

The Patriot

American House Lloyds Bayou

17046 Lloyds Bayou Drive | Spring Lake | Michigan | 49456
americanhouse.com

Your American House Staff

Executive Director	Barb Dekker
Assistant Executive Director	Sher Lewis
Life Enrichment Director	Brooke Morey
Culinary Director	Scott Boston
Assistant Culinary Director	Sonny Gaitan
Culinary	Angelo Roberts
Dining Room Supervisor	Mary Poniatowski
Dining Room Server	Shontonique Pigue
Dining Room Server	Denise Nuismer
Housekeeping Supervisor	Gabby Ederer
Housekeeping	Jordan Schroedter
Housekeeping	Allison Spangler
Maintenance Director	Chris Pastor



Important Phone Numbers

Main Office: M-F 9 am-5 pm	(616) 844-9001
After-Hrs. Maint. Emergency	(616) 928-9409
Beauty Shop- Paula	(616) 502-9845
Grand Haven Senior Center	(616) 842-9210
Harbor Transit Bus Service	(616) 842-3200
Grover Pharmacy	(231) 865-3345
Meijer Pharmacy	(616) 847-8033
Orchard Market	(616) 844-6662
The Med Team	(616) 843-6367
Kitchen Phone	(616) 844-1626

October 2017



The Month of Marigolds

The bright orange and yellow petals of marigolds make them an ideal choice for October's birth flower. These blooms have been used for centuries as a culinary herb, natural dye and insect repellent. The marigold's botanical name is calendula, a word you may recognize from its use in health and beauty products because of its antibacterial and anti-inflammatory properties.

Full Moon Fatigue

If you're tired from a restless night's sleep, the moon may be to blame. Research shows people report more trouble getting to sleep and staying asleep during a full moon than during other moon phases, but the exact reasons why are unclear. Scientists speculate it could be due to an internal body clock that is synchronized with lunar cycles.

Brainteaser

Question: What falls but never breaks? What breaks but never falls?

Answer: Night and day.

Thank You!

Grandparents Day!

American House Lloyds Bayou staff would like to thank everyone who came out to your Grandparents Day celebration. This was the first of many, and it was outstanding. It was amazing to see all of the families get together and just enjoy each other's company. We hope next year even more people join in the fun!



Guessing Booth Game

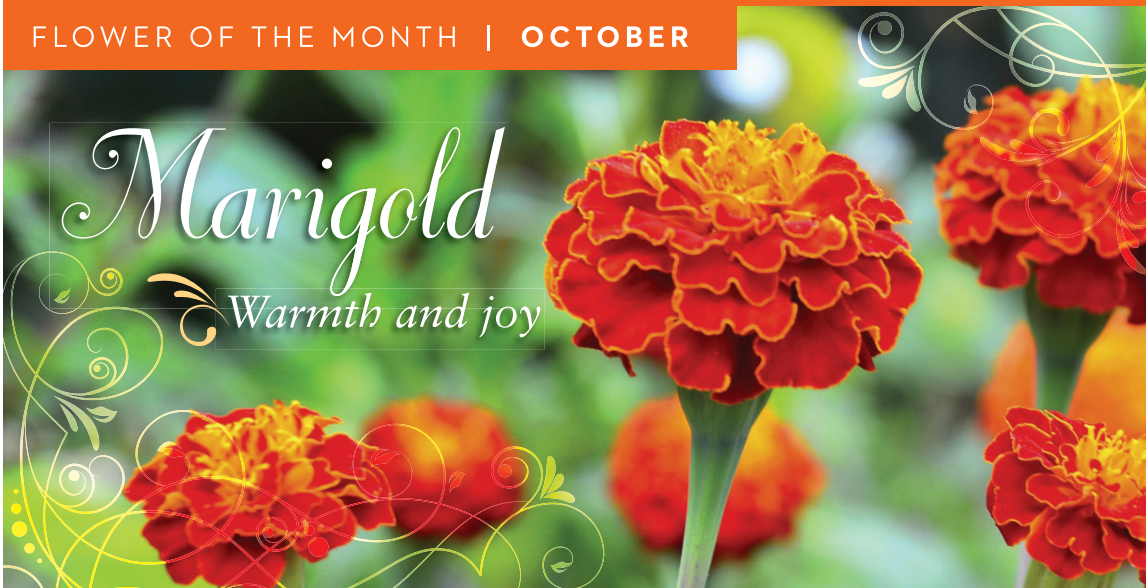
Chef Sonny was the winner guessing the number 300! Thank you to everyone who played!



