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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.

SHALLOWFORD 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!

- Every Sun: Devotions & Worship
- Every Wed: BINGO!
- 2nd: Making Jewelry w/ Cathey
- 6th: Scenic Drive
- 9th: Family Lunch \*RSVP\*
- 13th: Blue Grass Music
- 16th: Tic-Tac-Toe
- 21st: Flu / Covid Vaccine
- 23rd: Out to Dinner
- 31st: Halloween Party

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></div> <div>OCTOBER 2025</div>															LOCATION KEY					
															<div>AL Assisted Living</div> <div>AR Activity Room</div> <div>CY Courtyard</div> <div>NU Cyclers NU-Step</div>			<div>DR Dining Room</div> <div>HAL Hallway</div> <div>LIB Library</div> <div>LO Lobby</div>		
BIRTHDAYS									01			02 YOM KIPPUR			03			04		
Happy Birthday! 8th: Christine Smelzer 14th: Barry Hayes									10:00a Morning Aerobics Class <b>AR</b> 10:30a Fun Facts of the Day <b>AR</b> 10:45a Uno Spin <b>AR</b> 11:30a Weight Clinic with AccentCare, Melissa <b>DR</b> 2:00p Eyes on the Prize Bingo! <b>DR</b> 4:00p Walking Club <b>DR</b> 6:00p Word Search <b>LO</b>			10:00a Whole Body Workout <b>AR</b> 10:30a Fun Facts of the Day <b>AR</b> 10:45a Uno Flip <b>AR</b> 2:00p Musical Performance with Ryan Stinson! <b>DR</b> 3:00p Arts & Crafts: Making Jewelry with Cathey! <b>AR</b> 6:00p Game Night with Residents <b>LO</b>			10:00a Let's Get Physical ~ Trip to the Park! <b>AR</b> 10:30a Fun Facts of the Day <b>AR</b> 10:45a Qwirkle <b>AR</b> 2:00p Movie Matinee & Popcorn Social <b>AR</b> 6:00p Crossword Puzzle <b>AR</b>			10:00a Chicken Soup for the Soul <b>LO</b> 10:30a Devotions & Snack <b>LO</b> 2:30p Word Scramble <b>LO</b> 3:00p Word Hunt <b>LO</b> 6:00p Gather & Chat <b>LO</b>		
05			06			07			08			09			10			11		
10:30a Coffee and Cookies <b>LO</b> 11:00a Worship & Devotions <b>LO</b> 1:30p Let's Take a Walk <b>LO</b> 2:00p Crossword Challenge <b>LO</b> 2:30p Can You Find the Words? <b>LO</b> 6:00p Gather & Chat <b>LO</b>			10:00a Physical Fitness <b>AR</b> 10:30a Fun Facts of the Day <b>AR</b> 10:45a Rummikub <b>AR</b> 2:00p Scenic Drive: Let's See Chattanooga! <b>LO</b> 6:00p Gather & Chat <b>LO</b>			10:00a Seated Tap Dance Exercise <b>AR</b> 10:30a "Hi / Low" Cards with Naino <b>AR</b> 10:30a Fun Facts of the Day <b>AR</b> 1:00p Conversations with Connie <b>AR</b> 2:00p Popcorn Social & Movie Matinee <b>AR</b> 6:00p Word Search <b>LO</b>			10:00a Balance & Stability <b>AR</b> 10:30a Fun Facts of the Day <b>AR</b> 10:45a Uno Spin <b>AR</b> 12:00p Happy Birthday Christine Smelzer! <b>DR</b> 2:00p Eyes on the Prize Bingo! <b>DR</b> 3:00p Welcome Shower for New Residents <b>DR</b> 4:00p Walking Club <b>DR</b>			10:00a Whole Body Workout <b>AR</b> 10:30a Fun Facts of the Day <b>AR</b> 10:45a Wellness U: Discovery Health Series with