

The Patriot

American House at Jenison - Independent Living

1028 Allen Springs Lane | Jenison | Michigan | 49428
americanhouse.com

A Note From Your Coordinator

Happy October everyone!!

We made it through a wonderful summer and what a beautiful start to the fall season! As we welcome in the changing of seasons make sure to take a moment to appreciate the changing colors October brings us. We have a lot of fun bus trips to enjoy as we soak up the fall season.

September was a busy one! We got to celebrate our annual Grandparents Day with many friends and family; what a beautiful day and a great turnout. Thank you to all of you; we hope you had a great time! We also had a Resident Appreciation Spirit Week that did not disappoint. We took bus trips to Dolly Belly, Fenn Valley Winery, Bostwick Lake Inn, and Art Prize.

This month will be another busy one! As we welcome fall we will take a couple of Fall Color Tours, as well as trips to Blandford Nature Center, Crane's Pie Pantry, Vander Mills, and the Hoffman Museum. We will also get to enjoy having Trick or Treaters again this year for Halloween followed by a fun Halloween Social! We get to enjoy music from Peter Bergin and the Grace Gospel Band! You won't want to miss our first Allen Springs Expo this month!

We have a lot planned! Make sure to sign up and enjoy some of our outings and activities! Have a wonderful month!

God Bless,
Natalie

October 2017



Staff

Darren Tigelaar	Administrator
Natalie McComb	Life Enrichment Coordinator
Christie Lubbers	Admissions Assistant
Rick Deemter	Maintenance Supervisor
Steven Faulk	Chaplain
LouAnn Kloostra	Housekeeping Supervisor
Kenn Bacehowski	Culinary Supervisor
Jennifer McClellan	Cottages

Important Phone Numbers

Jenison Main Office	(616) 457-9815
Lodge Office	(616) 284-4498
Lodge Kitchen	(616) 284-4495
Maplewood Manor	(616) 457-3576
(Maint. Emergency)	
Jennifer McClellan	(616) 450-7408

Seasonal Section

Magnificent Falls

On the border between New York and the Canadian province of Ontario is a breathtaking natural wonder, Niagara Falls.

Niagara Falls was formed about 12,000 years ago.

There are actually three falls that make up the massive spectacle: Horseshoe, American and Bridal Veil falls. Horseshoe Falls is the largest at 2,200 feet wide and 170 feet tall.

More than 3,000 tons of water rush over Niagara Falls every second. Most of the water comes from four of the five Great Lakes.

On Oct. 24, 1901, Annie Edson Taylor, a 63-year-old Michigan teacher, became the first of several daredevils to survive a plunge over the falls in a barrel.

About 12 million tourists visit Niagara Falls each year.

Items of Interest

Guardian Medical Monitoring

Guardian's personal emergency response system is a medical alarm that can preserve the independence of seniors while offering immediate response in the first critical moments of an emergency with a hands-free, two-way connection.

Call Guardian Medical Monitoring at 1-888-349-2400.

Emergency Medical Information

Each apartment has a plastic sleeve in one of their cupboards. This should contain a Resident ID Sheet, Medication List, and a DNR order. Please make sure all of this information is there and up to date.

Connection

Every month on the 15th we have a gathering for all Cottage, Lodge, and Villa residents to come, meet, and mingle with each other.

Flu Shots!

Community Care Givers will be coming to the Lodge to give Flu Shots on October 19th at 12:30PM. They will need a consent form filled out and signed by anyone who would like the vaccine. Stop by Natalie's office for a copy of the consent form. You will also need a copy of your insurance card attached to the consent form to give to them.



Happy Birthday

Lodge Birthdays

June VK.	October 1
Vernetta V.	October 2
Dwight H.	October 6
Bill S.	October 8
Emmett H.	October 9
Arlene V.	October 9
Evelyn O.	October 10
Lois D.	October 18

Cottage Birthdays

Warner P.	October 6
Virginia K.	October 8
Vern P.	October 11
Warren V.	October 15
Nancy C.	October 18
Loren R.	October 20
Tom K.	October 27
Herman P.	October 29
Helen L.	October 31

Villa Birthdays

Rosemary J.	October 24
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Upcoming Events

Oct. 4	Blandford Nature
Oct. 6	Pig Roast
Oct. 10	Crane's
Oct. 12	Peter Bergin
Oct. 13	"Hocus Pocus"
Oct. 17	Downtown Trini's
Oct. 19	Allen Springs Expo
Oct. 23	Grace Gospel Band
Oct. 25	Hoffman Museum
Oct. 31	Halloween Social

FLOWER OF THE MONTH | OCTOBER



Chaplain's Corner

UNLEASHING HOPE

Replace Burnout With Balance OBEY THE FOURTH COMMANDMENT

Which of the 10 Commandments do you most ignore? Do you lie? Disrespect your parents? Ignore keeping the Sabbath?

The Bible tells us that *"...we must all appear before the judgment seat of Christ, that each one may receive what is due him for the things done while in the body, whether good or bad."* (2 Corinthians 5:10) How do you spend your time, money, and talents? Are they spent on things that honor God and serve others sacrificially? Or focus only on yourself?

