

# The Patriot

## American House at Holland

11911 James Street | Holland | Michigan | 49424  
americanhouse.com

November 2016



### Your Friendly American House Staff

Executive Dir. ....	Meagan Freriks
Admissions & Marketing .....	Alix Overbeek
Life Enrichment Dir. ....	Abbie Dykstra
Housekeeping Coord.	
Maintenance Dir. ....	Mike Dewitt
Lighthouse & Bay Point Coord. ....	Cathy Fucile
Lakeshore Coord. ....	Pat Melhorn
Boardwalk Coord. ....	Amanda Walcott
Beachside Coord. ....	Kerrie Flores
Driftwood Coord. ....	Loren Duemler
Sandy Cove Villa Coord. ....	Abbie Dykstra
Human Resources Dir. ....	Jessica IntVeld
Administrative Asst. ....	Jeanne Burnis
Chaplain .....	Dennis Perkins
Culinary Director .....	Sue Sheffield
Clinical Director .....	Rose Milanowski

### Recognizing Our Veterans

*You gave for peace with courage  
That families may be free  
So children could grow strong  
And safe they'd ever be.  
In giving for the sake of peace  
You may have suffered loss  
Your body may still show its wounds  
From taking up the cause.  
May remembrance of your time away  
Your sacrifice for peace  
Spur us on to strive more strongly  
For freedom, that there'll be release.  
From causes that sent some away  
To fight that we may freely live  
With gratefulness we thank you, veterans,  
For all you gave and give!*

Please join us for our annual Veterans Day Celebration and Recognition on **Friday, November 11, at 10am**, in the Sandy Cove Dining Room. Please see complete list of all American House residents who have served our country (Page 4).



find us on  
facebook!



Last year at our Veterans Day Celebration

## November



### Planning You Need to Consider - You Can't Afford to Wait!

Michelle Damian will be here to talk about how important is to consider government benefits like the Medicaid Waiver Program and VA Aid & Attendance to help pay for your cost in assisted living.

Getting help with these programs now will help keep your money lasting longer. We hope you can join us. Presenter: Michelle Damian, Certified Medicaid Planner™ November 9, 2:30pm



### Christmas Decorating Already?

It feels like yesterday when it was 80 degrees and sunny, but we know with Michigan, seasons come and seasons go. Here at American House we like to decorate for the holidays the week of Thanksgiving! We want to make sure everything is up and looking beautiful for the holiday season. Who knows when the first snow will fall, but let's make sure that your building is looking up to par! Check your activity calendar for a time when YOU can help decorate! 'Tis the season...



### American House Christmas Party

**SAVE THE DATE:** Join us for an open house holiday party for you and your loved ones on the following dates:

**Sandy Cove** - Thurs, Dec 1, from 6:30-8:30pm

**Baypointe** - Tues, Dec 6, from 5:30-6:30pm

**Lighthouse** - Tues, Dec 6, from 5:30-6:30pm

**Beachside** - Tues, Dec 6, from 5:30-6:30pm

**Lakeshore** - Weds, Dec 7, from 5:30-6:30pm

**Boardwalk** - Weds, Dec 7, from 5:30-6:30pm

**Driftwood** - Weds, Dec 7, from 5:30-6:30pm

## Spotlight on Alzheimer's

The Walk to End Alzheimer's took place on October 1 and American House got to participate! This year, the Holland area walk raised \$37,452.10 for Alzheimer's support, care and research! How amazing is that? We feel passionately about this cause because we see the effects of Alzheimer's each day in the people we love and serve daily at American House. For more information regarding this, please visit [www.alz.org](http://www.alz.org).



American House Staff supporting the Walk to End Alzheimer's!



Flowers from the Walk to End Alzheimer's.



## Holland Campus

### Main Phone Numbers

393-2174 Main Phone  
 796-2690 Baypointe  
 392-1007 Beachside  
 393-0406 Boardwalk  
 393-0160 Driftwood  
 393-2101 Lakeshore  
 393-9270 Lighthouse  
 796-2600 Life Enrich.  
 393-2174 Billing



### Want to Work Here?

Please stop into our office at Lakeshore or Beachside to get a paper copy of an application.

Unfortunately we do not have online applications, but we would love to have you come in and meet us!



## Thanksgiving Is Turkey Time!

*By Brian K. Rosso, R.D.*

The traditional holiday of Thanksgiving is celebrated this month. Turkey is the main food consumed during this holiday. Below are several interesting and informative facts about the turkey.

