

The Patriot

American House Grand Rapids

2619 Kalamazoo Avenue SE | Grand Rapids | Michigan | 49507

Office: (616) 248-3499 | grandrapids@americanhouse.com | americanhouse.com

Your Friendly American House Grand Rapids Staff

Executive Director Theresa Bursley
Assistant Executive Director Belinda Werner
Life Enrichment Director Stella Bliss
Supervising RN Heather Walker
Head Chef Teresa McCook
Housekeeping Supervisor Karie Beaudin
Maintenance Supervisor Bob Hoorn
Hairstylist Just Connie
Office Support Katie Robertson
Social Worker Jill Thymes

Important Phone Numbers

Main Office (616) 248-3499
The Medical Team (616) 916-7958
Life Enrichment Office (616) 248-9889
Dietary Services (616) 248-0283
Ridelink (616) 774-1288
GO! Bus (616) 456-6141
Senior Meals (616) 459-3111
Calder City Taxi (616) 454-8080
Walgreens (616) 452-4870
Meijer (616) 452-9651



November 2016



A Chinese philosopher advised, "If you would be happy for a lifetime, grow chrysanthemums." The flower of November has brought delight since it was first introduced to America in Colonial times, becoming the nation's favorite fall flower and among the most widely grown potted plants.



Trivia Whiz

The Lowdown on Elections

Every four years, Americans head to the polls in November to cast ballots for the nation's president.

Late fall was historically considered a good time for elections because the harvest was mostly over and winter weather hadn't set in yet. The days varied, however, until 1845, when Congress set the first Tuesday after the first Monday in November as the day for presidential elections.

Prior to 1804, the presidential candidate who received the second-highest number of electoral votes was named the vice president.

The only bachelor elected president was James Buchanan.

John F. Kennedy was the youngest elected U.S. president at 43. Ronald Reagan was the oldest at 73.



Preserving History: Presidential Libraries

"... A nation must believe ... in the past. It must believe in the future," said President Franklin D. Roosevelt at the dedication of his presidential library. "It must, above all, believe in the capacity of its own people so to learn from the past ..." These words embody the spirit behind the presidential library system, created by FDR in 1939.

Today, there are 13 libraries that house papers and artifacts from former U.S. presidents. Here are highlights of these historical collections:

Harry S. Truman. The president's famous desk sign with the slogan "The buck stops here!" is on display at Truman's library in Missouri.

Dwight D. Eisenhower. Located at his boyhood home in Kansas, Ike's library contains an Enigma machine, used by the Germans to code messages in World War II.

John F. Kennedy. To reflect his inspiring leadership during the 1960s space race, Kennedy's library in Boston features the Freedom 7 space capsule.

Jimmy Carter. Along with the Nobel Peace Prize awarded to Carter in 2002, you can also view the 39th president's sixth-grade report card at his Atlanta library.

Ronald Reagan. The most-visited presidential library, Reagan's archives in California include his handwritten diaries and the jet that served as Air Force One.

The YMCA Veggie Van Time Change

Please note that the Veggie Van will now be coming to American House Grand Rapids on Thursdays at 10:45 - 11:45.

Now that the weather's getting cooler they will set up in the bistro. Please help us support the Veggie Van so that we can continue to receive their service of fresh fruit and veggies.



Grandparents Day Event

PRESIDENTIAL ELECTION 2016

We will be going to the polls to cast our votes for the next President of the United States on Tuesday, November 8th, starting at 9:30 am.



YOUR VOTE COUNTS!

Global Thanksgiving Traditions

With its historical nod to the 1621 feast between the Pilgrim settlers and American Indians, as well as a focus on food, football and shopping, it may seem that Thanksgiving is a holiday unique to the United States. But several other countries around the world partake in similar festivities.

Korea. This Asian nation celebrates Chuseok on the 15th day of the eighth month of the lunar calendar, sometime in September or October. Koreans use this time to honor and give thanks to their ancestors. The main dish is *songpyeon*, half-moon-shaped rice cakes with various fillings.

