

The Patriot

American House of Spring Lake

18100 174th Avenue | Spring Lake | Michigan | 49456
americanhouse.com

Who's Who at American House Spring Lake

Executive Director..Jan Furman, RN
Executive Assistant Director..Barb Dekker
Clinical Director..Tara Cuti RN
Administrator Assistant..Teresa Chapman
Maintenance Director..Bob McDonough
Food Service Director..Marg VenHuizen
Housekeeping/Laundry..Lisa Henry
Chaplain..Dennis Perkins
Life Enrichment Director..Liane Martino
HR Assistant/Scheduling..
Brandi Waldman & Nicole Stewart
**Willowbrook and Timberbrook
Managers..**Amber Fralick-Zimmer
& Char Strong, LPN
**Pebblebrook and Stoneybrook
Manager..**Lacy Zoldan, LPN



Phone Numbers

Main Office ... 844-2880
• **Stoneybrook...**844-2877
• **Pebblebrook...**844-9277
• **Timberbrook...**844-2862
• **Willowbrook..**844-2893
Harbor Transit ... 842-3200
Four Pointes Senior Center ... 842-9210
Charter Cable ... 800-242-7837
Spring Lake District Library ... 846-5770
Leppinks ... 842-7020
Pharmacy ... 842-4706
North Ottawa Com. Hospital ... 842-3600

March 2016

99 and Still Loving Life and Keeping Active



Eliene is 99 and she is a very busy lady. She loves to keep active as much as she can. She finds her element in cooking and baking with the other ladies in Pebblebrook.

She grew up on a 180-acre farm in Crystal Valley. They had saddled horses and cows.

She is our former Valentine Queen 2015, which she proudly served for the year.

Herb of the Month



Amazing Herbs: Parsley

Many people know parsley as a green leafy garnish on dinner plates, but it's more than just decoration; in fact, it's one of the most popular herbs in the U.S. and Europe. An excellent source of folate, iron, and vitamins A, C and K, parsley is a nutritious addition to soups, sauces and salads. Included as part of one's daily diet, it may relieve heartburn, and eaten after meals, it can freshen breath. The two main types of parsley are flat-leafed and curly-leafed. The flat-leafed variety is usually more fragrant and less bitter than curly-leafed.



Cabbage and Your Health

By Brian Rosso

Cabbage is a very popular vegetable in March, related to the celebration of St. Patrick's Day. Below you will find some interesting facts and information about cabbage:

- The official name for cabbage is *Brassica oleracea*.
- Cabbage is a great source of vitamin C, vitamin K, folate and fiber.
- Cabbage is a great source of phytochemicals, which help prevent cancer.
- Cabbage originated in the Mediterranean.
- Two color types of cabbage are purple and green.
- Pickled cabbage in Korea is called kimchee.
- Cabbage in the U.S. is mostly eaten in the form of sauerkraut.
- One cup of shredded raw cabbage contains only 18 calories.
- The largest cabbage ever grown in the world was 138 pounds.
- The U.S. grows 1.2 million tons of cabbage annually; China grows 36.3 million tons of cabbage annually.

American House will be serving plenty of cabbage this coming St. Patrick's Day.

Happy St. Patrick's Day!



Join Us for Our Annual St. Patrick's Day Bingo Game

Wear your green and win some green. We will be serving Shamrock Shakes. This will be on St. Patrick's Day in the afternoon @ 2:00 @ Pebblebrook.



**Happy Wedding
Anniversary, Jack and
Ruth, on Your 68 Years
of Wedding Bliss.**

“Well-behaved women
seldom make history.”

—Laurel Thatcher Ulrich

March: WOMEN'S HISTORY MONTH

Wit & Wisdom

“Fortune favors
the bold.”

—Virgil

“Luck is not chance,
it's toil; fortune's
expensive smile
is earned.”

—Emily Dickinson

“No man ever wetted
clay and then left it,
as if there would be
bricks by chance
and fortune.”

—Plutarch

“Live as brave men;
and if fortune is
adverse, front its
blows with
brave hearts.”

—Marcus Tullius
Cicero

“If we should be
blessed by some
great reward, such as
fame or fortune,
it's the fruit of a seed
planted by us
in the past.”

—Bodhidharma

“An aim in life
is the only fortune
worth finding.”
—Robert Louis
Stevenson



March Birthdays List

March 1st	Alice S.-PB
March 2nd	Linda M.-TB
March 4th	Anna W.-Villa
March 4th	Ed C.-PB
March 5th	Dorothy W.-WB
March 7th	Betty B.-WB
March 8th	Helen V.-Villa
March 10th	Rosemary P.-Villa
March 11th	Carol B.-TB
March 13th	Cleo S.-SB
March 15th	Stanley C.-Villa
March 16th	Dorothy G.-PB
March 17th	Don N.-TB

Happy Birthday to Our Great Staff

March 4th	Jan F.
March 7th	Teka C.
March 10th	Tara C.
March 14th	Lucinda K.
March 16th	Katelynn Q.
March 31st	Teresa C.



Events in March

March 13th	Daylight Saving
March 14th	Pi Day
March 17th	St. Patrick's Day
March 20th	Palm Sunday
March 20th	Spring Begins
March 24th	Jewish: Purim
March 25th	Good Friday
March 27th	Easter

Health News

Health & Wellness

3 Things You Need to Know

1) Flu sufferers can infect others up to seven days after symptoms start.

2) The flu vaccine is the best way to get protection from infection, but your body can take two weeks to develop complete antibodies.

3) Stay home during illness, wash your hands and cover your mouth while coughing to help stop the spread of the virus.

Keep Moving

American House of Spring Lake offers exercise groups three times a week in all buildings, including the Villas.

