

★ FOUNDED 1979 ★

DECLARE YOUR INDEPENDENCE

**American
House** 
SENIOR LIVING COMMUNITIES

The Patriot

American House at Holland

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



Your Friendly American House Staff

Executive Dir. Meagan Freriks
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Life Enrichment Dir. Abbie Dykstra
Housekeeping Coord. Tammy Witteveen
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
Human Resources Dir. Jessica IntVeld
Administrative Asst. Jeanne Burnis
Chaplain Dennis Perkins
Culinary Director Sue Sheffield
Clinical Director



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September 2016

Save the Date



Grandparents Day 2016

American House invites you and the family to our open house Grandparents Day Celebration! This carnival-themed outdoor celebration will include live entertainment from the Silvertone Band, a buffet styled picnic with lots of tasty food, photo booth to take pictures with family, balloons, face painting and many different carnival themed games!

September 11th, 2016 from 12:00 p.m. - 2:00 p.m.

September 2016



JK Bakery for Coffee and Donuts



Making Bird Feeders



Making Cards for People in Need



Gege and her painting



Senior Parade of Homes

Mark your calendars! On Saturday, September 24, the Senior Marketing Group of the Lakeshore Area will be presenting the 10th Annual Parade of Homes. Our campus will be participating again this year! This event will be held from 10 a.m. to 3 p.m. and is free to all seniors, family members and caregivers. Our purpose in participating in this special event is to educate seniors and their caregivers of the many services our community offers. The buildings will be open to the public for tours with lots of information in each area of care.

Spotlight on Alzheimer's

2016 Walk to End Alzheimer's

The Alzheimer's Association advances research to end Alzheimer's and dementia while enhancing care for those living with the disease. This year the Walk to End Alzheimer's is on October 1, 2016! Please contact Alix Overbeek, Admissions and Marketing Director, if you are interested in participating!

Intergenerational Activities

From Grandparents Day on the Sunday after Labor Day to Intergeneration Month throughout September, this season offers plenty of reminders to take some time to bond with younger people. Whether they're your grandchildren, other relatives, friends, or community members in need of a mentor, here are a few ways you can connect with them:

Teach your grandkids your favorite card game or a classic game like mahjong or chess. In return, have them show you a favorite video game or fun mobile app.

Volunteering together is a great way to teach younger folks the importance of giving back to the community. Visit an animal shelter or spend time helping out at a food bank.

Like the song says, "Everything old is new again." Many in today's generation are interested in traditional hobbies like sewing, knitting and gardening. If you possess skills in these areas, offer to teach the basics. Working on projects together gives you a chance to chat about other topics as well as foster the love of learning.

Speaking of learning, ask your younger peers for some tips on using a computer, tablet or smartphone. As a result, you can send emails, photos and text messages to each other to stay in touch.



September Outings at American House

Now that summer is coming to an end, we are excited to see what the fall brings in. Check out these upcoming activities for September! Mark your calendars for:

- Musical entertainment: John Scott, Patricia Kerr, Fred Walker, and Eddy Francisco
- Outings to: Bob Evans, Turks, The Farm House and brunch at IHOP.
- Art Prize Tour, Alzheimer's presentation at Jenison campus, and more!

***See September Activity Calendar for complete list!**

Spiritual Corner

Fourth Sunday Worship

Our Chaplain, Dennis Perkins, leads a worship service for the entire campus. The service is held in the dining room of Sandy Cove. This month, the fourth Sunday worship will be held on Sunday, September 25.

Transportation is provided by the Life Enrichment team, starting at 2 p.m. If you would like to attend this service and are in need of transportation, please notify a present staff member and wait for the golf cart or bus in the lobby area of your manor. Following the service, there is time of fellowship. Cookies and punch are provided.



Bible Study With Dennis

Sandy Cove Mondays at 11:00am
Boardwalk Mondays at 1:30pm
Lakeshore Mondays at 3:00pm
Lighthouse Wednesdays at 9:00am
Beachside ... Wednesdays at 11:30am
Driftwood Wednesdays at 1:30pm
BayPointe Fridays at 9:00am



Monthly Scripture

As each one has received a special gift, employ it in serving one another as good stewards of the manifold grace of God.

