

# The Patriot

## American House Charlevoix

615 Petoskey Avenue | Charlevoix | Michigan | 49720  
(231) 547-2599 | [americanhouse.com](http://americanhouse.com)

### Your Friendly Staff

Executive Director ..... Brenda Keller  
Office Assistant ..... Sue Goss  
Culinary Director ..... Patsy Veenstra  
Housekeeping Director ..... Barb Kenwabikise  
Maintenance Director ..... Ted McGlinch  
Weekend Office Support ..... Gail Dalpra  
Stylist ..... Gwen Anderson

### Important Numbers

Office ..... (231) 547-2599  
AdvisaCare ..... (231) 373-8492  
Salon ..... (231) 675-0791

### Office Hours

Monday through Friday  
8:30 a.m. to 5 p.m.  
Saturday and Sunday  
10 a.m to 2 p.m.



email: [charlevoix@americanhouse.com](mailto:charlevoix@americanhouse.com)

**December 2016**

### HOLIDAY HOPE

Each year American House holds an event called Holiday Hope. This event is hosted to raise money to purchase food and toiletries for seniors in need.

**Please join us on Thursday, December 1st from 5-7 pm.** Light appetizers and beverages will be served. American House host this event at each of there communities. Contact your local American House for further information. Thank you for your support. (Your donation is used for local seniors)



### Family Christmas Party

Mark your calendars for this years Family Christmas Party. Dinner this year will be held **Saturday, December 10th, at 1:00 p.m.** The weather is so unpredictable that we would like to host this year's party during the daylight hours. Please RSVP to assure seating arrangements are made for your family. The American House Charlevoix Choir will be performing, followed by Roger's Keyboard Oldies Christmas music.

## Information

### Holiday Gift Giving/ Employee Holiday Fund

As the season draws near, we all get in the spirit of giving. Please keep in mind that American House staff cannot accept gifts directly from residents or their families. We do, however, have an employee holiday fund that you can donate to. This fund will be distributed equally to the staff. If you wish to contribute, please do so by contacting Brenda or Sue in the office. Thank you!



Service is held every Sunday at 3:30 pm in the common area.

Communion is every Wednesday at 11:30 in the library.

Community Reformed Church has communion in the library on Tuesday, December 20th.



Mary S. .... 7th



Hal E.  
Pat E.  
Jack R.  
Sandra A.  
Tom T.  
Sue T.  
Wayne S.  
Sally S.  
Judith D.  
Marta

### Entertainment Corner

7th	Owen James
12th	Roger's Keyboard Oldies
19th	Roger's Keyboard Oldies
21st	Charlevoix Ukulele Band
26th	Roger's Keyboard Oldies

### Choir Practice

Choir practice is held every Tuesday and Thursday at 11:15 by the piano in the common area.

### Free Blood Pressure Clinic

Free blood pressure clinic Tuesday, December 13th, at 1 pm. Hosted by Hospice of Michigan.

### Hand Massage

Free hand massage Tuesday, December 6th, at 1 pm.

## FRIENDLY REMINDERS

### HOUSEKEEPING

Please mark all your clothing and linens with your apartment number.

### DIETARY

Please inform the dietary staff two hours before a meal if you are having a guest or you prefer the alternative meal of the day.

### Meal Prices per Guest

\$4 Breakfast  
\$7 Dinner (\$10 Holiday)  
\$5 Supper

### SIGN-OUT SHEET

Please sign out upon leaving the building and sign in upon returning. This policy is for emergency purposes.

### SCHEDULED OUTINGS

Please sign up early for outings. Trips may be cancelled if there are no advanced sign-ups.

### MAINTENANCE

Please report all maintenance requests to the front office. Please do not install your own curtain rods or shelving. Our maintenance department will install these items at no additional charge.

Thank you!

### PENDANTS

Please remember that Pendants are for emergency use only. If you use them for non-emergency services, you may incur a fee.



## Wit & Wisdom

### Wellness Hearing Clinic

Tuesday, December 20th, at 2pm. AudiCare will offer free hearing aide cleaning and free hearing test. For more information see Sue in the front office.