Germany. Areas of Austria and Switzerland join Germany in celebrating Erntedankfest, usually in early October. The centerpiece of the holiday is the *Erntekrone*, or “harvest crown,” made of grains,

flowers and fruit. Parades, music, dancing and church services round out the festivities.

Ghana. The Homowo festival takes place each August in the Accra region of this African country. The joyous occasion commemorates the Ga people’s historical victory over famine, when they “hooted at hunger” (the translation of the word *homowo*).

Canada. The first Canadian Thanksgiving, or *l’Action de grace* in French-speaking regions, was observed in 1578. It is celebrated on the second Monday in October and features a meal familiar to Americans: turkey, stuffing, mashed potatoes and pie.























Silent Cell Phones

Cell Phone Usage

We will be starting a silent cell phone policy due to the distraction it has been causing to others during activities and events. We ask that you be respectful and considerate of others and silence your cell phones before entering scheduled activity areas. We understand your calls are important to you and understand if you need to leave the room to take a call. We will also be posting a no cell phone sign on the bus for the same reason as above. Thanks for understanding and being respectful of others around you.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>9:30 Balance Class 10:00 Coffee Hour 10:30 Arts & Crafts 1:00 The Corner Store 2:00  Robinettes Winery 7:00 Bingo</p>	<p>2</p> <p>10:00 Coffee Hour 10:00 Exercise Class 10:30 BP & Weight Checks 11:00  Branns 1:00 65 Game 1:00 The Corner Store 2:30 Special Dog Day 3:00 Bible Study 4:00 Fellowship Hour</p>	<p>3</p> <p>9:30 Balance Class 10:00 Coffee Hour 10:30  Meijer 10:45 YMCA Veggie Van 1:00 The Corner Store 2:00 Bingo with Sonus Hearing-B</p>	<p>4</p> <p>10:00 Exercise Class 10:00 Coffee Hour 10:30 Catholic Communion 1:00 The Corner Store 1:00 Euchre 2:30  Happy Hour with Bob DeYoung</p>	<p>5</p> <p>10:00 Coffee Hour 1:00 65 Game 1:30 Saturday Movie</p>
<p>6</p> <p>Daylight Saving Time Ends Set Your Clocks Back 1 Hour 10:00 Coffee Hour 3:00 Worship Service 4:00 Fellowship Hour</p>	<p>7</p> <p>10:00 Exercise Class 10:00 Coffee Hour 11:00 Music & Dance In the Bistro 1:00 The Corner Store 1:00 Cribbage 2:00  Meijer 3:00 Book Club</p>	<p>8</p> <p>Election Day 9:30 Voting Poll 10:00 Coffee Hour 11:30 Voting Poll 1:00 The Corner Store 3:45 Line Dance Class 7:00 Bingo</p>	<p>9</p> <p>10:00 Exercise Class 10:00 Coffee Hour 10:30 BP & Weight Checks 11:00  Culvers 1:00 65 Game 1:00 The Corner Store 3:00 Bible Study 4:00 Fellowship Hour</p>	<p>10</p> <p>9:00 Sonus Hearing 9:30 Balance Class 10:00 Coffee Hour 10:30  Meijer 10:45 YMCA Veggie Van 1:00 The Corner Store 2:00 Bingo</p>	<p>11</p> <p>Veterans Day 10:00 Coffee & Patriotic Treats 10:30 Catholic Communion 1:00 The Corner Store 1:00 Euchre 2:30 Happy Hour with The Silvertones</p>	<p>12</p> <p>10:00 Coffee Hour 1:00 65 Game 1:30 Saturday Movie</p>