1 Peter 4:10

I have swept away your offenses like a cloud, your sins like the morning mist. Return to me, for I have redeemed you. *Isaiah 44:22*

In his kindness God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation.

1 Peter 5:10

And call upon me in the day of trouble; I will deliver you, and you shall glorify me. *Psalms 50:15*

The Lord is good to all. *Psalms 145:9*

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 Enrichment
 855-6786 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!



Interesting Corn Facts

By Brian K. Rosso, R.D.

Michigan farmers produce 335 million bushels of corn annually. I hope you find the following facts on corn interesting.

- There are 11,000 corn farmers in Michigan.
- One ear of corn has 800 kernels.
- Yellow is not the only color of corn. It can also be green, red, white or purple.
- Corn is grown on every continent except Antarctica.
- Another word for corn is maize.
- Forty percent of the corn produced is used to make ethanol.
- Corn is actually part of the grass family.
- Corn is a major food staple for livestock and poultry.
- Michigan is part of the Corn Belt, an area of the country where corn grows the best.
- Sweet corn is a great source of fiber, iron, thiamin and vitamin C.

Visit an American House today and enjoy some sweet corn, a regular item on our menu.



Sept: Music Month

What activity provides a wide range of physical benefits, relieves stress, and even helps you sleep better? If you guessed singing, you are correct!

Scientists have been studying the therapeutic effects of music for years. Even just listening to music has been shown to reduce anxiety, such as during a hospital stay. But research shows that actively participating in music by singing has even bigger health rewards.

Believe it or not, singing can be a form of aerobic exercise. As you breathe in and out, you increase your lung capacity and strengthen your diaphragm and abdominal muscles. Singing also improves posture and coordination, which can lower the risk of falls.

When you sing, your body releases endorphins, which not only reduce stress, but also relieve physical pain. Singing also stimulates circulation and increases antibodies that boost the immune system. And even though you may not feel like singing when you have a cold, the act can actually clear your sinuses. Regular singing protects your vocal cords, too.

Music has additional significant benefits for seniors. Singing stimulates the brain, enhancing memory function, concentration, alertness and speech. Music is commonly used to encourage reminiscing; a familiar song can bring back memories and spark conversations about the past.

Don't be shy about singing. No matter what you sound like, singing is good for you!



Happy Birthday

September Birthdays

02	Hulda F.
09	Dorothy D.
13	Helen W.
20	Millie E.
25	Pat S.
25	Jean W.
25	Melvin B.



September Birthday Party

We will celebrate all residents who have birthdays in September with live entertainment and birthday treats! This will be held in the Sandy Cove Dining room with transportation available to any residents who wish to come (especially those with birthdays). This special event will take place at 2:30pm on September 22! Please stop by to wish our residents a happy birthday!



Grand Rapids Symphony



GR Symphony recognizing our Veterans!



L to R: Jim, Jan, Jo, Willard, Karen, Jody, Sue, Alice, and Jerre!



Jerre, Alice and Sue right before the concert started!



We Love Music!



Henrietta waiting for the concert to start!

This past month we had the opportunity to go see the Grand Rapid Symphony Orchestra play at Jenison Fine Arts Center! This concert was put on especially for all the West Michigan American House communities. What a cool opportunity to be together as a large community enjoying beautiful music and music therapy!



Just for Fun!

Remember When: Cracker Jack Prizes

Along with caramel-coated popcorn and peanuts, kids young and old enjoyed Cracker Jack because there was a "Prize Inside," as its iconic cardboard package advertised. Since 1896, the treat has been an American tradition, often associated with the national pastime of baseball. In 1912, toy surprises were added, which had many rummaging through a box to unearth the mystery trinket buried in the snack. Among the various novelties one could find: a tiny whistle, a ring or a spinning top. Today, instead of physical prizes, consumers get a code that links to a digital game.



Vern from Boardwalk

Vern went on an outing to Captain Sundae and decided it was a perfect day for a large chocolate ice cream cone! Doesn't it look delicious!?

Life Enrichment Corner



Face the Cookie

Marty has taken the gold for Driftwood's Face the Cookie Challenge! Way to go Marty!!



Entertainment at Beachside



We love musical entertainers! Be sure to check your calendar for who is coming next month. Life Enrichment Staff provides transportation to all activities outside of their building! We love music!

AH Olympics



Evelyn B going for the gold in bucket toss!