Cathy <b>AR</b> 10:45a Uno Flip <b>AR</b> 12:00p Family Lunch: Neon Glow Party! <b>DR</b> 2:00p Movie Matinee & Popcorn Social <b>AR</b>			10:00a Let's Get Physical ~ Trip to the Park! <b>AR</b> 10:30a Fun Facts of the Day <b>AR</b> 10:45a Qwirkle <b>AR</b> 2:00p Let's Go Shop at Pop Shelf! <b>LO</b> 5:00p Piano Concert with Jordan <b>DR</b> 6:00p Crossword Puzzle <b>AR</b>			10:00a Chicken Soup for the Soul <b>LO</b> 10:30a Devotions & Snack <b>LO</b> 2:00p Shop at "Southern Simplistic Jewels" for Jewelry! <b>LO</b> 2:30p Word Scramble <b>LO</b> 3:00p Word Hunt <b>LO</b> 6:00p Gather & Chat <b>LO</b>		
12			13 INDIGENOUS PEOPLE'S DAY			14			15			16			17			18		
10:30a Coffee and Cookies <b>LO</b> 11:00a TBD: Worship & Devotions <b>LO</b> 1:30p Let's Take a Walk <b>LO</b> 2:00p Crossword Challenge <b>LO</b> 2:30p Can You Find the Words? <b>LO</b> 6:00p Gather & Chat <b>LO</b>			10:00a Physical Fitness <b>AR</b> 10:30a Fun Facts of the Day <b>AR</b> 10:45a Rummikub <b>AR</b> 12:00p REMINDER: Complete Consent form & return to Leand by October 14th if you would like Flu / Covid Vaccine <b>DR</b> 2:00p "Old Coot Club" for Men with Ken <b>LIB</b>			10:00a Seated Tap Dance Exercise <b>AR</b> 10:30a "Hi / Low" Cards with Naino <b>AR</b> 10:30a Fun Facts of the Day <b>AR</b> 12:00p Happy Birthday Barry Hayes! <b>DR</b> 1:00p Conversations with Connie <b>AR</b> 2:00p Devotions with Chaplain Steve, Adoration <b>AR</b> 3:00p Birthday Bash with Lacey, Adoration ~ Celebrate Monthly Birthdays <b>AR</b>			10:00a Morning Aerobics Class <b>AR</b> 10:30a Fun Facts of the Day <b>AR</b> 10:45a Uno Spin <b>AR</b> 2:00p Eyes on the Prize Bingo! <b>DR</b> 4:00p Walking Club <b>DR</b> 6:00p Word Search <b>LO</b>			10:00a Whole Body Workout <b>AR</b> 10:30a Fun Facts of the Day <b>AR</b> 10:45a Uno Flip <b>AR</b> 2:30p Ice Cream Social with Melissa, Guiding Star <b>DR</b> 3:00p Not Your Average Tic~Tac~Toe with Melissa, Guiding Star! <b>DR</b> 6:00p Game Night with Residents <b>LO</b>			10:00a Let's Get Physical ~ Trip to the Park! <b>AR</b> 10:30a Fun Facts of the Day <b>AR</b> 10:45a Qwirkle <b>AR</b> 12:00p Music with Ben Kehrer! <b>DR</b> 2:30p Let Us Entertain You Happy Hour ~ It's a San Francisco Treat! <b>DR</b> 6:00p Crossword Puzzle <b>AR</b>			10:00a Chicken Soup for the Soul <b>LO</b> 10:30a Devotions & Snack <b>LO</b> 2:30p Word Scramble <b>LO</b> 3:00p Word Hunt <b>LO</b> 6:00p Gather & Chat <b>LO</b>		
19			20			21 DIWALI			22			23			24			25		
