

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..Penny Glaesman
Executive Assistant Director..Cory Baar
Business Office Manager..
Jeanette Wozniak
Clinical Manager..Lacy Zoldan, LPN
Maintenance Director..Bob McDonough
Culinary Director..Rob Schweiflier
HR Assistant..Paula DeWall
Housekeeping/Laundry..Lisa Henry
Chaplain..Dennis Perkins
Life Enrichment Director..Liane Martino
Memory Care Cord... Monica Jobin, COTA
Pebblebrook and Stoneybrook Manager
Teresa Garvelink

Phone Numbers

Main Office ... 844-2880
• **Stoneybrook...**844-2877
• **Pebblebrook...**844-9277
• **Timberbrook...**844-2862
• **Willowbrook..**844-2893
Harbor Transit ... 842-3200
Tribune... 842-6400
Muskegon Chronicle.. 231-722-3161
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
Annie Martinez...231-730-3867
Guardian Alarm... 888-349-2400

February 2017

**On February 15th, Eliene Will Turn 100
And on February 21st, Joe Will Turn 100**



Sensational Centenarians

In many surveys, centenarians have credited their longevity to staying active, eating balanced meals, and having a good attitude by not dwelling on regrets or holding grudges.

Centenarians tend to live in cities, and often with other people—either with family or in a communal home. The majority of centenarians are women.

Some well-known centenarians throughout history include Grandma Moses, Irving Berlin, Bob Hope, Rose Kennedy and George Burns.

Eliene and Joe can now join the group.

In Memoriam



Please keep the families of Ken P., Nina D. and Linda M., in your prayers.

February by the Numbers

39. Percentage of Punxsutawney Phil's Groundhog Day predictions that have been accurate, according to *Stormfax.com*.

8 billion. Number of candy conversation hearts manufactured by New England Confectionery Company each year.

135. Words in George Washington's second inaugural speech, the shortest presidential inaugural address in history.



Villa News

February is the month of love and romance. We are having our annual Valentine Celebration with a dance on **Valentine's Day, February 14th, at 6:30** in the evening. Marvin Luttrell will entertain you so you can dance to some old romantic tunes. We hope you can dress up for the evening and enjoy our delicious punch and treats.

We are having a social with the residents of the **Lodge of American House of Jenison on Wednesday, February 1st, @ 3:00pm.**

A special trip is scheduled to visit Walden Green K-1 kids on **Wednesday, February 15th, @10:00.**

We have a great trip scheduled for **Dale and Gail's Music and Art Gallery in Hart on February 9th.** They play a magnificent organ and will be doing a concert for us. The cost is \$12.00 and well worth it.

Amber Wilde will be teaching another art class on **February 22nd and 23rd.** This will be \$25.00 for all supplies and class. Please sign up. We will be visiting the **Art Museum on Feb. 2nd to see the "Expressions of Faith."**

The Amigo company will be here on the **21st of February** to fix and clean walker, wheelchairs and scooters.

Music this month will be the **Silverados on February 17th and Fred Walker on February 8th.**

Education Station event is **Nancy Buchanan on February 8th @ 2:00.** She will talking about "Sweets for the Sweets."

Tom Buettner will be here on February 7th to show us the Presidents' homes.

Small month, but many activities.

Penny for Your Thoughts

Did I offer peace today? Did I bring a smile to someone's face? Did I say words of healing? Did I let go of my anger and resentment? Did I forgive? Did I love? These are the real questions. I must trust that the little bit of love that I sow now will bear many fruits, here in this world and the life to come. *Henri Nouwen*

Love is shown in the simplest of actions, yet like a seed it grows and grows until it becomes mature. Then the mature love spills over to others generating yet another layer of love.

To me nothing sums it up like 1 Corinthians 13:4 Love is patient, love is kind. 5 It does not envy, it does not boast, It is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 6 Love does not delight in evil but rejoices with the truth. 7 It always protects, always trust, always hopes, always perseveres. 8... LOVE NEVER FAILS!!!!





These are two of the Royalty that will be stepping down on February 14th. Please look for the ballot boxes to elect a new king and queen in your house.

Who Will Be the King and Queen of Valentine's Day 2017?

Starting in February, we will have our annual election of a King and Queen of each manor. Look for the ballot boxes and cast your vote. No special criteria needed to be elected.

On February 14th in the afternoon, there will be a celebration with some punch and treats. At this time we will announce the new king and queen of each manor.

