

Happy Birthday
FPR Care Providers

Wanda Jones-19th
Jazamane Meeks-27th



Happy Birthday!

Your birthday comes along with bright and sunny days, June is such a special month in oh so many ways. Here is a birthday wish for happy days to come, and may your year be filled with laughter, joy and fun.



Take control of your health

June is Men's Health Month

According to the Centers for Disease Control (CDC), men die at higher rates than women from the top 10 causes of death, which include heart disease, cancer, injuries, stroke, suicide and HIV/AIDS. One of the reasons for this is that women are more likely to visit the doctor for annual

examinations and preventative services. In fact, research shows that early signs of cancer in men are often missed – approximately 34,000 men in the United States die each year from prostate cancer. On average, men die almost five years younger than women. By the age of 100, women outnumber men eight to one.

Men's Health Month is celebrated across the country with screenings, health fairs, media appearances, and other health education and outreach activities. The Men's Health Network coordinates dozens of corporate, government, religious and fraternal activities across the country.

The week of June 13th, leading up to Father's Day is considered National Men's Health Week. The CDC uses this week to promote changes in lifestyle among men, like quitting smoking, exercising frequently and eating healthier, getting more sleep, finding affordable healthcare and seeing a doctor for regular checkups and physicals. Having a physical is especially important because many serious conditions do not have any symptoms. Regular Checkups can help diagnose issues before they become serious.

Use this week to schedule that doctor appointment you or your loved one may have been putting off. Start a new exercise program or even just introduce more veggies into your diet. Feeling healthy and taking care of yourself is so important to your quality of life.

THE PATRIOT

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The History and Importance of Father's Day

The idea of celebrating Father's Day Festival was given by Ms. Sonora Dodd, a loving daughter from Spokane. Her father Henry Jackson Smart single-handedly raised Sonora and five of her siblings after the death of her mother during childbirth. When Sonora attended a Mother's Day Sermon in 1909, she thought that if there is the day to honor mother then there should also be a corresponding day to honor fathers. Sonora worked relentlessly for years to ensure that the idea of Father's Day becomes a reality. In 1924, President Calvin Coolidge first recognized Father's Day. In view of the massive popularity of the festival, in 1972, President Richard Nixon established a permanent national observance of Father's Day to be held on the third Sunday of June.



The Role of a Dad Lasts a Lifetime!

Significance of a Father in our Lives

Many people laughed at Sonora Dodd when she gave the concept of having a Father's Day, as traditionally, only mother is regarded as the sole nurturer of a child. The role of a father is often relegated to a secondary status as compared to a mother. Nevertheless, all of us know that father is just as important for a child as the mother is. If mothers are the heroes of child rearing, significance of father in the development and emotional well-being of a child is no less. Children depend on their father for their spiritual, emotional, physical, financial and social well-being. For daughters, a father is the ideal man in the world and the first man they adore, while for sons, a father is an idol and the strongest man they aspire to emulate. That being said, take a minute and celebrate dad the best way you can!

JUNE IS ALZHEIMER'S AND BRAIN AWARENESS MONTH

"Alzheimer's and Brain Awareness month" is declared each June by the Alzheimer's Association to help raise awareness as well as show support for the millions of people worldwide living with Alzheimer's or another form of dementia. It is also a time to recognize caregivers for the support they provide to those living with Alzheimer's and other forms of dementia. Dementia is a brain condition that affects parts of the brain that control thought, memory, and language, and Alzheimer's disease is the most common form of dementia. Every three seconds someone in the world develops dementia, with nearly 50 million people currently living with the disease.



Smile...Life Loves You!