The fourth commandment tells us, *"You have six days in which to do your work, but the seventh day is a day of rest dedicated to me."* (Exodus 20:9-10 GN) The problem

for most people is that too much rest before you work and you feel guilty. The opposite is also true, though: too much work before you rest and you feel cynical.

To avoid burnout, try following this recipe to grow in the area of rest.

Divert Daily: Each day, find a moment that is unintentional with nothing written in your calendar. You can sit in a yogurt shop or stare at clouds. Whatever relaxes you.

Withdraw Weekly: One day a week, choose one day to have intentional time where you put down your "to do" list and renew yourself. This is your Sabbath.

Abandon Annually: Use this time to disconnect completely. Do something to get out of your normal routine and rest.

Edited by Steven Faulk and adapted from Ray Johnson, *HQ: The Hope Quotient, Measure it. Raise it. You'll Never Be The Same*, 2014.

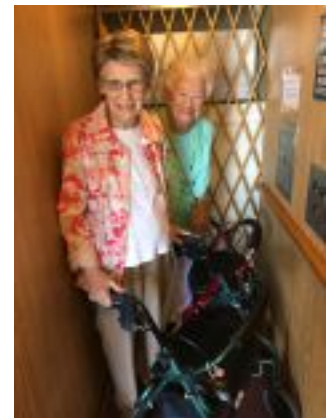
Allen Springs Expo

Mark Your Calendar

Thursday, October 19th, in the Lodge dining room from 3-5pm we are having our first ever Allen Springs Expo. We are targeting companies and services relevant to senior living. There will be samples and deals, as well as, items to purchase or pre-order.

Residents, employees, family, and friends are welcome. You will be able to register at a table to be included in a drawing for the free prizes.

There will be a lot of vendors to check out! You won't want to miss it.



Ellen and Emily taking the elevator at Pillar Church for the Organ Recital

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 12:00 Noon Meal 3:00 Church Service	2 9:00 Men's Group 9:30 Exercise 12:00 Noon Meal 1:00 Bridge 3:00 Coffee Hour 3:00 Cards 6:30 Pinochle	3 10:00 Bingo 12:00 Noon Meal 1:00 Euchre 2:00 Meijer 3:00 Coffee Hour 6:00 Games	4 9:30 Fall Colors Tour with Donuts 12:00 Noon Meal 1:00 Cribbage 2:00 Blandford Nature Center 3:00 Coffee Hour 7:00 Games	5 10:00 Craft Corner 12:00 Noon Meal 1:00 Wii Bowling 1:00 Knitting Club 3:00 Medicare Election Period Presentation 3:00 Coffee Hour 6:00 Games 7:00 Cribbage	6 10:00 Bible Study 12:00 Pig Roast! 2:00 Manicures 3:00 Coffee Hour 6:30 Games	7 Michigan vs. Michigan State 12:00 Noon Meal 1:00 Wii Bowling 3:00 Coffee Hour 6:00 Games
8 12:00 Noon Meal 3:00 Church Service	9 Columbus Day 9:00 Men's Group 9:30 Exercise 12:00 Noon Meal 1:00 Bridge 3:00 Cards 3:00 Coffee Hour 3:00 Popcorn!! 6:30 Pinochle	10 10:00 Bingo 12:00 Noon Meal 1:00 Euchre 2:00 Crane's Pie Pantry 3:00 Coffee Hour 6:00 Games	11 9:30 Meijer 12:00 Noon Meal 1:00 Cribbage 2:00 Fall Colors Tour 3:00 Coffee Hour 3:00 State Bar of Michigan- Who Should You Trust Seminar 6:30 Hymn Sing with Connie 7:00 Games	12 10:00 Walking Club 12:00 Noon Meal 12:30 Blood Pressures 1:00 Wii Bowling 3:00 Cider & Donuts 6:00 Games 7:00 Peter Bergin- Pianist 7:00 Cribbage	13 10:00 Bible Study 12:00 Noon Meal 2:00 Manicures 3:00 Coffee Hour 4:00 Movie "Hocus Pocus" 6:30 Games	14 12:00 Noon Meal 1:00 Wii Bowling 3:00 Coffee Hour 6:00 Games
15 Connection TBA 12:00 Noon Meal 3:00 Church Service	16 9:00 Men's Group 9:30 Exercise 12:00 Noon Meal 1:00 Bridge 3:00 Cards 3:00 Coffee Hour 6:30 Pinochle	17 10:00 Bingo 12:00 Noon Meal 1:00 Euchre 2:00 Meijer 3:00 Community Caregivers Seminar 3:00 Coffee Hour 4:30 Downtown Trini's Mexican Restaurant for Dinner 6:00 Games	18 9:00 Eighth Street Farmers Market 12:00 Noon Meal 1:00 Cribbage 2:00 Vander Mills 3:00 Coffee Hour 7:00 Games	19 9:30 Lodge Breakfast 12:30 Flu Shots 1:00 Knitting Club 1:00 Wii Bowling 3:00 Coffee Hour 3:00 Allen Springs Expo 4:00 Veterans Club 6:00 Games 7:00 Cribbage	20 10:00 Bible Study 12:00 Noon Meal 2:00 Manicures 3:00 Book Club 3:00 Coffee Hour 6:30 Games	21 12:00 Noon Meal 1:00 Wii Bowling 3:00 Coffee Hour 6:00 Games
22 12:00 Noon Meal 3:00 Church Service	23 9:00 Men's Group 9:30 Exercise 12:00 Noon Meal 1:00 Bridge 3:00 Coffee Hour 3:00 Cards 6:30 Pinochle 7:00 Grace Gospel Band- October Birthday Party	24 World Series Begins! 10:00 Bingo 12:00 Noon Meal 1:00 Euchre 2:00 Horrocks Market 3:00 Coffee Hour 6:00 Games	25 9:30 Meijer 12:00 Noon Meal 1:00 Cribbage 3:00 Hoffman Museum 3:00 Coffee Hour 6:30 Hymn Sing with Connie 7:00 Games	26 10:00 Chair Volleyball 12:00 Noon Meal 12:30 Blood Pressures 1:00 Wii Bowling 3:00 Cider & Donuts 6:00 Games 7:00 Cribbage	27 10:00 Bible Study 12:00 Noon Meal 2:00 Manicures 3:00 Coffee Hour 5:00 Pizza Party! 6:30 Games	28 12:00 Noon Meal 1:00 Wii Bowling 3:00 Coffee Hour 6:00 Games
29 12:00 Noon Meal 3:00 Church Service	30 9:00 Men's Group 9:30 Exercise 12:00 Noon Meal 1:00 Bridge 3:00 Cards 3:00 Coffee Hour 6:30 Pinochle	31 10:00 Bingo 12:00 Noon Meal 1:00 Euchre 1:30 Trick or Treaters! 3:00 Halloween Social 6:00 Games				