10:30a Coffee and Cookies <b>LO</b> 11:00a TBD: Worship & Devotions <b>LO</b> 1:30p Let's Take a Walk <b>LO</b> 2:00p Crossword Challenge <b>LO</b> 2:30p Can You Find the Words? <b>LO</b> 6:00p Gather & Chat <b>LO</b>			10:00a Physical Fitness <b>AR</b> 10:30a Fun Facts of the Day <b>AR</b> 10:45a Rummikub <b>AR</b> 12:45p Enjoy Gospel Music with Chris, Hearth Hospice <b>DR</b> 1:00p Devotions with Chris, Hearth Hospice <b>AR</b> 2:00p Let's Go to The Dollar Tree <b>LO</b> 6:00p Gather & Chat <b>LO</b>			9:30a - 12PM: Annual Flu / Covid Vaccine Clinic <b>AR</b> 10:00a Seated Tap Dance Exercise <b>AR</b> 10:30a "Hi / Low" Cards with Naino <b>AR</b> 10:30a Fun Facts of the Day <b>AR</b> 1:00p Conversations with Connie <b>AR</b> 2:00p Pumpkin Jamboree & Pet Therapy with Cocoa! <b>AR</b> 6:00p Word Search <b>LO</b>			10:00a Balance & Stability <b>AR</b> 10:30a Fun Facts of the Day <b>AR</b> 10:45a Uno Spin <b>AR</b> 2:00p Eyes on the Prize Bingo! <b>DR</b> 4:00p Walking Club <b>DR</b> 6:00p Word Search <b>LO</b>			10:00a Whole Body Workout <b>AR</b> 10:30a Fun Facts of the Day <b>AR</b> 10:45a Uno Flip <b>AR</b> 2:00p Groovy Smoothies <b>LO</b> 3:30p Scenic Drive & Out to Dinner at Red Lobster! <b>LO</b> 6:00p Game Night with Residents <b>LO</b>			10:00a Let's Get Physical ~ Trip to the Park! <b>AR</b> 10:30a Fun Facts of the Day <b>AR</b> 10:45a Let's Go Out for a Walk at Bald River Falls and have a Picnic Lunch! <b>LO</b> 10:45a Qwirkle <b>AR</b> 6:00p Crossword Puzzle <b>AR</b>			10:00a Chicken Soup for the Soul <b>LO</b> 10:30a Devotions & Snack <b>LO</b> 2:30p Word Scramble <b>LO</b> 3:00p Word Hunt <b>LO</b> 6:00p Gather & Chat <b>LO</b>		
26			27			28			29			30			31 HALLOWEEN			<div></div>		
10:30a Coffee and Cookies <b>LO</b> 11:00a TBD: Worship & Devotions <b>LO</b> 1:30p Let's Take a Walk <b>LO</b> 2:00p Crossword Challenge <b>LO</b> 2:30p Can You Find the Words? <b>LO</b> 6:00p Gather & Chat <b>LO</b>			10:00a Physical Fitness <b>AR</b> 10:30a Fun Facts of the Day <b>AR</b> 10:45a Rummikub <b>AR</b> 1:00p Music with Michael Prettyman, Grace Works Church <b>DR</b> 2:00p Bingo with Dustin, Hearth Hospice <b>DR</b> 3:15p Resident Council <b>DR</b> 6:00p Gather & Chat <b>LO</b>			10:00a Seated Tap Dance Exercise <b>AR</b> 10:30a "Hi / Low" Cards with Naino <b>AR</b> 10:30a Fun Facts of the Day <b>AR</b> 1:00p Conversations with Connie <b>AR</b> 2:00p Devotions with Chaplain Steve, Adoration <b>AR</b> 6:00p Word Search <b>LO</b>			10:00a Balance & Stability <b>AL</b> 10:30a Fun Facts of the Day <b>AR</b> 10:45a Uno Spin <b>AR</b> 2:00p Eyes on the Prize Bingo! <b>DR</b> 3:00p Cooking Demo with Cosey <b>DR</b> 3:30p Food for Thought Council with Cosey <b>DR</b> 4:00p Walking Club <b>DR</b>			10:00a Whole Body Workout <b>AR</b> 10:30a Fun Facts of the Day <b>AR</b> 10:45a Uno Flip <b>AR</b> 2:00p Scenic Drive ~ Let's Check Out the Fall Foliage! <b>LO</b> 6:00p Game Night with Residents <b>LO</b>			10:00a Let's Get Physical ~ Trip to the Park! <b>AR</b> 10:30a Fun Facts of the Day <b>AR</b> 10:45a Qwirkle <b>AR</b> 2:30p Don't Forget Your Costume at our Annual Halloween Party! (with Kim, Amedisys) <b>DR</b> 2:30p Pet Therapy with Humane Society <b>DR</b>					