### Hearing Aids Can Help Your Brain

Hearing aids have been proven to improve the quality of life for seniors with hearing loss. Now, new research indicates they may also contribute to cognitive function. Results from a recent Columbia University Medical Center study show that participants with hearing aids scored significantly higher on tests than those without hearing aids. Researchers believe that hearing loss is linked to sensory-specific cognitive decline, but the simple use of hearing aids can slow that decline or even prevent it by keeping seniors with hearing loss socially engaged and connected.

### Community Blood Drive



Join us for our community blood drive in support of our local Red Cross. We will have refreshments and food available for those who give blood. Please share the gift of life with those in need! Our next blood drive is Thursday, January 12th at the Community Reformed Church from Noon-6 pm, for more information contact Sue or Brenda in the front office. Give the gift of LIFE!



## Out & About

Open Transportation .....	6th
Library .....	6th
Walmart Shopping trip .....	7th
Open Transportation .....	13th
Library .....	13th
R.O.M.E.O Luncheon .....	14th
Christmas Light Tour .....	14th
Christmas Light Tour .....	16th
Open Transportation .....	20th
Library .....	20th
Petoskey Trip .....	21st
Open Transportation .....	27th
Library .....	27th
Odawa Casino .....	28th

### Stay Healthy All Season

As much as possible, avoid coughers and sneezers. Most germs are spread by droplets in the air. During cold and flu season, try to stay at least 3 feet away from people who are ill.

“Joy descends gently upon us like the evening dew, and does not patter down like a hailstorm.”

—Jean Paul

“A thing of beauty is a joy forever: Its loveliness increases; it will never pass into nothingness.”

—John Keats

“It is the supreme art of the teacher to awaken joy in creative expression and knowledge.”

—Albert Einstein

“Happiness lies in the joy of achievement and the thrill of creative effort.”



—Franklin D. Roosevelt

“Tears of joy are like the summer raindrops pierced by sunbeams.”

—Hosea Ballou

“Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it.”