- On average, Americans eat more than 16 pounds of turkey annually.
- The largest turkey on record was 86 pounds.
- A male turkey is a tom, a female is a hen and a newborn is a poult.
- The average mature turkey has around 3,500 feathers.
- A turkey egg takes 28 days to hatch.
- It's estimated that 675 million pounds of turkey will be eaten this Thanksgiving in the United States.
- The main farmers of turkey are Minnesota, North Carolina, Arkansas, Virginia and California.
- Turkeys see in color.
- Only male turkeys gobble.
- Wild turkeys actually sleep in trees.
- Every year, the president of the United States pardons a turkey for the Thanksgiving holiday.
- Turkey is a great source of protein—30 grams per 3.5 ounces of cooked turkey.
- The first meal eaten on the moon was turkey.

American House will be serving turkey (along with seconds) this coming Thanksgiving.

**HAPPY THANKSGIVING!**



## Honoring Our American House Veterans

What a special blessing it is to have such a wonderful group of veterans here at American House. We cannot thank you enough for your service to our country!

### Residents

Austin S.	Army
Bill B	Army
Bruce S.	Army
Carl A.	Army
Don D.	Army
Glenn V.	Navy
Glenn T.	Army
Jim W.	Army
Howard S.	Army
Jan S.	Army
Joe S.	Navy
John F.	Army
Justin B.	Army
Lou B.	Navy
Marty M.	Air Force
Philip L.	Air Force
Vince D.	Army
Ward V.	Army
Willard K.	Army
Everett P.	Army

### Staff

Les Stone	Army
Pat Melhorn	Army

# Happy Birthday



## November Birthdays

05	Anne A.
06	Grace C.
08	Wanda P.
09	Howard S.
12	Eleanor D.
16	Mary B.
19	Gladys D.
20	Willard K.
23	Jim W.
26	Jack V.
30	Betty J.



## November Birthday Party

We will celebrate all residents who have birthdays in November with live entertainment and treats! This will be held in the Sandy Cove Dining Room with transportation available to any residents who wish to come. This special event will take place at 2:00 p.m. on Wednesday, November 16!

## Getting Along

Later in the month of November we will experience the joys of togetherness with family in the celebration of Thanksgiving. It is fun to laugh and remember times past around a dinner table feast.

These can also be days of relationship challenges. We have all been misunderstood and have said or done something we regret.

Doris Sanford tells a story of a misconception:

There was once a lady who worked in a high rise office building in London. Every day for her coffee break she went down to the first floor cafeteria and purchased a Kit Kat candy bar from the vending machine and a cup of coffee. This day was no different. After finding a small table in the corner and seating herself, she leaned over to search for something in her purse. When she sat up again a gentleman had seated himself across from her at the table. He had a cup of coffee, a doughnut and her Kit Kat bar in his mouth. He didn't apologize or offer any explanation. He simply ate it.

She was surprised and irritated, but said nothing. Finally she stood to leave and stomped over beside him, grabbing the remnant of his doughnut and stuffing it in her mouth. As best she could she said, "There now. How does that feel?" and marched back to her office. To her horror, there on top of her purse was her Kit Kat candy bar!

Let us be prayerful with Thanksgiving as we think about others. We will decide to think the best of others and be thankful!

Chaplain Dennis

## Veterans Day

### Veteran Stories

On Veterans Day, we honor those who have served in our nation's military. Use these questions to get to know your fellow residents better.

- Did you ever serve in the military? During what time? In which branch did you serve? What were your rank and duties?
- If you did not serve, were you close to someone who did? How did you feel in that situation? Did they talk about their military experiences?
- What are your memories of times when our nation was at war? How did people react when the conflict ended?



## Fun Times



Women's Wii at Lakeshore



Wii Bowling at Boardwalk



Crosswords at Lakeshore



Corn Hole at Boardwalk



### 5 Things About: Election Day

- An act of Congress in 1845 set Election Day on the Tuesday following the first Monday in November.
- Because the nation's economy centered on agriculture in the 1800s, elections were chosen to be held in the fall, when farmers were done with their harvests.
- The first presidential election in which all the states voted on the same day took place Nov. 7, 1848. Zachary Taylor won.
- Presidential elections are held every four years, in years divisible by four.
- This year's Election Day, held on Nov. 8, will be the nation's 58th presidential election.