<p>13</p> <p>10:00 Coffee Hour 3:00 Worship Service 4:00 Fellowship Hour</p>	<p>14</p> <p>10:00 Coffee Hour 10:00 Exercise Class 11:00 Music & Dance In the Bistro 1:00 The Corner Store 1:00 Cribbage 2:00  Meijer</p>	<p>15</p> <p>9:30 Balance Class 10:00 Coffee Hour 10:30 Arts & Crafts 1:00 The Corner Store 2:00  Banks & D&W 2:30 Health Matter with Drew/ Exercise Your Brain 3:45 Line Dance Class 7:00 Bingo</p>	<p>16</p> <p>10:00 Coffee Hour 10:00 Exercise Class 10:30 BP & Weight Checks 11:00  Smash Burger 1:00 65 Game 1:00 The Corner Store 3:00 Bible Study 4:00 Fellowship Hour</p>	<p>17</p> <p>9:30 Balance Class 10:00 Coffee Hour 10:30  Meijer 10:45 YMCA Veggie Van 1:00 The Corner Store 2:00 Bingo</p>	<p>18</p> <p>10:00 Coffee Hour 10:00 Exercise Class 10:30 Catholic Communion 1:00 The Corner Store 1:00 Euchre 2:30  Happy Hour with Marvin Lutrell</p>	<p>19</p> <p>10:00 Coffee Hour 1:00 65 Game 1:30 Saturday Movie</p>
<p>20</p> <p>10:00 Coffee Hour 3:00 Worship Service 4:00 Fellowship Hour</p>	<p>21</p> <p>10:00 Exercise Class 10:00 Coffee Hour 11:00 Music & Dance In the Bistro 1:00 Cribbage 1:00 The Corner Store 2:00  Meijer 3:00 Book Club</p>	<p>22</p> <p>9:30 Balance Class 10:00 Coffee Hour 10:30 Arts & Crafts 1:00 The Corner Store 2:00  Horrocks 3:45 Line Dance Class 7:00 Bingo</p>	<p>23</p> <p>10:00 Exercise Class 10:00 Coffee Hour 10:30 BP & Weight Checks 11:30  Woodland Mall 1:00 The Corner Store 1:00 65 Game 3:00 Bible Study 4:00 Fellowship Hour</p>	<p>24</p> <p>Happy Thanksgiving! 10:00 Coffee Hour 1:00 The Corner Store</p>	<p>25</p> <p>10:00 Coffee Hour 10:30 Catholic Communion 1:00 The Corner Store 1:00 Euchre 2:30  Happy Hour with Steve Troyer</p>	<p>26</p> <p>10:00 Coffee Hour 1:00 65 Game 1:30 Saturday Movie</p>
<p>27</p> <p>10:00 Coffee Hour 3:00 Worship Service 4:00 Fellowship Hour</p>	<p>28</p> <p>10:00 Coffee Hour 10:00 Exercise Class 11:00 Music & Dance In the Bistro 1:00 The Corner Store 1:00 Cribbage 2:00  Meijer</p>	<p>29</p> <p>9:30 Balance Class 10:00 Coffee Hour 10:30 Arts & Crafts 1:00 The Corner Store 2:00  Dollar Tree 3:45 Line Dance Class 7:00 Bingo</p>	<p>30</p> <p>10:00 Exercise Class 10:00 Coffee Hour 10:30 BP & Weight Checks 11:00  Gun Lake Casino 1:00 The Corner Store 1:00 65 Game 3:00 Bible Study 4:00 Fellowship Hour</p>			

Talk About It

Music & Dance in the Bistro

Music and dancing is something we have all enjoyed, whether we're singing along in the car, in the shower or with a group of people. Let's get together and enjoy a variety of music. Some may bring back memories or take you to a place you haven't visited in a long while. We may add some musical trivia to test your memories. If you like to dance to some good music or just sit back and listen or sing along then you'll enjoy this new adventure of music and dance. Come join us in the Bistro on Mondays at 11:00am.

We will have a good variety of music but if you have a favorite CD, please feel free to bring it along.



