

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 Gaby Sabin
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 Francis
Life Enrichment Director Melissa Feldt
Chaplain Dennis Perkins
Lakeshore Coordinator Pat Melhorn
Lighthouse Coordinator Misty Robbins
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



find us on facebook!

November 2017

★ ★ ★ Veterans Day ★ ★ ★

On Veterans Day we honor all,
Who answered to a service call.
Soldiers young, and soldiers old,
Fought for freedom, brave and bold.
Some have lived, while others died,
And ALL of them deserve our pride.
We are proud of all the soldiers who,
Kept thinking of red, white and blue.
They fought for us and all our rights,
They fought through many days and nights.
And though we may not know each name,
We thank ALL veterans just the same!

by: Cheryl Dyson

**Please join us in the dining room at Sandy Cove
on November 10th at 2:30pm for our annual
Veterans Day program.**



A Look Back



Violinist Gene Hahn



Sam and Sue sharing their talents with Sandy Cove residents at lunch time!



Jut and family



A Sweet Side Dish

Whether they are baked or roasted, topped with marshmallows or served in a pie, sweet potatoes are a staple at many Thanksgiving dinners. But the orange root vegetable is a nutritious, tasty choice year-round.

Historians estimate that sweet potatoes were first cultivated in Central and South America about 5,000 years ago. Despite their name, sweet potatoes are not closely related to white potatoes and belong to the morning glory family of plants. They are often called yams, especially in the South, but true yams are an entirely different plant that is native to Africa and Asia.

When it comes to nutrition, one serving of sweet potatoes contains more than 100 percent of the recommended daily amount of vitamin A, plus plenty of vitamin C, potassium and antioxidants. Though they have a rich flavor, sweet potatoes have fewer calories than white potatoes and cause a smaller spike in blood sugar, making them a good choice for diabetics.

Sweet potatoes are often served baked in their skin, as fries, or mashed with butter and seasonings. Cinnamon, nutmeg, brown sugar and pecans are frequently used to complement the flavor of the versatile veggie.

China grows the most sweet potatoes in the world.

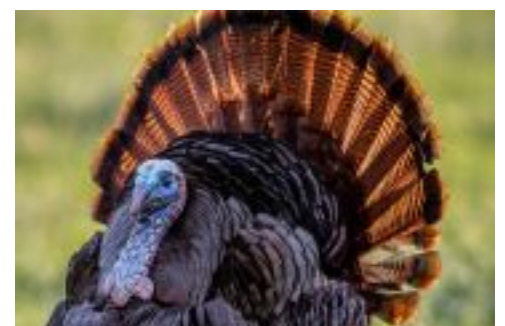


Forgiveness

Each year, the President issues an official pardon for the National Thanksgiving Turkey. During this lighthearted ceremony, one president remarked: "Our guest of honor looks a little nervous. Nobody's told him yet that I'm going to give him a pardon." The poor turkey had a good reason to be uneasy—without an acquittal, he was doomed to be Thanksgiving dinner.

We are in a similar situation when it comes to our sin. Without God's pardon, we're on our way to certain demise. This condition is a direct result of our own wrongdoing. The Bible says, "The wages of sin is death" (Rom. 6:23). However, we can be set free from this death sentence because God's Son bore our sin in His body on the cross.

We can accept God's pardon for our sin and receive eternal life when we confess that Jesus Christ is Lord and believe that God raised Him from the dead (Rom. 10:9). Today, consider how you will respond to God's offer of forgiveness.





November at American House

Here are just a few of the great activities happening throughout the month of November.

Mark your calendars for:

- Scenic drives and Lunch Outings
- Fredrick Meijer Gardens for Christmas Traditions around the World
- Firehouse No 5 Museum Tour
- Veterans Day Program
- Musical entertainment from John Heim, Tim Vagle, Fred Walker, and a special performance by the Holland Suzuki Strings band!
- ***See November Activity Calendar for complete list!**

Spiritual Corner

Fourth Sunday Worship for November

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, November 26.**

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



But if from there you seek the Lord your God, you will find him if you seek him with all your heart and with all your soul.

Deuteronomy 4:29

Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.

Psalms 143:10

Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

Matthew 4:4

Many are the plans in a person's heart, but it is the Lord's purpose that prevails.

Proverbs 19:21

Be strong and take heart, all you who hope in the Lord.