In the evening at 6:30 pm in the Villa dining room, there will be a Valentine Dance with live music and refreshments. Please join us for one or all of our American House Valentine's Day celebrations.



Happy Birthday to Our Residents

2/2	Ida B.-PB
2/3	Helen R.-V
2/5	Dick S.-V
2/5	Carol K.-V
2/15	Eliene C.-WB 100th
2/15	Kip B.-TB
2/18	Jeff J.-WB
2/21	Joe P.-V 100th
2/24	Sandy T.-PB
2/24	Pat S.-TB
2/27	Kay V.-SB

Our Staff Birthdays

2/2	Carol Pechler
2/18	Ashley Moore
2/19	Lisa Henry
2/22	Brandi Waldman
2/25	Amy Ciezak



Important Dates in February to Celebrate

2/2	Groundhog Day
2/5	Super Bowl LI
2/10	Full Moon
2/14	Valentine's Day
2/20	Presidents Day
2/26	89th Academy Awards
2/26	59th Daytona 500
2/28	Mardi Gras



Wit & Wisdom

"Romance is the glamour which turns the dust of everyday life into a golden haze."
—Elinor Glyn

"In a great romance, each person basically plays a part that the other really likes."
—Elizabeth Ashley

"Tradition wears a snowy beard; romance is always young."
—John Greenleaf Whittier

"The word 'romance,' according to the dictionary, means excitement, adventure and something extremely real. Romance should last a lifetime."
—Billy Graham

"To me, romance and suspense go hand in hand. What's more suspenseful than wondering how two wonderful people can manage to get together in spite of the world going crazy around them?"
—Maggie Shayne

Talk About It

Grow Your Own Herbs

Enjoy fresh herbs during the winter by growing them indoors! Select herbs suited for indoor life, such as basil, parsley, thyme and sage. Use pots with drainage holes to prevent root rot. Keep the soil moist but not overwatered, and give plants plenty of light each day—six hours of sun or 14 hours of artificial light. If your indoor temperatures are around 60 degrees at night and 70 degrees during the day, you're set; in fact, the warm, moist conditions in your kitchen or bathroom make an ideal home for indoor herbs.

You can add fresh herbs to your meals and recipes.



The FYI on Chocolate for Valentine's Day

By Brian K. Rosso, R.D.

Chocolate is a food enjoyed by most people, especially at Valentine's Day. Here are some interesting facts about chocolate:

- Worldwide, consumers spend more than \$200 billion per year on chocolate products.
- It takes about 400 cacao beans to create 1 pound of chocolate.
- Chocolate is a great source of antioxidants, which have been shown to reduce a person's risk of developing cancer and heart disease.
- Snickers is the No. 1 selling chocolate bar in the world.
- Eating dark chocolate in moderation can lower a person's cholesterol levels.
- Americans prefer milk chocolate over dark chocolate; however, the consumption of dark chocolate is increasing. Try to eat dark chocolate containing at least 40 percent cacao (will be stated on the chocolate candy wrapper) for the most health benefits.
- The first United States chocolate factory was built in 1765.
- The average American eats 12 pounds of chocolate every year.
- The first chocolate candy bar was made in 1842.

Chocolate can offer some health benefits, but it should be eaten in moderation because of the calories associated with the fat and sugar content.

Happy Valentine's Day!

You Can Paint This Picture



Sign Up for a Class With Amber Wilde Feb. 22nd and 23rd. Just \$25.00 For Class and All Materials.

This is a 2-hour class on Wednesday and Thursday. Please notify Liane if you are interested or sign up in the Villas.

**“Sweets for the Sweets”
A Program By Nancy Buchanan on February 8th.**



Mark Your Calendar for These Events.

Get Your Walker and Wheelchair Checked on February 21st. Amigo Will Be on Campus In the Afternoon to Check or Repair Walkers, Wheelchairs or Motorized Chairs. They Will Start at 1:00 In the Villas and Move to the Manors. Please Sign Up if You Want Your Appliance Checked.



Muskegon Museum of Art Visit on February 2nd to See the “Expressions of Faith.” The Admission Is Free and There Are Other Exhibits to Explore as Well.



Laugh Lines

Groundhog Giggles

Q: What would you get if you crossed Feb. 2 with a puppy?

A: Ground-dog Day.

Q: What is green, has four legs and jumps out of its hole on Feb. 2?

A: The ground-frog.

Q: What side of a groundhog has the most fur?

A: The outside.