## Life Enrichment Corner



### Want Pictures From Our Grandparents Day Event?

Visit and "LIKE" our facebook page

[www.facebook.com/](http://www.facebook.com/)

AmericanHouseOfHolland

Click Photos, then click

Grandparents Day Pictures 2016.

Save pictures and print from any local print shop!

### Feelings by Ruth Gladden

Ruth Gladden is a former resident of American House who passed away early October. This was shared at her funeral and thought it was too beautiful not to share with our community.

*You ask me why I go to church, I give my mind a careful search. I want to go to church to pray, to thank the Lord for every day. I close my eyes and there I see God's presence, His son - and Calvary Christ after the cross reaches down to hold the hand of a sinner, forgiven ten-fold. With the strength I feel as our hands entwine I can face each problem that comes to mind. For sing abounds us everyday, that's why I go to church to pray. And if God's will should be as mine, then throughout the week I'll find someone who needs His loving care. Someone to help - some cross to share. To help a stranger, a friend, a foe, so they may through their lifetime know the peace of mind that will always stay, as they hold Christ's hand every day.*

## Trip to Boulder Ridge Zoo

Boulder Ridge Zoo is located in Alto, MI, and has a wide variety of animals! We got to feed the giraffes, camels and more, and we got to tour the entire zoo on the bus!



The Whole Crew at Boulder Ridge Zoo



Paul and Arlene feeding the giraffe!



The camels LOVE Henrietta!



Bus Tour around the whole Zoo!



Cranes Orchard for apple cider and great food!



Ruth enjoying Craft Club making beautiful sunflowers for decoration for her door.



We love weekly Manicures at Lakeshore!

## Grateful Gourd

### Materials:

- Scissors
- Orange and green construction paper
- Black marker
- Hole punch
- Brad fasteners
- Glue

### Directions:

Cut the orange construction paper into eight long strips, each about 1-inch wide. From the green paper, cut out two leaf shapes and two vine shapes.

In the center of each orange strip, write down something you are thankful for. Use the hole punch to make a hole at both ends of every strip.

Arrange the orange strips in a stack, with the words facing up on each strip. Insert a brad fastener through all the holes on the left, then insert another one on the right. Gently fan out the paper strips into a pumpkin shape.

Glue the leaves and the vines to the top of the pumpkin.

## Crossword Puzzle

1	2	3	4	5	6	7	8	9	10	11	12	13	
14					15				16				
17					18				19				
20					21			22	23				
			24				25						
26	27	28				29							
30				31		32			33		34	35	36
37			38		39				40		41		
42				43		44			45		46		
			47		48				49		50		
51	52	53						54					
55							56				57	58	59
60					61	62			63				
64					65				66				
67					68				69				

### ACROSS

- Most common first name for U.S. presidents
- Ardor
- Campus area
- Remus or Sam
- French I verb
- Biblical preposition
- Clamor
- Laugh loudly
- On
- Imagery
- City in Wisconsin
- Lake birds
- Singing group for Davy, Peter, Micky & Mike
- Gathered
- Strain vegetables
- Bullring cry
- Chopper
- Fury
- Animal with a snout
- Leading
- Ox's burden
- Nursery rhyme Jack
- City on the Rhone
- Won back?
- Under \_\_\_; confidential
- Show affection for
- Gifts from a crocheter
- Whiten
- Cup-shaped blooms

### DOWN

- Beaver Cleaver's mom
- Of unknown authorship: abbr.
- 1104
- Women's names
- Becomes enraged
- Digits
- Type of collar
- Casa Mrs.
- Great fright
- Charlatan's claims
- Loosen
- Make reparation
- Dummies
- Populous nation
- Again
- Huge painting
- Crowds
- Tilted
- Scorch
- Rainy weather items
- \_\_\_, Oklahoma
- Have on
- City NW of Orlando
- Sound
- Suffix for kitchen or major
- Certain paintings
- Amphibians
- Musical instrument
- Common sites for trouser tears
- Equals
- Fellows
- Excellent
- Ref.'s decisions
- Chops
- Untanned skins
- Applied sticker
- Pitfall
- Bars
- Piece of info given to a "Jeopardy!" player
- Save
- Tête-\_\_\_
- Make \_\_\_; ridicule
- Brief flash of light
- Reduced
- Fence opening
- "Mary \_\_\_ little lamb..."
- Type of school: abbr.
- Talk back
- Season in Soissons



Give Thanks!

Our tables are full—and so are our hearts. Thank you for being a part of our community!