Psalms 31:24



Flashback



Sandy Cove residents
enjoying Tai Chi with Chris.



Ice Cream Social!

Director's Corner

Welcome to November and the beginning of the holiday season. As we prepare for Thanksgiving, I want to take the time to say thank you for being part of our community. Thank you for allowing me to get to know you and for all the fine friendships I have made over the last nine months. I feel truly blessed to be part of this community and, most of all, being in your lives. May the Holidays be kind to you and may you have a wonderful New Year.

-Chris Trevathan, Executive Director



Lakeshore ladies enjoying a beautiful day! Jane and Sassy, Dot, Eleanor, and Ruth



We had beautiful weather for our trip to Post Family Farm where we enjoyed a horse-drawn tour of the farm and enjoyed cider and donuts!

Interesting Corn Facts

By Brian K. Rosso, R.D.

Michigan farmers produce 335 million bushels of corn annually. I hope you find the following facts on corn interesting.

- There are 11,000 corn farmers in Michigan.
- One ear of corn has 800 kernels.
- Yellow is not the only color of corn. It can also be green, red, white or purple.
- Corn is grown on every continent except Antarctica.
- Another word for corn is maize.
- Forty percent of the corn produced is used to make ethanol.
- Corn is actually part of the grass family.
- Corn is a major food staple for livestock and poultry.
- Michigan is part of the Corn Belt, an area of the country where corn grows the best.
- Sweet corn is a great source of fiber, iron, thiamin and vitamin C.

Visit an American House today and enjoy some sweet corn, a regular item on our menu.



November Birthdays

- 03 Rodger V from Lakeshore
- 05 Pat W from Sandy Cove
- 05 Anne A from Bay Pointe
- 06 Grace C from Sandy Cove
- 09 Howard S from Lighthouse
- 13 Hudson T from Lakeshore
- 20 Willard K from Sandy Cove
- 23 James W from Lighthouse
- 30 Betty J from Beach side
- 30 Beth O from Boardwalk



November Birthday Party

We will celebrate all residents who have birthdays in November with a special birthday party at **Sandy Cove at 2:30pm on November 24!** This will be held in the Sandy Cove Dining Room with transportation available to any residents who wish to come.

Great Friends Everywhere!



Lunch outing to Bunker Hill!

Facebook

We love to share what is happening at American House! Like and Follow our Facebook page! Follow these four easy steps and soon you will see posts and pictures from American House Holland in your Facebook newsfeed.

Step 1: go to Americanhouse.com

Step 2: Find American House Holland 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 is that simple! We look forward to sharing our community news with you!

Fun Facts!



Daylight Saving Time Ends

- Ben Franklin is credited with thinking up the idea of Daylight Saving Time (DST) in 1784 although it is rumored that he meant it as a joke.
- In many places in the world, DST is called "Summer Time."
- In the US, Hawaii and most of Arizona do not follow DST
- Amtrak trains cannot leave a station before their scheduled time so, when the clocks fall back one hour, all Amtrak trains that are running on time stop at 2am and sit idle for one hour. In the spring, trains instantaneously become an hour behind schedule and must try to make up time.

Life Enrichment Corner

As we move toward Thanksgiving this year, I am reminded of how blessed I am and how much I have to be thankful for. I am thankful for my three amazing boys who are quickly becoming young men. I am thankful for my husband who supported me and my decision to return to college to pursue this career. And, I am so very thankful for this community that has welcomed me and allowed me to be a part of your lives. It is an honor and a privilege to be your Life Enrichment Director. I can't wait to get to know each of you better. I hope that you will share what you are thankful for and help us create our Tree of Thanks this month. Check your calendars for when this special event is happening in your building!

- Melissa Feldt, LED



October Pumpkin Social at Sandy Cove!



Betty B playing Roll a Pumpkin Dice Game.



Daylight Saving Time Ends November 5 at 2 am

Health News

Fall is upon us! Beautiful fall colors, cooler temperatures, pumpkins, corn mazes, warm apple cider and ... cold and flu season! Here are a few reminders and tips on how to stay healthy!

