

# 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

October 2017



*Bill and Jane celebrating 78 years  
of wedding bliss on October 14th, 2017*

### 78 Years of Love

Bill and Jane got married at Grace Lutheran Church in Muskegon Heights. It was a beautiful fall day with the leaves amber in color. They left for Chicago for their three day honeymoon in a 1934 four door blue Ford. They danced at the Aragon Ballroom and Trianon Ballroom in Chicago. As they say, the rest is 78 years of love and making music.



## In Memorial

### With Sympathy

Please remember the families of Winnie K. and Joe P., in your prayers



### Flu Shots Are Scheduled

Flu shots are scheduled to be given on **October 2nd in the morning by North Ottawa Community Health.** Our Independent Villa residents will need to get a consent form from Liane. On Monday, bring the consent form filled out along with your insurance cards. You will be notified of the time. You can also get your flu shot at your own doctor if you desire.



### Make Your Days Great by Toni

Michelangelo once wrote, "The greater danger for most of us lies not in setting our aim too high and falling short, but in setting our aim too low and achieving our mark." That's powerful. Can you relate?

If Michelangelo were living today, he'd probably say he's a sculptor. He'd likely point you to his best known marble works, Pietà and David, and you'd be transfixed by his skill and talent for carving.

He may not even mention that he'd painted the Sistine Chapel- that is a priceless, influential fresco that graces a Vatican ceiling. In fact Michelangelo had a lower opinion of painting than sculpture, and was, as the story goes, persuaded by the Pope to paint the Chapel.

Do we assume that because Michelangelo didn't love painting above all else, that he set a low priority on painting that holy space? Maybe he would have rather been sculpting, but he still gave the Sistine Chapel four years of backbreaking work; he gave it everything he had. There's no comparable work anywhere on earth.

What do you love to do? Do you have a favorite pastime, favorite people, and favorite places? Do you have to force yourself to love those things? No, I'm betting you don't. Doing what you love usually doesn't require the same level of self-discipline as doing what you need to do, or what you have committed to do. It probably requires more effort ... and more planning.

Taking the time to plan and execute a task that's not your favorite doesn't mean it's a waste. For example, planning your future by organizing your documents, getting your healthcare in line, knowing your coverage, understanding your benefits ... these are time well spent because they benefit you and those you love. Like chapel frescoes, they can affect generations.

What if Michelangelo had told Pope Julius II he didn't want to paint the Sistine Chapel? The world never would have seen the work that has inspired artists for centuries. What if you don't take on the important task of getting your documents in order? Your family will be lesser for it.

Do the proactive work and do it well. Aim high and be thorough. Not everything can be the Sistine Chapel, but setting a challenging goal will ensure you'll always land higher than you thought you could.

Make your days great ... You're in charge of them.





## Football

### Michigan State

10/7 @ Michigan  
10/14 @ Minnesota  
10/21 Indiana  
10/28 @ Nwstern

### U. Of M.

10/7 M. State  
10/14 @ Indiana  
10/21 @ Penn state  
10/28 Rutgers

### Lions

10/1 @ Minnesota  
10/8 Carolina  
10/15 @ Saints  
10/29 Pittsburgh

### Green Bay

10/8 @ Dallas  
10/15 @ Minnesota  
10/22 New Orleans

### Notre Dame

10/7 @ N. Carolina  
10/14 Bye  
10/21 USC  
10/28 NC State

Check your local listings for time and channel.



### Happy Birthday

10/10 Bill S.-SB  
10/15 Fran H.-SB  
10/16 Mary H.-WB  
10/19 Sue A.-SB  
10/25 Mary D.-V



### Happy Birthday to Our Staff

10/11 Glenn Perry  
10/25 Shannon Aleem

### Other October Days to Celebrate

10/5 Full Moon  
10/6 World Smile Day  
10/9 Columbus Day  
10/15 Nat. Grouch Day  
10/16 National Boss Day  
10/21 Sweetest Day  
10/22 Mother-in-Law Day  
10/29 National Cat Day  
10/31 Halloween





## Talk About It

### Leading the Way

Oct. 16 is National Boss Day, a time for employees to show appreciation for their supervisors and employers.

Talk about some of the managers you had at various jobs. How were they similar or different in the way they led their employees?

Who was the best boss you ever had?

What do you think are important characteristics of a great boss?

Were you ever a supervisor at a job? Looking back, is there anything you would have done differently?

Would you rather be the boss or let someone else be in command?

Many movies and TV shows have memorable characters who are bosses in the workplace. Who are your favorites? Do you think they would make good leaders in real life?