Honoring Veterans

Veterans Day on Nov. 11 is a federal holiday that honors all men and women who have served in the U.S. armed forces. Originally called Armistice Day, the day marks the 11th hour of the 11th day of the 11th month of 1918 when an armistice between Germany and the Allies went into effect, ending World War I.



*Land of the free
because of the brave*



We are proud of our American House veterans and would like to invite you to join in on showing our appreciation on Veterans Day.

Friday, November 11th join us as we dress for this special occasion wearing patriotic colors. At 10:00 we'll have coffee and patriotic treats in the Bistro as we recognize our veterans and thank each one of them for their service. At 2:30pm we will gather for Happy Hour to enjoy and sing along to some patriotic music by the Silvertones. Join us as we make this day one our veterans will always remember.

If you are a veteran please contact your Life Enrichment Director, "Stella Bliss", at 248-9889 so that we can update our list of American House veterans.





THE CORNER STORE

It's official! The Corner Store is now open for business.

The store will be open Monday through Friday 1:00-2:00pm.

A few items you will find at The Corner Store are paper towels, toilet paper, stamps, envelopes, greeting cards, soup, cereal, toothpaste, coffee, cold canned pop, ice cream bars, candy bars, chips, a variety of snacks...

Please note: We only accept cash. The store will not have enough cash on-hand to break a \$20.00 dollar bill.



Spread the Word

Special Dog Day

We have a lot of dog and cat lovers here at American House Grand Rapids, so why not bring them out and show them off?

Let's start with a special Dress Up Your Dog Day on Wednesday, November 2nd, at 2:30pm. It will be nice to see the variety of costumes the dogs show up in. Your dog must be on a leash and held by you or in a pet cart. Pets are not permitted to walk in the halls or community areas in the building. We will have a special treat for each dog that is signed up to attend and parade in the special dog day event. We can bring the dogs outside for a quick walk around the circle drive. Please call the Life Enrichment Office at 248-9889 to enter your dog in this special dog day event.



Flight Highlights

From the Wright brothers' first flight in 1903 to the thousands of planes that crisscross the globe today, air travel has soared to new heights. Cruise through these milestones of the past century.

Year	Air Travel Milestone
1914	The first passenger airline offers service from St. Petersburg to Tampa, Fla.
1930	Nurse Ellen Church is hired as the first female flight attendant.
1952	The de Havilland Comet, the first commercial jetliner, is introduced.
1961	TWA debuts regular in-flight movie service.
1970	The Boeing 747 makes its first commercial flight.
1976	Concorde jets take off with supersonic passenger service.
1981	A frequent flier program is offered by American Airlines.
1995	Alaska Airlines is the first carrier to sell tickets over the internet.
2003	Internet service begins on flights.
2007	The Airbus A380 becomes the world's largest passenger jet.

"This Month In History"

NOVEMBER

1800: Congress holds its first session in the partially completed U.S. Capitol building.

1872: Suffragist Susan B. Anthony is fined for voting in the presidential election.

1919: President Woodrow Wilson declares the first Armistice Day. It would later become a federal holiday and its name changed to Veterans Day.

1927: Linking New York City and New Jersey under the Hudson River, the Holland Tunnel opens to the public.

1939: The cornerstone is laid for the Jefferson Memorial in Washington, D.C.

1947: Business tycoon and aviator Howard Hughes flies his massive wooden airplane, the Spruce Goose, over California's Long Beach Harbor. It would be the aircraft's only flight.

1955: Muppets creator Jim Henson registers the copyright for Kermit the Frog.

1969: Apollo 12 completes NASA's second manned mission to the moon.

1982: Michael Jackson's album "Thriller" is released. It stands as the best-selling album of all time.

1995: The national maximum speed limit of 55 mph is repealed, allowing individual states to set their own speed limits.

2004: Condoleezza Rice is nominated to be secretary of state by President George W. Bush. She was the first African-American woman to serve in the Cabinet position.

2007: Amazon introduces the Kindle, a portable electronic device for downloading and reading digital books. It sold out in five hours.