

The Patriot

American House at Holland

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



Your Friendly American House Staff

Executive Director	Chris Trevathan
Administrative Assistant	Wendy DeWitt
Admissions & Marketing Dir.	Alix Overbeek
Culinary Director	Sue Sheffield
Wellness Director	Rose Milanowski, RN
Housekeeping Director	Connie Hulst
Maintenance Director	Mike Dewitt
Human Resources Director	Jessica IntVeld
Life Enrichment Director	Melissa Feldt
Chaplain	Dennis Perkins
Lakeshore Coordinator	Pat Melhorn
Lighthouse Coordinator	Robin Dausman
Boardwalk Coordinator	Heather Hassan
Driftwood Coordinator	Loren Duemler
Beachside Coordinator	Kerrie Flores
Baypointe Coordinator	Tara Leisure
Sandy Cove Villa Coordinator	Melissa Feldt

Important Phone Numbers

393-2174	Main Phone / Billing
796-2690	Baypointe
392-1007	Beachside
393-0406	Boardwalk
393-0160	Driftwood
393-2101	Lakeshore
393-9270	Lighthouse
796-2600	Sandy Cove

October 2017



Calling All Mummies, Daddies, And Kiddos, Too!

We welcome you to the American House annual
Trick-or-Treating Event!

Our theme this year is Dr. Seuss! Each building will be decorated by our residents and staff to look like a different Dr Seuss book! Residents look forward to passing out candy and seeing all of the kids dressed up in their costumes! Be sure to check out our decorations, visit with our amazing residents, and load up on candy! If you would like to help with this event, we will be taking donations of packaged candy starting October 1st. Donations can be given to Melissa, our Life Enrichment Director.

This fun filled evening will take place on **Tuesday,
October 31st, from 6 to 8 pm!**



Craft Club!



We had a great time making walker and wheelchair bags during craft club a few weeks ago! Look for other fun, seasonal crafts coming up soon!



Favorite Fall Flavors

As the leaves on the trees turn from green to glorious shades of red, orange and yellow, another unmistakable sign of autumn makes an appearance on grocery store shelves and restaurant menus: the flavors of the season. Which of the following is your No. 1 pick?

Pumpkin spice. This orange squash has long been a popular fall dessert ingredient, but pumpkin spice—a blend of pumpkin, cinnamon, nutmeg, ginger and allspice—now reigns as the king of fall flavors, ever since Starbucks introduced its pumpkin spice latte in 2003.

Salted caramel. Specialty sea salt is the perfect partner for caramel, the chewy confection made by boiling sugar and mixing in cream, butter and vanilla. The sweet-and-salty combination was first developed in France before showing up stateside in ice cream, coffee drinks and more.

Apple cider. From a cup of freshly pressed, cold apple cider to a steaming mug of mulled cider, this flavor is one of the most fragrant that fall has to offer. The seasonal beverage is often featured in muffins and other sweets, including apple cider donuts.

Maple. This rich, dark sap harvested from maple trees is traditionally drizzled on pancakes and waffles. Maple's earthy sweetness also pairs well with savory and salty foods such as sausage, bacon, pork chops and nuts.



Flu Shots at American House

Our Flu Clinic has been scheduled in all buildings on: **October 24th, from 9am until noon.**

Hometown Pharmacy will be on our campus administering the flu shot to any resident that has signed a consent form. Consent forms are available in every building. All residents and staff are encouraged to get a flu shot.



Our Sandy Cove residents always enjoy the weekly trip to Meijer. Sue B and Anne V bring their purchases in while Paul lends a helping hand. Service with a smile!

October at American House

The leaves are falling, autumn is calling! Here are just a few of the great activities happening throughout the month of October!

Mark your calendars for:

- Lunch outings to Jackie's Place, Golden Corral, Wild Chef, and Goog's!
- Musical entertainment from Gene Hahn and Corky's Pals!
- A trip to Robinette's Orchard!
- Campus wide Trick-or-Treating Event!

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



Fourth Sunday Worship for September

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, October 22.**

Transportation, starting between 1:45 - 2 p.m, is provided by the Life Enrichment team. 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 a time of fellowship, and cookies and coffee are provided.

Bible Study With Dennis

Sandy Cove Mondays @ 11 a.m.
Boardwalk Mondays @ 1:30 p.m.
Lakeshore Mondays @ 3 p.m.
Lighthouse Weds @ 9 a.m.
Beachside Weds @ 11:30 a.m.
Driftwood Weds @ 1:30 p.m.
BayPointe Fridays @ 9 a.m.



If Christianity is not the religion you practice, please reach out to nursing or Life Enrichment staff regarding your spiritual needs. We want to meet all your needs here at American House.



Monthly Scripture



And if we know that he hears us - whatever we ask - we know that we have what we asked of him.

1 John 5:15

For every house is built by someone, but God is the builder of everything.

Hebrews 3:4

He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.

