mind Fridays			7FC			10:45a Mindful Breath Meditations											
10:15a Sunday Stretch			2FR			11:15a Columbus Trivia			7FC			1:00p Uno Card Challenge			6CR			1:00a Daily Chronicle			7FC			11:00a Neuro Low Impact			7FC			11:00a Daily News			7FC														
11:00a Sunday Meditation			2FR			1:00p Movie: Columbus Day			1HM			2:00p Short Story Readers			3AS			1:00p AH Actors Guild			5LB			12:00p Art Therapy w/Colleen			2FR			1:00p Building Positivity w/Lisa Rae			1HM			11:00a Daily Chronicles			7FC								
11:15a Daily Chronicles			2FR			(Action)			1HM			3:30p Campfire Sing-a-Long			6CR			2:00p BIBLE Study			6CR			1:00p Men's Matters			2FF			1:00p Poker Club			6CR			1:00p Cooking w/ Ken			2DB								
1:30p Movie: West Side Story			1HM			1:30p Poker Club			6CR			6:00p Chatter Matters			MSL			3:00p Wine Down Wednesday			MSL			2:30p Art Therapy w/Colleen			2FR			1:00p Poker Club			6CR			1:45p Movie Club Choice			1HM								
6:00p Movie: The Kings Speech			1HM			3:00p Town Hall Meeting			1HM			6:00p Movie: When a Stranger calls(1971)			1HM			6:00p Women's Wednesday Movie			1HM			3:30p Resident Safety Meeting			1HM			3:00p The Wright Place Social Hour			TWP			1:45p Movie: Chris Reeves Story			1HM								
						6:30p Men's Monday Movie Choice			1HM									Choice			1HM			6:00p Movie: On Golden Pond			1HM			6:00p Movie: Black Bag			1HM														
19						20			21 DIWALI			22			23			24			25																										
9:00a <i>Spiritual Outing</i>			LO			10:15a Health Kick Fitness			7FC			10:00a NEURO HIGH IMPACT			7FC			9:15a Ascension Church Visit			ALD			10:00a Resistant Band Workout			7FC			9:30a Shopping Trip			LO														
9:30a Sunday Morning Prayer			1HM			11:00a Daily Chronicles			7FC			11:00a NEURO LOW IMPACT			7FC			10:30a Mindful Meditation			7FC			10:30a Neuro High Impact			7FC			10:45a Free Mind Fridays			7FC			10:00a Morning Fitness			7FC								
10:15a Sunday Stretch			2FR			11:15a Positive Topic			7FC			1:00p IL Resident Council			6CR			11:00a Daily Chronicle			7FC			11:00a Neuro Low Impact			7FC			11:00a Daily News			7FC			10:45a Mindful Breath Meditations											
11:00a Sunday Meditation			2FR			1:00p Poker Club			6CR			1:30p Ukulele Practice			5LB			1:00p AH Actors Guild			5LB			12:30p Oak Park Conservatory			LO			1:00p Poker Club			6CR			7FC											
11:15a Daily Chronicles			2FR			1:00p Calling all Bridge Players!			5LB			2:00p Short Story Readers			3AS			2:00p BIBLE Study			6CR			outing			1HM			1:00p 'GO TEAM' Pet Therapy			2FR			11:00a Daily Chronicles			7FC								
1:45p Bingo!			6CR			1:30p Name That Tune!			2FR			3:30p Campfire Sing-a-Long			6CR			3:00p Wine Down Wednesday			MSL			6:00p Movie: Tubi Choice			1HM			3:00p October Fest Happy Hour			TWP			1:45p Movie Club Choice			1HM								
3:30p Movie: Honeymooners Episodes			1HM			3:00p Wellness U: Mid-Day			6CR			6:00p Chatter Matters			MSL			6:00p Women's Wednesday Movie			1HM			Chatter Matters			MSL			6:00p Movie: Uncharted			1HM			6:00p Movie: Long, Hot, Summer			1HM								
6:00p Movie: UP (Animated)			1HM			6:00p Men's Monday Movie Choice			6CR			Movie: E.T. (Sci-Fi)			1HM			Choice			1HM									6:30p Riverside Play Outing			LO														
26						27			28			29			30			31 HALLOWEEN																													
9:00a <i>Spiritual Outing</i>			LO			10:15a Health Kick Fitness			7FC			10:00a NEURO HIGH IMPACT			7FC			9:15a Ascension Church Visit			ALD			10:00a Resistant Band Workout			7FC																				
9:30a Sunday Morning Prayer			1HM			11:00a Daily Chronicles			7FC			11:00a NEURO LOW IMPACT			7FC			10:30a Mindful Meditation			7FC			10:30a Neuro High Impact			7FC																				
10:15a Sunday Stretch			2FR			11:15a Open Mic Conversation			7FC			1:00p Bingo!			6CR			11:00a Daily Chronicle			7FC			11:00a Neuro Low Impact			7FC																				
11:00a Sunday Meditation			2FR			1:00p Chef Demo & Chat			2DB			1:00p Short Story Readers			3AS			1:00p AH Actors Guild			5LB			1:00p Tea Party Social			2FR						1:00p Poker Club			6CR											
11:15a Daily Chronicles			2FR			1:00p Poker Club			6CR			3:30p Campfire Sing-a-Long			6CR			2:00p BIBLE Study			6CR			3:45p Resident Ambassador Meeting			6CR						1:00p Door Judging Contest			2FR											
1:45p Return of the King(Elvis)			1HM			3:15p Wheel of Fortune			1HM			5:30p AL/IL community Group			5LB			3:00p Wine Down Wednesday			MSL			6:00p Movie: Residents Choice			1HM						3:00p Halloween Birthday Bash!														
6:00p Movie: Bird Box(Thriller)			1HM			6:00p Men's Monday Movie Choice			1HM			6:00p Chatter Matters			MSL			6:00p Women's Wednesday Movie			1HM			Chatter Matters			MSL						6:00p Movie: Van Helsing			1HM											
												Movie: Jaws			1HM			Choice			1HM																										