FLOWER OF THE MONTH | OCTOBER

Marigold

Warmth and joy



Creatures of the Night

When darkness falls, most of us are ready for bed, but for many members of the animal kingdom, nighttime is prime time.

Bats. The only mammals that can fly, bats are mysterious critters that love to lurk in dark spaces like caves and hollow trees, emerging at dusk to feast on insects and fruit. Eating up to 1,000 insects a night, bats play a crucial role in pest control, and fruit bats are important pollinators.

Owls. Large eyes, sharp hearing and feathers specifically designed for silent flight make these birds excellent nighttime hunters. A traditional sign of wisdom and a friend to farmers by helping control

rodent populations, owls are known for their hooting calls, but they can also screech, whistle and squeak.

Wolves. A wolf howling at the moon may send a chill up your spine, but there's really nothing to fear. The largest members of the dog family are simply communicating with each other and staking out their territory. Wolves prefer nighttime because the cooler temperatures help them conserve energy while they hunt.

Toads. These amphibians burrow in the ground during the day and come out at night to eat insects and sing their croaking song. Their bumpy skin is toxic to some predators but harmless to humans.

Raccoons. These masked bandits cause mischief during the evening hours, foraging for almost any food they can get their hands on—even goodies from residential garbage cans. Despite their antics, these North American mammals are admired for their uniquely patterned coats and curious, intelligent nature.

Wit & Wisdom

“Cats do not have to be shown how to have a good time, for they are unfailing ingenious in that respect.”
—James Mason

“Cats can work out mathematically the exact place to sit that will cause the most inconvenience.”
—Pam Brown

“I read that when cats are cuddling and kneading you, and you think it's cute, they're really just checking your vitals for weak spots.”
—Kandyse McClure

“Cats seem to go on the principle that it never does any harm to ask for what you want.”
—Joseph Wood Krutch

“A cat has absolute emotional honesty: Human beings, for one reason or another, may hide their feelings, but a cat does not.”
—Ernest Hemingway

