

The Patriot

American House of Spring Lake

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

American House Spring Lake

Executive Director... Toni LaRose, RN
Executive Assistant Director.. Cory Baar
Business Office Manager..
Jeanette Wozniak
Wellness Manager.. Lacy Zoldan, LPN
Maintenance Director.. Bob McDonough
Culinary Director.. Robert Schweifler
HR Assistant.. Paula DeWall
Housekeeping/Laundry.. Lisa Henry
Chaplain.. Dennis Perkins
Life Enrichment Director.. Liane Martino
Memory Care Coord.. Monica Jobin, COTA
SB Manor Coord... Deidre Harvell
PB Manor Coord.. Teresa Garvelink
TB Manor Coord.. Natasia Beasley
WB Manor Coord.. Amy Theodore
2nd Shift Supervisor.. Shelly Davis MA

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
Leppinks ... 842-7020
Pharmacy ... 842-4706
Annie Martinez... 231-730-3867
Guardian Alarm... 888-349-2400

September 2017



Nora and great-granddaughter Andrea

Grandparents Day Celebration- Sunday, September 10th, Noon to 2:00 pm

We are inviting you to our annual **Grandparents Day Celebration**. We will have games and prizes for grandkids, plenty of picnic food and music. We are planning on the Spring Lake Fire Department to attend and spread their joy with lots of foam for the kids to play in. We will have a balloon and caricature artist.

American House would like for all your family to attend this day of fun and excitement. Reservations are not required.

Grandparents

Grandparents Day

The first Grandparents Day was celebrated 1973 in West Virginia. In 1979 it became a National Observance Day by President Jimmy Carter, the first Sunday after Labor Day.

Grandma and Grandpa in Other Languages

Poland- *Babcia and Dziadek*
India- *Nana-ji and nani-ji*
Korea- *Halmonee and Halabujee*
Greece- *Ya-ya and Pa-pu*
China- *Popo and Gong-gong*
Italy- *Nonna and Nonno*
Cuba- *Abuelita and Abuelito*
Japan- *Oba-chan and Oji-chan*
Germany- *Oma and Opa*



find us on facebook!

We love to share what's happening at American House! Stay in-the-know by liking and following our Facebook page. Follow these four steps, and soon, you'll see posts and pictures from American House Spring Lake in your Facebook newsfeed.

- Step 1: Go to www.americanhouse.com
- Step 2: Find American House Spring Lake by searching under "Our Communities" at the top of the page.
- Step 3: Once on our website, click on the facebook icon located on the right side of the page under our contact information.
- Step 4: Click the "Like" and "Follow" buttons located underneath our community cover photo.

We look forward to sharing our community news with you.



Thank You

Thank you!

For my first article I would like to say "thank you" to all the residents and staff here at American House. I have met so many of you, and although I do not have your names memorized yet, the kindness you have shown me has been heartwarming. It is not easy to start a new job, but thanks to all of you, my transition here has been an easy one. I also want to let you know that I found a home to purchase, and last week I finally closed on it. The new house is located in Spring Lake. I was finally able to move from Grand Rapids last week and become part of the lakeshore community. I have been very busy unpacking an entire house, which is a daunting task, but every day I am making progress. You know what they say about how to eat an elephant? "Do it one bite at a time." That advice has carried me these past few days. Although my last two months have been a whirlwind of activity with starting a new job and moving an entire house, I must say I could not be happier. I absolutely love it here. I am looking forward to my life settling down a bit so I can spend some time getting to know all of you. I am grateful to serve as your new Executive Director ... Toni



Birthdays in September

9/2	Kay M.-V
9/7	Shirley C.-PB
9/10	Olga H.-TB
9/13	Nancy J.-SB
9/15	Don S.-WB
9/19	Barb P.-V
9/26	Herb G.-V
9/26	Nelvie A.-V
9/29	Marcia B.-WB



Our Staff Birthdays

9/1	Kristi Chrysler
9/11	Bob McDonough
9/16	Nancy Spira
9/29	Kameasha Wilson
9/30	Mary Amy Sanocki

Other Special Events in September

9/4	Labor Day
9/6	Full Moon
9/7	NFL Season starts
9/10	Grandparents Day
9/11	Patriots Day 16th Ann.
9/13	International Chocolate Day
9/16	Oktoberfest begins-10/1
9/21	Rosh Hashanah
9/22	Autumn Begins
9/29	National Coffee Day
9/30	Yom Kippur



Game Time



Let's See Who Is Ready for Football

U of M

9/2	Florida
9/9	Cincinnati-H
9/16	Air Force-H
9/23	Purdue

Michigan State

9/2	Bowling Grn-H
9/9	WMU-H
9/23	Notre Dame-H
9/30	Iowa-H

Notre Dame

9/2	Temple-H
9/9	Georgia-H
9/16	Boston College
9/23	Michigan State
9/30	Miami (OH)-H

Lions

9/10	Arizona-1pm
9/18	NY Giants-8:30
9/24	Atlanta-1pm

Green Bay

9/10	Seahawks 3:25
9/17	Falcons 7:30
9/24	Bengals 3:25
9/28	Bears 7:25

It's not whether
you get knocked
down; it's whether
you get back up.
Vince Lombardi

Autumn

Autumn Is Approaching

Summer comes to a close on Sept. 22, when fall arrives. As the days gradually get shorter and cooler, a variety of trees will begin to prepare for winter, indicated by their leaves changing to brilliant colors of red, orange and yellow before dropping to the ground. Ash, birch and maple trees are often among those that will lose their leaves first.

