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National Suicide Hotline
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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 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.

PETOSKEY INDEPENDENT

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!

- 10/6 Friske Farm Market-Outing
- 10/7 New Resident Welcome
- 10/9 Family Night
- 10/13 Resident Birthday Event
- 10/13 Foot Clinic
- 10/15 AH Mini Lecture Series
- 10/16 Uncle Franks -Outing
- 10/20 Casino Outing
- 10/31 Halloween Happy Hour
- 10/31 Trick or Treating

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																										
															AO Activities Office		LIB Library		S Salon																						
															DR Dining Room		MT The Medical Team		SUR Sign Up Required																						
FIR Fireplace		OUT Outing		TV TV Area		PAT Patio																																			
BIRTHDAYS						01			02			YOM KIPPUR			03			04																							
						8:00a Morning Coffee 10:30a Exercise & Strength 11:00a Rhythm & Groove 11:15a Veterans Group 11:15a Engaged Senior 12:00p Lunch 2:00p Poetry 3:00p Pay to Play Bingo 4:45p Dinner			DR DR DR LIB TV DR LIB DR DR			8:00a Morning Coffee 10:30a Exercise & Strength 11:00a Rhythm & Groove 12:00p Lunch 2:00p Wellness U w/AdvisaCare 3:00p Art & Design w/AdvisaCare 4:00p Puzzles in the Library 4:45p Dinner			DR DR DR DR LIB LIB LIB PAT DR			8:00a Morning Coffee 10:00a Bible Study with Tim & Jim 11:15a Exercise & Strength 12:00p Lunch 2:00p Group Games 3:00p Happy Hour 4:00p Friends on the Patio 4:45p Dinner			DR LIB DR DR LIB DR PAT DR			8:00a Morning Coffee 10:30a Exercise & Strength 11:00a Rhythm & Groove 12:00p Lunch 2:00p Engaged Senior 3:00p Pay to Play BINGO 3:00p Adult Coloring 4:45p Dinner			DR DR DR DR FIR DR LIB DR														
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8:00a Morning Coffee 10:30a Exercise & Strength 11:00a Rhythm & Groove 11:15a Wii Bowling 12:00p Lunch 2:00p Church Service 3:00p Pay to Play Bingo 4:00p Virtual Zoo 4:45p Dinner			DR DR DR TV OUT DR DR DR DR TV DR			8:00a Morning Coffee 10:30a Exercise & Strength 11:00a Friske Farm Market- Outing 11:00a Rhythm & Groove 11:00a Rhythm & Groove 12:00p Lunch 2:00p Card Games 3:30p Walking Group: Inside 4:45p Dinner			DR DR DR DR DR LIB DR DR DR			8:00a Morning Coffee 10:30a One on One w/Teresa 10:30a Exercise & Strength 11:00a Rhythm & Groove 11:00a Rhythm & Groove 12:00p Lunch 12:30p New Resident Welcome 2:00p Brain Games 2:30p Resident Town Hall 3:00p			DR AO DR DR DR LIB TV DR LIB DR DR DR			8:00a Morning Coffee 11:00a Exercise & Strength 11:30a Rhythm & Groove 12:00p Lunch 2:00p Puzzles in the Library 3:00p Documentary: Disaster by the Bay:1906 San Francisco 5:00p Family Night: Neon Glow Party			DR DR DR DR LIB TV PAT DR			8:00a Morning Coffee 10:00a Bible Study with Tim & Jim 11:15a Exercise & Strength 12:00p Lunch 2:00p Group Games 3:00p Happy Hour 4:00p Friends on the Patio 4:45p Dinner			DR LIB DR DR LIB DR PAT DR			8:00a Morning Coffee 10:30a Exercise & Strength 11:00a Rhythm & Groove 12:00p Lunch 2:00p Engaged Senior 3:00p Pay to Play Bingo 3:00p Adult Coloring 4:45p Dinner			DR DR DR DR FIR DR LIB DR								
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