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:30 Church Service Rev. Gary Lacy (Communion) 4th	2 10:30 ■ Chair Exercise w/ Mimi 1st 10:30 Farkle 1st 1:30 Wii Bowling 4th 6:30 Dominoes	3 9:00 SALON OPEN till 4 9:30 Wii Bowling 4th 10:30 Farkle 1st 10:30 ■ Chair Exercise Movie 1st 11:00 ■ The Stable Inn 3:00 ■ Nancy Buchanan (Rock 'N' Rollin' through the '50s)	4 10:30 ■ Chair Exercise 1st 10:30 Farkle 1st 1:00 Bridge 4th 1:30 ■ Laura from NOCH Flu Vaccine Clinic 3rd 6:30 Euchre 3rd 6:30 Wii Bowling 4th	5 9:00 SALON OPEN till 4 10:00 The Medical Team Blood Pressure Clinic 2nd 10:00 <i>Craft and Chat 3rd floor</i> 10:30 Farkle 1st 10:30 ■ Chair Exercise Movie 1st 3:00 ■ BINGO 1st 6:30 Cribbage 3rd 6:30 Dominoes 1st	6 9:00 SALON OPEN till 4 10:30 ■ Chair Exercise w/ Mimi 1st 10:30 Farkle 1st 1:30 Birthday Celebration 1st 6:30 Wii Bowling 4th	7 1:00 Skip Bo 3rd 6:30 Manipulation 3rd
8 2:30 Church Service The Sorensen's 1st	9 Columbus Day 10:30 Farkle 1st 10:30 ■ Chair Exercise w/ Mimi 1st 1:30 Wii Bowling 4th 6:30 Dominoes	10 9:00 SALON OPEN till 4 9:00 ■ Beltone Hearing Aid Clinic 3rd 9:30 ■ Pine Street Café 9:30 Wii Bowling 4th 10:30 ■ Chair Exercise Movie 1st 10:30 Farkle 1st	11 9:00 ■ Airway Oxygen 1st 10:30 Farkle 1st 10:30 ■ Chair Exercise 1st 1:00 Bridge 4th 1:30 Food Donation Bagging Event 1st 6:30 Wii Bowling 4th 6:30 Euchre 3rd	12 9:00 SALON OPEN till 4 10:00 <i>Craft and Chat 3rd floor</i> 10:00 The Medical Team Blood Pressure Clinic 2nd 10:30 ■ Chair Exercise Movie 1st 10:30 Farkle 1st 3:00 ■ BINGO 1st 6:30 Cribbage 3rd 6:30 Dominoes 1st	13 9:00 SALON OPEN till 4 10:00 ■ Tackle Hunger Delivery 10:30 Farkle 1st 10:30 ■ Chair Exercise w/ Mimi 1st 11:00 <i>Lunch Bunch (sign up sheet by the office)</i> 2:30 ■ Happy Hour (Martin Zyla) 1st 6:30 Wii Bowling 4th	14 Happy Birthday Anna Maxwell #421 1:00 Skip Bo 3rd 6:30 Manipulation 3rd
15 2:30 Church Service Angela and Walter Grysen Bible Doctrine Church of Allendale 4th	16 Happy Birthday Mary Humphreys #430 10:30 Farkle 1st 10:30 ■ Chair Exercise w/ Mimi 1st 1:30 Wii Bowling 4th 6:30 Dominoes	17 9:00 SALON OPEN till 4 9:30 Wii Bowling 4th 10:30 ■ Chair Exercise Movie 1st 10:30 Farkle 1st	18 10:30 Farkle 1st 10:30 ■ Chair Exercise 1st 1:00 Bridge 4th 1:30 Women in Transition Bag Stuffing Event 1st 6:30 Wii Bowling 4th 6:30 Euchre 3rd	19 Happy Birthday Florence Kuk #324 And George Hilson #405 9:00 SALON OPEN till 4 10:00 The Medical Team Blood Pressure Clinic 2nd 10:00 <i>Craft and Chat 3rd floor</i> 10:30 Farkle 1st 10:30 ■ Chair Exercise Movie 1st 3:00 ■ BINGO 1st 4:00 <i>Pizza Day 1st</i> 6:30 Dominoes 1st 6:30 Cribbage 3rd	20 Happy Birthday Robert Fritche #117 9:00 SALON OPEN till 4 10:30 Farkle 1st 10:30 ■ Chair Exercise w/ Mimi 1st 11:00 ■ Breast Cancer Bag Delivery And lunch at JW's Food and Spirit 6:30 Wii Bowling 4th	21 Happy Birthday Anita Barth #122 1:00 Skip Bo 3rd 6:30 Manipulation 3rd
22 2:30 Church Service Ronald Albrecht 4th	23 10:30 Farkle 1st 10:30 ■ Chair Exercise w/ Mimi 1st 1:30 Wii Bowling 4th 6:30 Dominoes	24 9:00 SALON OPEN till 4 9:30 ■ Morning Star Café 9:30 Wii Bowling 4th 10:30 ■ Chair Exercise Movie 1st 10:30 Farkle 1st	25 Happy Birthday Larry Cooper #314 10:30 Farkle 1st 10:30 ■ Chair Exercise 1st 1:00 Bridge 4th 2:00 ■ Take and Bake (Stuffed Shells) 6:30 Euchre 3rd 6:30 Wii Bowling 4th	26 9:00 SALON OPEN till 4 10:00 <i>Craft and Chat 3rd floor</i> 10:00 The Medical Team Blood Pressure Clinic 2nd 10:30 Farkle 1st 10:30 ■ Chair Exercise Movie 1st 3:00 ■ BINGO 1st 6:30 Cribbage 3rd 6:30 Dominoes 1st	27 9:00 SALON OPEN till 4 10:30 Farkle 1st 10:30 ■ Chair Exercise w/ Mimi 1st 6:30 Wii Bowling 4th	28 1:00 Skip Bo 3rd 6:30 Manipulation 3rd
29 Happy Birthday Lois Matheson #420 2:30 Church Service 4th	30 Happy Birthday James Stedman #115 10:00 ■ Pumpkin Decorating with Jeffers Elementary 1st 10:30 Farkle 1st 10:30 ■ Chair Exercise w/ Mimi 1st 1:30 Wii Bowling 4th 6:30 Dominoes	31 9:00 SALON OPEN till 4 9:30 Wii Bowling 4th 10:30 Farkle 1st 10:30 ■ Chair Exercise Movie 1st			Welcome New Neighbor Phyllis Noel #220	