Driftwood Balloon Baseball



Face the Cookie Challenge: The goal is to use your facial muscles to move the cookie to your mouth from your forehead!



Seed Spitting Olympic Contest

S'mores S'mores



L to R: Wilma, Joe and Pearl

Wii Bowling Fun!



Beachside Wii Bowling

Birthday Party Entertainment!



Birthday Party with Live Entertainment at Sandy Cove

Arts & Crafts

Dazzling Fall Decor

Add glam to some plain acorns with this beautiful and simple craft.

Materials:

- Acorn caps
- Clear nail polish
- Hot glue gun and glue
- Round marbles, various colors

Directions:

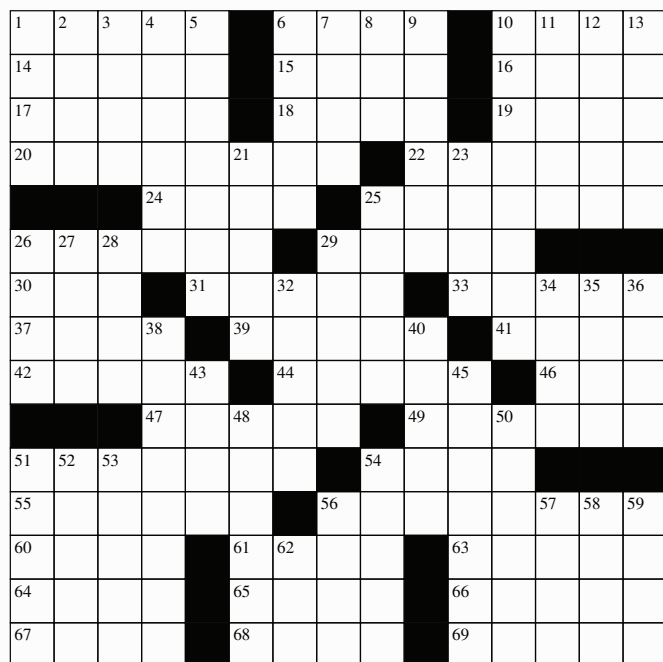
Paint each acorn cap with clear nail polish to protect it from cracking. Let dry.

Carefully line the inside of an acorn cap with hot glue, then place a marble inside. Hold the cap and the marble together for several seconds until the glue dries. Set aside.

Repeat with the remaining acorn caps and marbles. When all have dried, arrange them in a bowl or shallow dish. To create extra shimmer and shine, place a battery-operated pillar candle in the center of the acorns.



Crossword Puzzle



ACROSS

1. Celebrities
6. Actor Garrett
10. Accounting specialists, for short
14. Interlaced
15. Ireland, to the Irish
16. Gymnast Korbut
17. Public building
18. ___ Linda, California
19. Actual
20. Picture
22. Give
24. That femme
25. Removes
26. United
29. Cruise ship
30. Traveler's way: abbr.
31. Cars used by a dealer, for short
33. Anatomical partitions
37. Object
39. Respond
41. Expired
42. ___ T
44. Nosy person
46. Fragrant neckware
47. Narratives
49. Enthusiastic
51. Those easily victimized
54. Czech river
55. Honey factory

56. Guiding sponsorship
60. Pain
61. Splinter group
63. "Stop!" on the seas
64. Undesirable spots
65. Ending for Ann or Nan
66. French income
67. Romanian coins
68. Raise
69. German city

DOWN

1. Switch
2. Bull
3. State with conviction
4. Leased
5. Was very unfriendly
6. Misrepresent
7. Major disturbance
8. Part of a river
9. Benumb
10. Got a monopoly on
11. Skirt feature
12. Hard stone
13. Realtor's delights
21. Rapidly growing tree
23. Spanish shouts
25. Nightclub
26. Part of a teacup
27. Chancellor ___ von Bismarck
28. Requirement
29. Bank transactions

32. Level, raised areas
34. Stack
35. Ending for 7 numbers
36. Mine entrance
38. Answering machine's recordings
40. Amphibians
43. Den
45. Prime
48. Steamy spring
50. Uses a number 1 wood
51. Of Pius X
52. Quickly
53. Cheaply made
54. External
56. Judicial proceedings
57. Fires
58. This: Sp.
59. British submachine gun
62. Champagne season