—Greg Anderson

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Activity subject to change without notice</b>			<b>Open transportation and outings may be canceled due to weather.</b>	1 8:30 Coffee & Conversation 10:30 Strength Training <b>11:15 Choir</b> 1:00 Manicures 3:00 Ice Cream Social <b>4:00 NO Judge &amp; Jury</b> <b>5:00 - 7:00 pm Holiday Hope/ Tree Trimming Party</b>	2 8:30 Coffee & Conversation 10:30 Strength Training <b>11:00 Short Stories W/ Nancy</b> 1:30 Bridge Group 2:00 Euchre 2:00 Watercolor W/ Maggie 3:30 Social Hour	3 10:30 Strength Training 12:30 Brain Teasers 2:00 Bingo 3:00 Popcorn & Movie
4 10:30 Strength Training <b>12:00 Mennonite Church Choir</b> 12:30 Trivia 2:00 Resident Choice 3:30 Sunday Service	5 8:30 Coffee & Conversation 9:00 Beauty Shop Open 9:15 Monday Morning Chuckles 10:30 Strength Training <b>11:00 - 12:00 Country Store Open</b> <b>12:00 Roger's Keyboard Oldies</b> 1:30 Knitting Group 2:00 Wii Bowling	6 8:30 Coffee & Conversation 9:00 Beauty Shop Open <b>9:00 - 2:00 pm Open Transportation</b> 10:15 Bible Study 10:30 Strength Training <b>11:15 Choir Practice</b> <b>1:00 Hand Massages W/ Alyssa</b> <b>1:30 Public Library Trip</b> 2:30 Yahtzee	7 <b>Happy Birthday Mary S.</b> 8:30 Coffee & Conversation <b>9:30 One on Ones</b> 10:30 Strength Training 11:30 Scripture & Communion <b>2:00 Walmart Shopping Trip</b> 2:00 Bingo <b>5:00 Entertainment by Owen James</b>	8 8:30 Coffee & Conversation 10:30 Strength Training <b>11:15 Choir</b> 1:00 Manicures 3:00 Ice Cream Social 4:00 Judge & Jury	9 8:30 Coffee & Conversation <b>9:00 Clinical W/ NP Kate McCaffery</b> 10:30 Strength Training <b>11:00 Short Stories W/ Nancy</b> 1:30 Bridge Group 2:00 Blackjack 3:30 Social Hour	10 10:30 NO Strength Training 12:30 NO Brain Teasers <b>1:00 FAMILY CHRISTMAS PARTY</b> 2:00 NO Bingo 3:00 NO Popcorn & Movie
11 10:30 Strength Training 12:30 Trivia 2:00 Resident Choice 3:30 Sunday Service	12 8:30 Coffee & Conversation 9:00 Beauty Shop Open 9:15 Monday Morning Chuckles 10:30 Strength Training <b>11:00 - 12:00 Country Store Open</b> <b>12:00 Roger's Keyboard Oldies</b> 1:30 Knitting Group 2:00 Wii Bowling	13 8:30 Coffee & Conversation 9:00 Beauty Shop Open <b>9:00 - 2:00 pm Open Transportation</b> 10:00 Bible Stories 10:30 Strength Training <b>11:15 Choir Practice</b> <b>1:00 Wellness Clinic/ Free Blood Pressure Clinic</b> <b>1:30 Public Library Trip</b> 2:30 Christmas Crafts	14 8:30 Coffee & Conversation <b>9:30 One on Ones</b> 10:30 Strength Training 11:30 Scripture & Communion <b>12:00 R.O.M.E.O Luncheon</b> 2:00 Bingo <b>5:30 Christmas Light Tour</b>	15 8:30 Coffee & Conversation 10:30 Strength Training <b>11:15 NO Choir</b> 1:00 Manicures 3:00 Ice Cream Social 4:00 Judge & Jury	16 8:30 Coffee & Conversation 10:30 Strength Training <b>11:00 Short Stories W/ Nancy</b> 1:30 Bridge Group 2:00 Euchre 3:30 Social Hour <b>5:30 Christmas Light Tour</b>	17 10:30 Strength Training 12:30 Brain Teasers 2:00 Bingo 3:00 Popcorn & Movie
18 10:30 Strength Training 12:30 Trivia 2:00 Resident Choice 3:30 Sunday Service	19 8:30 Coffee & Conversation 9:00 Beauty Shop Open 9:15 Monday Morning Chuckles 10:30 Strength Training <b>11:00 - 12:00 Country Store Open</b> <b>12:00 Roger's Keyboard Oldies</b> 1:30 Knitting Group 2:00 Wii Bowling	20 8:30 Coffee & Conversation 9:00 Beauty Shop Open <b>9:00 - 2:00 pm Open Transportation</b> 10:00 Bible Stories 10:30 Strength Training <b>11:15 Choir Practice</b> <b>1:00 Wellness Hearing Clinic with Audicare</b> <b>1:30 Public Library Trip</b> 2:30 Yahtzee <b>4:00 Communion-Community Reformed</b>	21 8:30 Coffee & Conversation <b>9:30 One on Ones</b> 10:30 Strength Training 11:30 Scripture & Communion 2:00 Bingo <b>2:00 Petoskey Shopping Trip</b> <b>5:30 Entertainment by "Charlevoix Ukulele Band"</b>	22 8:30 Coffee & Conversation 10:30 Strength Training <b>11:15 Choir</b> 1:00 Hand Massages by IntelCare 3:00 Ice Cream Social 4:00 Judge & Jury	23 8:30 Coffee & Conversation 10:30 Strength Training <b>11:00 Short Stories W/ Nancy</b> 1:30 Bridge Group 2:00 Blackjack 3:30 Social Hour	24 10:30 Strength Training 12:30 Brain Teasers 2:00 Bingo 3:00 Popcorn & Movie <b>5:00 Christmas Eve Dinner</b>
<b>Christmas</b> 25 <b>10:30 Christmas Day Brunch</b> 10:30 NO Strength Training 12:30 NO Trivia 2:00 Resident Choice 3:30 NO Sunday Service	26 8:30 Coffee & Conversation 9:00 Beauty Shop Open 9:15 Monday Morning Chuckles 10:30 Strength Training <b>11:00 - 12:00 Country Store Open</b> <b>12:00 Roger's Keyboard Oldies</b> 1:30 Knitting Group 2:00 Wii Bowling	27 8:30 Coffee & Conversation <b>9:00 - 2:00 pm Open Transportation</b> 9:00 Beauty Shop Open 10:00 Bible Stories 10:30 Strength Training <b>11:15 NO Choir</b> <b>1:30 Public Library Trip</b> 2:30 Dominoes	28 8:30 Coffee & Conversation <b>9:30 One on Ones</b> 10:30 Strength Training 11:30 Scripture & Communion <b>1:30 Odawa Casino Trip</b> 2:00 Bingo <b>7:00 Entertainment by "Tag-A-Longs"</b>	29 8:30 Coffee & Conversation 10:30 Strength Training <b>11:15 NO Choir</b> 1:00 Manicures 3:00 Ice Cream Social 4:00 Judge & Jury	30 8:30 Coffee & Conversation 10:30 Strength Training <b>11:00 Short Stories W/ Nancy</b> 1:30 Bridge Group 2:00 Euchre 3:30 Social Hour	31 10:30 Strength Training 12:30 Brain Teasers 2:00 Bingo 3:00 Popcorn & Movie <b>6:00 New Year's Eve Celebration/Toast</b>