## Out and About



Muskegon Farmers Market



Dancing on the Grand at the Waterfront



Saugatuck Paddle boat



Reenders Blueberry Farm



Star Of Saugatuck Paddle Boat



Lavender Labyrinth in Shelby



## 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](http://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.



### Staff Appreciation Week

These are only a few pictures of our wonderful and very dedicated staff. We appreciate the compassion you give to care for all our residents. American House of Spring Lake rises above the norm because of your service.



### Heritage Lines

#### Celebrating German Heritage

October is German-American Heritage Month, and Oct. 6 is celebrated as German-American Heritage Day in honor of the arrival in 1683 of 13 families who established the first German settlement on American soil. This Pennsylvania community later came to be known as Germantown. German influences in the U.S. can be seen in kindergartens, the Social Security system, choral singing, marching bands and the modern suspension bridge. Notable Americans of German descent include Dwight Eisenhower, Albert Einstein, Henry Kissinger, Kurt Vonnegut, Fred Astaire and Lou Gehrig. In 2013, according to the U.S. Census Bureau, 46 million Americans claimed German ancestry.

## Laugh Lines

### Laugh Lines: The Write Stuff

Q: Where do poems come from?

A: Poe-trees.

Q: What do you get when you combine Robert Frost and James Bond?

A: "The Road Not Shaken, But Stirred."

Q: Why was John Keats always hounded by creditors?

A: Because he ode so much.

Q: What is the highest honor among cowboy poets?

A: Poet lariat.

Q: What did the poet say to Luke Skywalker?

A: "Metaphors be with you."

Q: How many mystery writers does it take to change a lightbulb?

A: Two—one to screw in the bulb almost all the way, and one to give a surprising twist at the end.



## Out & About

- 10/4 MC Bus ride (MC)
- 10/5 SL Library @ 10 (AC)
- 10/5 Dale and Gail's Music & Silent Movie in Hart @1 (AC)
- 10/11 Ryke's Bakery @ 10 (AC)
- 10/11 Texas Roadhouse @12:30 (M)
- 10/12 Dollar Tree @10 (AC)
- 10/12 Cider Mill House @ 1:30 (AC)
- 10/18 Home Goods @ 10 (AC)
- 10/18 DK Orchards @ 1:30 (AC)
- 10/19 Mr. B's Pancake @9:45 (AC)
- 10/19 Tempting Tables@ 1:30 (AC)
- 10/25 Dollar Tree @ 10 (AC)
- 10/25 Station Grill @ 12:30 (V)
- 10/26 SL Library @ 10 (AC)
- 10/26 Glass Blowing Studio @ 1:30 (AC)

KEY (AC) All Campus  
(M) Manors only  
(V) Villa Only  
(MC) Memory Care Manor

**Our Outings Are a Great Time to Share With Friends. Millie and Shirley Are Enjoying the Lavender Labyrinth**



### Church Services

- 10/4 Catholic Mass @ TB 10:45
- 10/1 Church Service @ TB @ 2
- 10/8 Ferrysburg Service @ PB @ 2
- 10/15 Church Service @ TB @ 2
- 10/22 Little Black Lake Baptist @ SB @ 2
- 10/29 S.L. CRC @ PB @ 2
- Catholic Eucharist minister visits one on one every Wednesday morning



## Our Memory Care Moments for October

We look forward to the spectacular show from Mother Nature when she presents us with the eye candy of the color changing leaves in October. We reminisce about smells of bonfires, pumpkin spice in everything. We taste the flavors of apple cider and candy apples. The brisk, cool mornings wake us up as the frost sometimes appears on the pumpkins. We do get that occasion Indian summer day. If you listen, you can hear the geese flying over heading to the south for the winter.



Deane and Gayle at the Coast Guard Festival



Picnic at Pottawatomie Park

## October Featured Events



**We Have Reserved October 5th to Attend Dale and Gail's Music Gallery in Hart. The Cost Is \$12.00 Which Includes a Silent Movie Being Played During the Organ Concert.**



*Chalk Talk*

**Chalk Talk Artist Jim Oudmand and His Wife Sharon Will Be at the Villas October 27th at 3pm For a Wonderful Program**

## Save the Date



**Tempting Tables Event, We Will Be Attending October 19th at 1:30**

An extraordinary biennial event featuring exquisite table settings and unique collections benefiting Breast Cancer Research.

We support this event and invite you to attend. It is \$15.00 for tickets if purchased ahead of time or \$20.00 at the door. It is held at the Holiday Inn downtown Muskegon. We plan to leave at 1:30 on that Thursday. Please see Liane for tickets.





October 2017



**American  
House**   
SENIOR LIVING COMMUNITIES

18100 174th Ave

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