The Ninth Month

September is the month with the longest name. Also, it is the ninth month and has nine letters in its name, the only month like that. The Anglo-Saxons called it *gerst monath*, or "barley month," because the crop was harvested at this time of year.



Enrich Your Life With Pursuit of New Passions



Nancy, Norma and Herb Painting With Amber

Spring Lake Market

We love this time of year when the local markets provide such fresh produce. Besides the produce, there are fresh baked goods, flowers and homemade products. Our residents enjoy the market visits.



Shirley at the Spring Lake Farmers' Market



Donna, Kay and Norma cruising the market.



Villa News

Moving quickly into our fall schedule. Weekends will be filled with ball games, both football and baseball. The Villa residents will have an opportunity to attend Muskegon Polish Festival on September 1st. We hope we get a full bus.

Grandparents Day will be fun for everyone outside under the tents. Your meal for that day will be outside.

Please check the schedule for the trips arranged for this month. We do have many interested in some trips, so we must share places at times.

Satisfaction Surveys will be handed out during the open period of September 15th-October 6th. There will be a drawing for a prize for those who return their surveys before a designated time. This will be announced.



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.



Iron Chef

“Who Grilled It Better”



Chef Rob



Carol, LE



Phil, The Bus Driver

Laugh Lines

Grin and Bear It

Furry and funny, the Muppet character Fozzie Bear is the group's stand-up comedian. Fozzie's corny quips are usually followed by his catchphrase, "Wocka, wocka, wocka!"

"I always work without shoes on. What else would you expect from a guy with two bear feet?"

"What kind of coffee does my panda cousin drink? Bam-brew!"

"How does the Ferris wheel operator do his laundry? On a spin cycle! Jokes like this are why they call me a carnival of comedy!"

Unbearable Puns

The bear quit his second job because he needed some koala-ty time with his family.

Polar bears love to go to McDonald's for the berg-ers.

A bear that is stuck out in the rain is a drizzly bear.



Out & About

9/1	Polish Festival 1:30 (V)
9/7	Dollar Tree 10:00 (AC)
9/7	Country Dairy 1:30 (AC)
9/13	Home Goods 10 (AC)
9/13	Hobo's 12:30 (V)
9/14	S.L. Library (AC)
9/14	Meijer Gardens 1:00 (AC)
9/20	Dollar Tree 10 (AC)
9/20	Olive Garden 12:30 (M)
9/21	Village Baker 10 (AC)
9/21	MC Library Prg 1:00 (MC)
9/27	Hodge Podge 10 (AC)
9/27	Walmart 1:30 (AC)
9/28	Farmers' Mrk 10 (AC)
9/28	Hemlock Prg 1:15 (MC)
KEY	(AC) all campus
	(M) Manors only
	(V) Villa only
	(MC) Memory Care
	Some trips are limited due to room available on bus



Stanley and His Roots in Pinchtown

While on a ride back from one of our lunch outings we stopped by this historical marker sign explaining the existence of "Pinchtown." Stanley was born and raised in a house just a stone's throw away from this sign. Stanley helped compose this story of Pinchtown. The area is located between Laketon St., Lakeshore Drive, and Ruddiman Creek.

Church Services

Church Services for This Month

Sept 3rd	Church Service @ TB @ 2
Sept 6th	Catholic Mass @ Tb @ 10:45
Sept 13th	Ferrysburg Church @ PB @ 2
Sept 17th	St. John Lutheran @ TB @ 2
Sept 24th	Little Black Lk Baptist @ SB @ 2
	Catholic Eucharist visits every Wed. in AM

The Smell of Fall Is in the Air for Our Memory Care Manors

September is the beginning of fall. The smells of leaves and fresh apples, sounds of school bands and football games, taste of fresh harvested fruit and vegetables, sights of fall leaves beginning to turn golden, and the feel of that crisp fall air. We love the comfort food of harvested apples, new potatoes, and squash.

Our residents will enjoy a trip to the Hemlock Crossing on September 28th to see a special programs on fall birds and Michigan wildlife. September is a new beginning for most of us who had to return to school and start another year of life's lessons.



Fishing at Lake Harbor Park



Alvin caught the big one.

These Are a Few of the Trips Scheduled for September, Sign Up Early

*The best ice cream ever
Country Dairy in New Era*



**Take a Ride on the Tram
At Meijer Gardens**



Limited seating, \$4.00 person

Flash From the Past



Lois, Elinnor, Mary, Rosemary, Angie, Jan, and Millie attending the McGrath Park Concert

Punderful

Get Ready to Groan; It's Pun Time

- Energizer Bunny arrested; charged with battery.
- A pessimist's blood type is always B-negative.
- I fired my massage therapist today. He just rubbed me the wrong way.
- I used to work in a blanket factory, but it folded.
- Sea captains don't like crew cuts.
- A gossip is someone with a great sense of rumor.
- When you dream in color, it's a pigment of your imagination.
- Reading while sunbathing makes you well red.
- When two egotists meet, it's an I for an I.



September 2017



GRANDS *are great*

National Grandparents Day
is the Sunday after Labor Day.

**American
House** 
SENIOR LIVING COMMUNITIES

18100 174th Ave

Spring Lake, MI 49456