Talk About It

- **Monday–Friday from 9am to 5pm, please use the maintenance sheets in the front lobby to put in a maintenance request. After 5pm and on weekends, please use the maintenance pager for EMERGENCY MAINTENANCE requests ONLY (for example, no heat or a water problem). That number is 616-928-9409. **Emergencies ONLY!!****

Chef's Corner

Kiss from the Chef's
A small, mound shape. Baked meringue, which often contains chopped nuts, cherries or coconut. The texture of a kiss is light and chewy. The term also applies to small one-bite candies usually commercially produced.
Bon appetite!

Pumpkin Decorating

Brooke has invited two classes from Jeffers Elementary School in Spring Lake to come and decorate pumpkins here. There will be a Kindergarten class and Second Grade class. Brooke is looking for volunteers within our American House Community to come and help these "little friends" decorate. We will be sitting next to them to help with anything (getting stickers off the sheet or making sure our building isn't covered in glitter). If this is something you are interested in, there will be a sign-up sheet by the office. They will be here on October 30th. Look for the event location and time on the calendar page of the newsletter. They are so excited to come! We hope you all come and join in the fun! If you would not like to help but still want to come and decorate a pumpkin, still sign up so we have enough pumpkins for everyone.

Dazzling Fall Decor

Add glam to some plain acorns with this beautiful and simple craft.

Materials:

- Acorn caps
- Clear nail polish
- Hot glue gun and glue
- Round marbles, various colors

Directions:

Paint each acorn cap with clear nail polish to protect it from cracking. Let dry.

Carefully line the inside of an acorn cap with hot glue, then place a marble inside. Hold the cap and the marble together for several seconds until the glue dries. Set aside.

Repeat with the remaining acorn caps and marbles. When all have dried, arrange them in a bowl or shallow dish. To create extra shimmer and shine, place a battery-operated pillar candle in the center of the acorns.





Bump, Set, Spike

Whether it's played indoors or on sand, with a ball or balloons, volleyball is one of the most popular team sports in the world.

In 1895, William G. Morgan, a physical education director at the YMCA in Holyoke, Mass., wanted to create a sport that appealed to a wide range of ages and abilities. He combined elements of basketball, tennis, baseball and handball and called the game mintonette. The name changed to volleyball after a professor watching a demonstration remarked that players volleyed the ball back and forth.

Volleyball is played with two teams of players on opposite sides of a high net. A rally begins when a team serves the ball over the net. The receiving team must return the ball using a maximum of three hits—often called a bump, set and spike—without letting the ball touch the ground. Play alternates between sides until the ball hits the floor or a fault is committed. The team that wins the rally earns a point.

The game can be adapted to fit different environments and equipment, with beach volleyball and balloon volleyball being popular variations. It's estimated that 800 million people worldwide play the sport.

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.

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.

October 2017

The Fall Classic

Each October, the World Series crowns the best team in Major League Baseball. Here's a roster of some milestone moments for the Fall Classic.

Year	Milestone
1903	The first World Series is played. The Boston Americans defeat the Pittsburgh Pirates.
1910	A baseball with a cork center, rather than rubber, is used for the first time.
1922	The New York Giants are the first champs to receive World Series rings.
1956	New York Yankee Don Larsen pitches the only perfect game in Series history.
1967	The first Commissioner's Trophy is awarded to the winning team, the St. Louis Cardinals.
1987	Minneapolis' Metrodome hosts the first World Series games played indoors.
1992	The Toronto Blue Jays are the first team from outside the U.S. to win the Series.
2003	MLB awards home-field advantage to the winner of the All-Star Game.
2016	Ending the longest title drought in pro sports, the Chicago Cubs win the Series after 108 years.

"Then & Now"

"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.