Psalms 91:4

As for God, his way is perfect: The Lord's word is flawless; he shields all who take refuge in him.

Psalms 18:30

My salvation and my honor depend on God; he is my mighty rock, my refuge.

Psalms 62:7

What Fun We Had!

Grandparents Day Celebration Memories!



Dan M. the fantastic balloon artist!



Florence M. and family



Barb R. and family visit with Paul



Anna S. and family



Lots of happy kids!



Bill and Jan L. enjoy the beautiful day!

Tips to Help You Hear Better

October is National Audiology Awareness Month and Protect Your Hearing Month. If you're one of the millions of adults in this country who have some degree of hearing loss, there are several lifestyle tips that can help you communicate better and enjoy life.

When riding in a car or bus, road noise can make it difficult to hear and talk with fellow passengers. For those who wear hearing aids, turning the volume down on the device next to the window can minimize distracting sounds.

In a restaurant or a social gathering, sit or stand with your back to the wall, which will help amplify sound around you. Choose a spot far away from noisy objects like heating and cooling vents and avoid high-traffic areas such as the kitchen or buffet table.

Visual cues can improve what you hear. Face someone who is talking to you so you can see their gestures and expressions. Avoid dimly lit spaces, and close window blinds if sunlight is creating a glare and obstructing the speaker's face.

Before going to a movie or play, read a review or summary about it in the newspaper or on the internet. This way, you'll have a better grasp of the plot in case you miss details when the performers are speaking or singing.

If possible, incorporate carpeting and drapes in your home, as they will reduce background sounds, making conversations clearer.

Finally, remember to rest your ears and take breaks from noisy environments or long conversations.



Happy Birthday

October Birthdays

01 William C. from Lakeshore
 05 Phyllis S. from Beachside
 06 Patricia S. from Driftwood
 08 Richard B. from Boardwalk
 14 Jody C. from Sandy Cove
 14 Elise R. from Lighthouse
 16 Harvey B. from Lakeshore
 18 Karen M. from Beachside
 18 Mary K. from Driftwood
 19 Donald B. from Lakeshore
 20 Dina K. from Sandy Cove
 26 Charles R. from Sandy Cove
 28 Gordon W. from Beachside
 31 Jean S. from Sandy Cove



October Birthday Party

We will celebrate all residents who have birthdays in October with a special birthday party at **Sandy Cove at 2:30pm on Oct 27!** This will be held in the Sandy Cove Dining Room with transportation available to any residents who wish to come.




Director's Corner

From Your Executive Director, Chris Trevathan

Hello all! Well, we have done it. We made it through the summer and are into the one of my favorite times of the year, Autumn. The hot days of summer are behind us and we can enjoy the cool nights and colorful days as the trees change for their long winter sleep. Keep an eye out for the Halloween theme for this year. I do believe it will be a fun time this year!



Pat W. enjoys a manicure from Jessica



Musical entertainment by guitarist Chris Sloan

Laugh Lines

Burns and Allen

Husband and wife entertainers George Burns and Gracie Allen were famous for the banter of their comedy routines. In October 1950, the beloved duo took their act to TV. Look back at some funny lines from "The George Burns and Gracie Allen Show."

George: This letter feels kind of heavy. I'd better put another stamp on it.

Gracie: What for? It'll only make it heavier.

Gracie: As soon as I got to the doctor's office I knew he was no good.

George: He was a bad doctor?

Gracie: Yeah, all his patients were sick.

Gracie: Here you are dear, the morning paper.

George: It's sorta all wrinkled up.

Gracie: Well, we get our paper from a very old delivery boy.

Resident Safety



In order to protect our residents and our staff, it is important to remember that American House staff members are not able to provide medical assistance to the independent living building. If emergency services or medical help is required, residents should call 911, or family for assistance. American House staff can call 911 and/or a family member with resident permission, but we cannot physically assist anyone who resides here, primarily, because of liability. Our Sandy Cove Villa is not a licensed building. Please see Alix or Melissa if you would like information about the Guardian Medical Monitoring Personal Emergency Response System.

Eat Sweet Potatoes for Good Health!

By Brian K. Rosso, R.D.

Sweet potatoes are a great addition to any meal. I hope you find the information in this article informative and interesting.

- Sweet potatoes can be purchased year-round.
- In 1920, the average American ate 31 pounds of sweet potatoes per year. In 2007, the average American ate 5.3 pounds.
- Forty percent of the sweet potatoes grown in the United States come from North Carolina. The crop grows best in warm climates with plenty of sunshine.
- Most sweet potatoes are grown without the addition of any pesticides.
- Individuals living in Taiwan prepare and eat the leaves of the sweet potato plant.

More Sweet Information:

- Street vendors in China sell baked sweet potatoes to the public during the winter months.
- Three-fourths of a cup of sweet potato provides 155 calories, 0 grams of fat, and 3 grams of protein. It's also a great source of vitamin C, fiber and potassium.