Picture Pages



Grandparents Day!





Did You Know American House of Jenison Is 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 4 easy steps and soon, you'll see posts and pictures from American House West Bloomfield in your Facebook News Feed.

Step 1: Go to www.americanhouse.com.

Step 2: Find American House West Bloomfield 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's cover photo.

It's that simple! We look forward to sharing our community news with you.



Spirit Week!

It was so fun to see everyone's participation!



Craft Corner



Tie Dye!

Last month we tie-dyed and wore our finished product for Spirit Week! Join us this month on October 5th at 10 AM.

October 2017

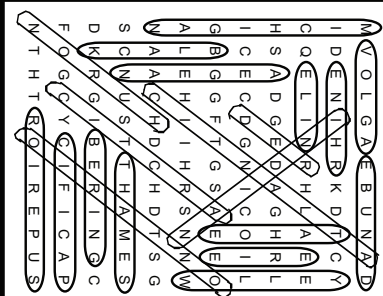
Word Search

Category: Rivers, Lakes, Seas and Oceans

M V O L G A E B U N A D
I D E N I H R K D T C Y
C Q E L I N R H L A E E
H S A D G E D A G H R L
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- Word Search Solution:
- Aegean (Sea)
 - Arctic (Ocean)
 - Atlantic (Ocean)
 - Bering (Sea)
 - Black (Sea)
 - Danube (River)
 - (Lake) Erie
 - (Lake) Huron
 - Indian (Ocean)
 - (Lake) Michigan
 - Nile (River)
 - (Lake) Ontario
 - Pacific (Ocean)
 - Red (Sea)
 - Rhine (River)
 - (Lake) Superior
 - (Lake) Tahoe
 - (River) Thames
 - Volga (River)
 - Yellow (Sea)



"This Month In History"

OCTOBER

1895: The first U.S. Open golf tournament tees off at the Newport Country Club in Rhode Island.

1904: In New York City, more than 100,000 people pay a nickel each to ride the city's new subway system.

1916: The San Diego Zoo is founded. Now world-famous, the California zoo is home to more than 3,500 animals.

1921: The World Series is broadcast on the radio for the first time.

1930: In the musical "Girl Crazy," Ethel Merman makes her Broadway debut, earning standing ovations after belting out the show-stopper "I Got Rhythm."

1941: Mount Rushmore, the sculpture of four U.S. presidents carved into the face of a South Dakota mountain, is completed after 14 years of work.

1954: Singer Marian Anderson becomes the first African-American hired to perform as a member of New York City's Metropolitan Opera.

1968: American author John Steinbeck is awarded the Nobel Prize in literature.

1973: Queen Elizabeth II officially opens Australia's newly built Sydney Opera House.

1982: Sony launches sales of the world's first compact disc player, priced at about \$1,000.

1990: East Germany and West Germany end 45 years of division, declaring a unified country.

2003: LeBron James, the first player picked in the NBA draft, makes his debut with the Cleveland Cavaliers. He was named the NBA Rookie of the Year that season.

2011: According to estimates by the United Nations, the world population reaches 7 billion.

2015: The single "Hello" by British pop singer Adele makes history by selling more than 1 million downloads in one week.