We encourage our residents to join our groups as much as possible to keep those joints well-lubricated. We suggest you drink your water after each workout to replenish your body.

There's a Whole Lot of Making and Baking Going on



M-M-M Good!



Molding a wreath of birdseed for the birds during the winter.

Scones and Tea, Cookies and Milk, and a Little Something for the Birds





Out & About

- 3/2-Village Baker-10 (AC)
- 3/2-Antiquing-1:30 (AC)
- 3/3-Dollar Tree-10 (AC)
- 3/3-Teddy Spaghetti's-12:30 (M)**
- 3/9-Pine St B-fast-9:30 (AC)**
- 3/10-S.L. Library-10 (AC)
- 3/10-Hennessy's-12:30 (V)**
- 3/16-Brooklyn Bagel-10 (AC)
- 3/16-Tri-Cities Museum-1:30 (AC)
- 3/17-Walmart-10 (AC)
- 3/23-Dollar Tree-10 (AC)
- 3/23 Handsome Henry's-12:30 (V)**
- 3/24 Butterflies exhibit-1:30 (AC)
- 3/30 Once & Again-10 (AC)
- 3/30 Lakes Mall-1:30 (V)
- 3/31 S.L. Library-10 (AC)
- 3/31 Hennessy's-12:30 (M)**



Easter Egg Hunt Planned on Thursday, March 24th

Starting @ 10:00 am, in front of Timberbrook Manor, we will have some baskets available, but if you have your own, bring it. The residents will love helping you find the hidden eggs. We invite the grandchildren to join us for this annual event with Walden Green.



Much More March Memories to Make

We look forward to spring with new growth and opportunities to enrich our lives. Please mark your calendar for the activity events coming your way.

This month, look for some music to tap your toes to.

- March 4th, **Chris Sloan** will be entertaining the residents at Timberbrook, @ 3:00.
- March 9th, **Fred Walker** will be at the Villas, at 3:00. He never fails to entertain us.
- March 18th, the **Gentlemen of Ragtime** will be back at the Villas from 3:00 to 4:30. All are invited.

Other special programs scheduled are:

- **Nancy Buchanan** will be doing "A picture is worth a 1000 words" on March 9th, at the Manors and the Villas.
- **Tom Beuttner** will be here on March 8th for his informative and interesting slide show.
- March 24th, the **Walden Green Montessori K-1** class will be here for the annual Easter Egg hunt, @ 10:00. This is open to all resident grandchildren.
- At the Villa, March 22nd, there will be a presentation on Elder Services from **Parmentor O'Toole**, @ 2:00 pm.

In Memorial

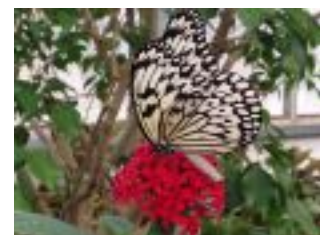
With Sympathy

Please keep the family members of Herb O., Shirley S., Phyllis H, and Clem S., in your prayers.



The Butterflies Are Here

We will be making the annual visit to the **Meijer Gardens** to visit the **Butterfly exhibit on March 24th, @ 1:30 pm**. If you are interested, please notify us. We will be ordering group tickets. We have limited space on the bus for 12 people. If you would like to volunteer to assist one of the residents, please inform the Life Enrichment Department.



Laugh Lines

Full-Court Fun

Net some laughs with these basketball riddles!

Q: What did March say to all the madness?

A: What's all that bracket?

Q: Why do basketball players love cookies?

A: Because they can dunk them.

Q: What's the difference between a dog and a basketball player?

A: One drools, and the other dribbles.

Q: Why was Cinderella thrown off the basketball team?

A: She ran away from the ball.

Q: Why did the basketball player sit on the bench and sketch pictures of chickens?

A: He was learning how to draw fowls.

Q: Why can't you play a fair basketball game while on a safari?

A: Because of all the cheetahs.

When There Is a Pizza Party, We Make the Pizzas



It Takes Many Parts to Make a Whole Pie



Church Services

March 2nd
March 6th
March 13th
March 20th
March 22nd
March 27th
Every WED. AM

Catholic Mass @ TB @ 10:45
Ferrysburg Church Service @ TB @ 2:00
1st CRC service @ PB @ 2:00
St. John's Lutheran Service @ TB @ 2:00
Protestant Communion Service @ Villa @ 3:00
Little Black Lake Baptist @ SB @ 2:00
Catholic Eucharist minister visits, except 1st WED

Hat Day 2016



Norma worked hard to design her own fancy hat.



Joe looks pretty dapper in his chapeau.



Sylvia is sporting a French Beret



Lois gives us her model pose with her very fashionable hat,

Just a Few of the Many Hats That Were Worn on Hat Day, January 15th, 2016



Linda never disappoints us when she gets into designing her hat for special events.

Ginger Tale

A Round of Applause for Redheads

Red hair became fashionable when redhead Queen Elizabeth I took the throne in 1558. Today, red shades are the most popular hair dye colors.

Well-known redheads include:

Galileo Galilei.

This 16th-century Italian astronomer was also a physicist, mathematician, philosopher and engineer.

Florence

Nightingale. Known for her pioneering work in nursing, Nightingale was also a writer and statistician.

Winston Churchill.

The British politician and statesman served as prime minister twice and received a Nobel Prize in literature.

Maureen O'Hara.

This lovely actress played sensible but passionate heroines, most famously in "The Quiet Man" with John Wayne.

THE PATRIOT

March 2016

*Spring Has
Spring!*

*Take time to enjoy
all the changes
nature has in blossom.*



**American
House** 

SENIOR LIVING COMMUNITIES

18100 174th Ave

Spring Lake, MI 49456