Q: Why was the groundhog depressed about his den?

A: He was having a bad lair day.

Q: What do you call a groundhog's laundry?

A: Hogwash.

Q: What happens if the ground-log sees its shadow?

A: We'll have six more weeks of splinters.

Q: What happened when the groundhog met a dogcatcher?

A: He became a pound hog.



Happenings

The News in the House



**Happy 12th Anniversary
Jean and Herb
on
February 12th**

EXTRA Neighborhood
News

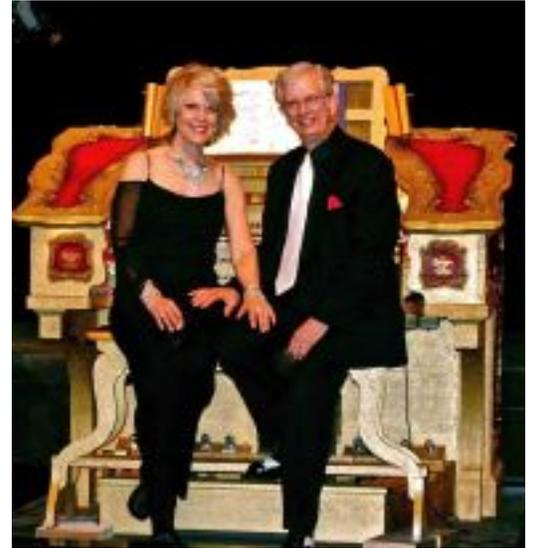


Welcome Cory Baar, Our New Executive Assistant Director Marketing and Admissions



Out & About

- 2/2 Brooklyn Bagels @ 10 (AC)
 - 2/2 Art Museum @ 1:30 (AC)
 - 2/8 Hodge Podge @ 10 (AC)
 - 2/8 Lunch @ Branns @ 12:30 (M)
 - 2/9 Dollar Tree @ 10 (AC)
 - 2/9 Dale and Gail's @ 1:00 (AC)
 - 2/15 Walden Green @10 (AC)
 - 2/15 Lunch @ 2 Tonie's @ 12:30 (V)
 - 2/16 S.L. Library @ 10 (AC)
 - 2/16 Library Prg @ 1:00 (MC)
 - 2/22 Village Baker @ 10 (AC)
 - 2/22 Walmart @ 1:30 (AC)
 - 2/23 Dollar Tree @ 10 (AC)
 - 2/23 Lakes Mall @ 1:30 (AC)
- KEY (AC)-all campus
(M)- Manors (V) Villa
(MC) Memory Care
IF SPRING LAKE SCHOOLS ARE CLOSED DUE TO BAD WEATHER, TRIPS ARE CANCELLED



Dale and Gail's Music and Art Gallery

On February 9th, we will be visiting the gallery and having an organ concert. The gallery is located in the historical downtown Hart.

The price is \$12.00 per person and well worth the cost. Please notify the staff if you are interested in attending. Family members are welcomed if space is available.

Church Services

February Church Service

- 2/1 Catholic Mass @ 10:45 @ TB
 - 2/5 S.L. Presbyterian @ 2 @ TB
 - 2/12 Ferrysburg Church @ 2 @ PB
 - 2/19 G.H. Presbyterian @ 2 @ TB
 - 2/26 Little Black Lake Baptist @ 2 @ SB
- Catholic Eucharistic minister visits every Wed

Our Memory Care Moments

As we move into February, we want to keep the “all natural” theme in our sensory inspired programs. Look for some jute crafts, valentine cards and homemade surprises and maybe some new smells in our diffusers.



Memory Care Coordinator, Monica, with Dee and Ethel.



A day of painting with watercolors, “free style.”



Put your comment under this photo. Betty has so many facial looks, anything could be said.

Photo Booth Fun



Pat strikes a pose with a great smile.

Beth Finds a Moment to Be Herself and Be Spontaneous



Our own Elf

Count Your Birds



The Great Backyard Bird Count

Every February, bird-watchers around the world lend a helping wing to scientists by participating in the Great Backyard Bird Count, a four-day project organized by the Cornell Lab of Ornithology and the National Audubon Society. Learn more at GBBC.BirdCount.org.



Lively Ladies

Among February’s festivities is Spunky Old Broads Month, which celebrates all the spirited women over the age of 50 who live life to the fullest. Cheers to these lively ladies!

February 2017



American House 

SENIOR LIVING COMMUNITIES

18100 174th Ave

Spring Lake, MI 49456