Sweet potatoes are on the American House menu. They are served baked, mashed or even in a pie. Stop by a local American House and enjoy some sweet potatoes.



Love Working With Seniors?

If you have a passion for working with seniors, American House is Hiring! Here is your opportunity to work with a great team while making a real difference in the lives of our residents. Open positions can be found on our website at:

www.americanhouse.com/careers or stop by the office in our Lakeshore building for an application. Apply today!



Sweet and Salty Popcorn Balls

From Culinary Director Sue Sheffield

While it has been decades since I went Trick-or-Treating, I can still remember my Grandmother making popcorn balls for all of us grandkids. I am happy to see the popcorn ball making a comeback and imagination is its accompaniment. With the Autumn months upon us my thoughts travel back in time to warm apple cider and popcorn balls.

Here is a recipe with a twist...

Sweet & Salty Popcorn Balls

- Un-popped popcorn 3 oz
- Butter ¼ cup
- Marshmallows 10 oz Bag
- Pretzel pieces 1 cup
- M&M's mini or regular 1 cup
- Mini chocolate chips ½ cup

-Pop popcorn according to package instructions
 -Set aside and allow to cool
 -In a large pot melt the butter over low heat

-Add marshmallows, stirring regularly, until melted
 -Remove all un-popped kernels from popcorn, stir into marshmallow mixture
 -Add pretzel pieces, stir to combine
 -Scoop and shape into balls
 -If mixture sticks to your hands, lightly spray your hands with cooking spray
 -Press M&M's and chocolate chips into the outside of popcorn balls
 -Allow to reach room temperature before consuming
 ENJOY!



Avocados: Good for Some.....

From Culinary Director Sue Sheffield

In the last couple years, a lot has been said to encourage eating the avocado. It is very nutritious with 25 essential nutrients.

It is often avoided because of its high fat content. Fat is necessary to our health, and that of the avocado is a good source.

Avocados are very versatile. They are often a substitute for mayonnaise. Best known as the key component in guacamole, it can even be baked with an egg in it!

While very healthy for us, it is actually poisonous to our pets and the large seed is a choking risk!



Fraud Against Seniors Seminar: Avoiding Identity Theft

Fun Apple Facts

Apple pie, apple butter, caramel apples—America's favorite fall fruit is as versatile as it is delicious. Autumn is when the crop is harvested and apples are at their freshest.

More than 2,500 varieties of apples are grown in the United States, and more than 7,500 types are produced worldwide.

After they are planted, apple trees grow four to seven years before producing fruit.

Once established, an apple tree can live for more than 100 years.

Apple varieties range in size from as small as a cherry to as big as a grapefruit. The largest apple ever picked weighed 3 pounds.

A mature tree can produce 400 to 800 pounds of apples per year.

Apples are part of the rose family, just like pears, plums and peaches.

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			
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30				31		32				33		34	35	36
37				38		39				40		41		
42				43		44				45		46		
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51	52	53							54					
55							56					57	58	59
60						61	62				63			
64						65					66			
67						68					69			

ACROSS

1. TV's __ Gibbs
 6. A particle of soot or dirt
 10. Go by
 14. Pseudonym
 15. Noggin
 16. Ms. Lee
 17. Chanticleer's spot
 18. Greek war deity
 19. City in Utah
 20. Orderly
 22. Ingredient for soup,
salad or sandwich
 24. Name for a Cork lass
 25. Gilbert or Manchester
 26. TV dog
 29. Cottage cheese base
 30. Toreador's encouragement
 31. Rose perfume
 33. Taurus or Jetta
 37. Perplexed
 39. Detection apparatus
 41. Positive response
 42. Avoid
 44. Strong winds
 46. Zeta's follower
 47. Perfect
 49. Trade
 51. Causes to become active
 54. Mere's companion
 55. Tell
 56. Earmark
 61. Site of a biblical
wedding celebration
 63. Nasal passages
 64. Place
 65. After that
 66. Find out bit by bit
 67. Pay attention to
 68. Tools with teeth
 69. Quench
- DOWN**
1. School __; teacher
of the Old West
 2. __ vera
 3. Noisy disturbance
 4. Whips
 5. Waldorf-__ Hotel
 6. Columbus'
burial place
 7. Mr. Chagall
 8. Native American
 9. Experimenter
 10. Oaths
 11. Emanations
 12. Editor's notations
 13. Pacific island group
 21. Tries to lose
 23. Car manufacturer
 25. Huge painting
 26. Burden
 27. Likewise

28. Part of a grapefruit
29. Waterway
32. Old robes
34. Song for Sonny & Cher
35. Mr. Johnson
36. By
38. Upset
40. Nonconformist
43. Revise copy
45. Malay garments
48. Puts up
50. Remember
51. Offensively bold
52. Weird
53. Writing surface
54. Arrangements
56. Over
57. Zone
58. Furniture wood
59. Slave
62. Cry of discovery

[illegible]