## Talk About It

### Seasonal Safety

Always be careful when walking on any parking lot or sidewalk, but please be extra cautious during the winter season. Even if the surface looks dry, there is always the possibility of ice/black ice. If you notice an area that is slippery, please inform an employee and ask them to notify Maintenance. If it is after hours, ask them to sprinkle some ice melt on the slippery area. To assure your safety, wear weather-appropriate, slip-resistant footwear and walk carefully to decrease the risk of slips, trips and falls. Let's all be extra careful this winter as we eagerly anticipate the warmer weather next spring and summer!



### Interesting Eggnog Facts

By Brian Rosso, R.D.

Happy holidays! I hope you enjoy these interesting facts about eggnog.

Eggnog is also known as:

- *Coquito* in Puerto Rico.
- *Rompop* in Mexico.
- *Biersuppe* in German.

History shows that eggnog was first enjoyed in America during the 18th century. George Washington was a fan of eggnog.

One cup of eggnog contains 342 calories, 34 grams of carbohydrates and 19 grams of fat.

The main ingredients of eggnog:

- cream
- milk
- eggs (pasteurized eggs are the safest—the only kind used at American House)
- sugar
- cinnamon
- nutmeg
- alcohol, if you choose.

Enjoy some eggnog this holiday season!

### Sugar Cookie Recipe

#### Ingredients

- 1 1/2 cups butter, softened
- 2 cups white sugar
- 4 eggs
- 1 teaspoon vanilla extract
- 5 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt

#### Directions

- In a large bowl, cream together butter and sugar until smooth. Beat in eggs and vanilla. Stir in the flour, baking powder, and salt. Cover, and chill dough for at least one hour (or overnight).
- Preheat oven to 400 degrees F (200 degrees C). Roll out dough on floured surface 1/4 to 1/2 inch thick. Cut into shapes with any cookie cutter. Place cookies 1 inch apart on ungreased cookie sheets.
- Bake 6 to 8 minutes in preheated oven. Cool.



Bingo is always fun, especially on Saturday with Gail!



## Veterans Day

Honoring Those That Served and Those That Continue to Serve our Country.



**THANK YOU FOR  
YOUR SERVICE**

## Honored Guest



Special Thank You to Amy W. from Hospice of Northwest Michigan for presenting a pin to all veterans in attendance at our Veterans Day appreciation luncheon.

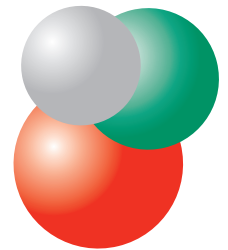
THE PATRIOT

December 2016

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*Greetings  
of the  
Season*



**Happy Holidays!** Our entire staff would like to wish you and your family and friends a joyful holiday season and a wonderful New Year!