DECLARE YOUR INDEPENDENCE



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

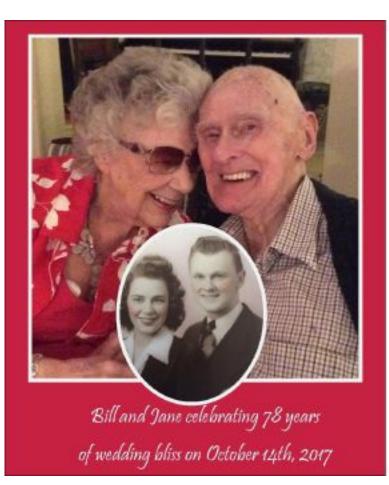
Charter Cable ... 800-242-7837

Leppinks ... 842-7020

Pharmacy ... 842-4706

Annie Martinez...231-730-3867 **Guardian Alarm**... 888-349-2400

October 2017



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



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.

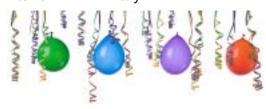






Happy Birthday

10/10	Bill SSB
10/15	Fran HSB
10/16	Mary HWB
10/19	Sue ASB
10/25	Mary DV



Happy Birthday to Our Staff

10/11 Glenn Perry10/25 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



Football

Michigan State

10/7 @ Michigan 10/14 @ Minnesota

10/21 Indiana

10/28 @ Nwestern

U. Of M.

10/7 M. State 10/14 @ Indiana

10/21 @ Penn state

10/28 Rutgers

Lions

10/1 @ Minnesota10/8 Carolina10/15 @ 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.



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



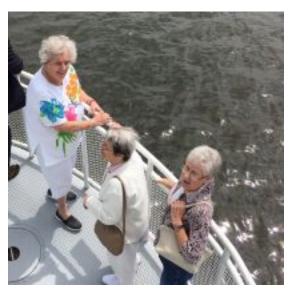
Dancing on the Grand at the Waterfront



Saugatuck Paddle boat



Reenders Blueberry Farm



Star Of Saugatuck Paddle Boat



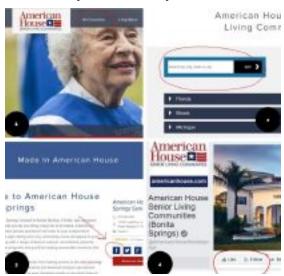
Lavender Labyrinth in Shelby

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
- 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.





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)

1026 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.

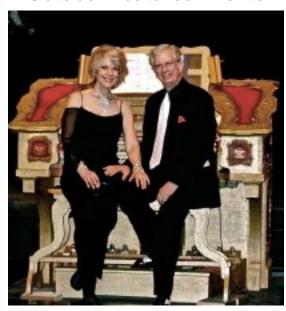


Deane and Gayle at the Coast Guard Festival



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.



Chalf 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





18100 174th Ave

Spring Lake, MI 49456