- Stay hydrated. Drinking lots of water and non-caffeinated / nonalcoholic beverages help keep your immune system strong and able to fight off those cold and flu bugs.
- Frequent and thorough hand washing. Cold and flu viruses can live on hard surfaces for days, so wash your hands to protect yourself and others.
- Eat foods that can help boost your immune system like yogurt, vitamin C, squash and pumpkin.
- If you are feeling under the weather, stay home and minimize your contact with others to protect them from getting sick. Some of these bugs can spread like wildfire!
- If you do find yourself sick, stay hydrated. Drinking broths, water, juice and even Jell-O will help your body heal faster. If you have difficulty keeping fluids down or getting them in, contact your doctor. Dehydration happens quickly, especially in seniors, and can lead to complications and even hospitalization.

-From Wellness Director, Rose Milanowski, RN

Bingo Is Always a Resident Favorite!



October Memories



Beachside loves Bingo!

Craft Club!



Painting pumpkins at Boardwalk



Bev from Boardwalk

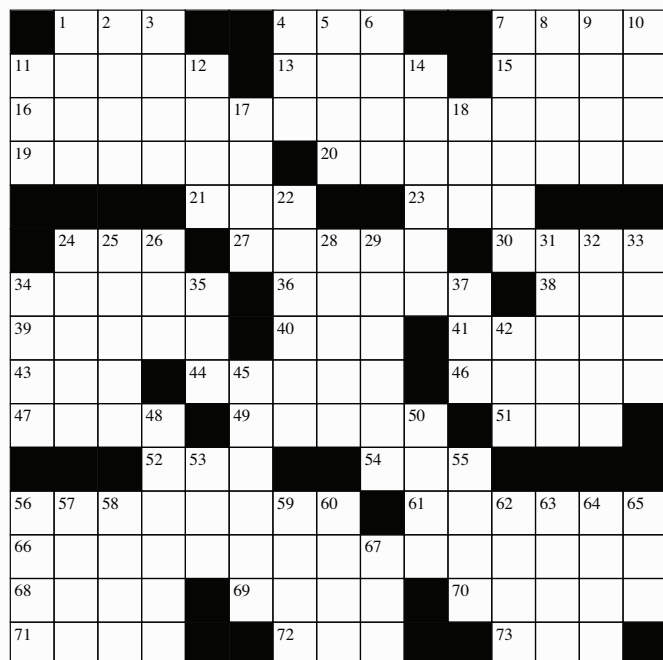


Dixie from Boardwalk

THE PATRIOT

November 2017

Crossword Puzzle



ACROSS

1. German exclamation
4. Actress Charlotte
7. Tower city
11. Green Mountain Boys' leader
13. Foot part
15. Wallet items
16. Abandon when in trouble
19. Least
20. Delta Sigma Theta, e.g.
21. One serving a term: abbr.
23. Atomic ____
24. Reserved
27. Award
30. Water barriers
34. Unsmiling
36. Duncan, for one
38. Site to pan for oro
39. Signed agreement
40. Strive
41. Calculating serpent?
43. Former Mideast gp.
44. Canines
46. Reclining
47. Icelandic literature
49. Insurance company investigator's finding
51. Yrbk. section
52. Lady Bird's follower
54. Misery
56. Happy family event

61. Slave of old
66. Fooling another
68. Fencer's prop
69. Elmer's product
70. Nervous
71. Classic Oldsmobiles
72. Automne's forerunner
73. Open sponsor: abbr.

DOWN

1. To ____; precisely
2. Burn
3. Hold
4. 1st name for a TV dog
5. Aardvark's lunch
6. Canyon sound
7. Rained cats and dogs
8. Pilate's inscription
9. Religious group
10. Pallid
11. Shade provider
12. Suffix for high or dry
14. Announce
17. News article
18. Ship's book
22. Mama bird
24. Place
25. Paid attention to
26. Periods of time: abbr.
28. Game pieces
29. No matter what else may be true
31. Enthusiasm

32. Manners
33. Miffed
34. Swing around
35. After expenses
37. Pay up?
42. Salk and Sabin: abbr.
45. Corroding
48. Pie ingredients
50. ____ Scotia
53. Philippine native
55. Back ____; New England
56. Mimic
57. Trick
58. Imperial, for one
59. Flirt with
60. Of ships: abbr.
62. Staircase part
63. Duet or solo
64. Handle: Lat.
65. Iacocca, for one
67. Tuition



Give Thanks!

Our tables are full—and so are our hearts. Thank you for being a part of our community!

