★ FOUNDED 1979 ★
DECLARE YOUR INDEPENDENCE

American House
SENIOR LIVING COMMUNITIES

The Patriot

American House at Jenison - Independent Living

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

November 2017

A Note From Your Coordinator

Happy November!

Crazy how fast the year went by! The holiday season is soon upon us! We've had a wonderful fall and the winter season is coming! We have a lot coming up in November; make sure not to miss out!

October was busy as usual! We took a couple of fall color tours to enjoy some of the changing leaves. We went to Crane's Pie Pantry, Vander Mills, and Trini's Mexican Restaurant. Trick or treaters from Jenison Early Childhood Center flooded the halls on Halloween, and we had a fun Halloween Social. We had our first ever Allen Springs Expo; that was a hit! We enjoyed music by Peter Bergin and Grace Gospel Band!

This month will be another busy one full of a lot of activities! We are taking trips to Los Amigos in Jenison, Holland Bowl Mill, Hudsonville Lanes, and Turks Tavern. We will be having a Memorial Service to remember the residents we have lost here at Allen Springs. Veterans Day is also this month, and we will be having a pinning ceremony and celebration to honor our veterans. We will enjoy music by the Silvertones, Jenison 8th Grade Girls, and Fred Walker! I hope you all get a chance to enjoy many of the fun activities planned for us!

Have a wonderful month and a very Happy Thanksgiving! There is so much to be thankful for!

God Bless,
Natalie

Staff

Darren Tigelaar	Administrator
Natalie McComb	Life Enrichment Coordinator
Christie Lubbers	Admissions Assistant
Rick Deemter	Maintenance Supervisor
Steven Faulk	Chaplain
LouAnn Kloostra	Housekeeping Supervisor
Mary Hoogenstyn	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

The World's Most Famous Mouse

He's one of the most recognizable faces in the world, and he turns 89 years old this month. Celebrate with these fun facts about Mickey Mouse:

Mickey's birthday is Nov. 18, 1928, the date when "Steamboat Willie" premiered.

Originally, creator Walt Disney wanted to name him Mortimer, but his wife, Lillian, convinced him that Mickey was better.

Some of Mickey's movements and mannerisms were said to be inspired by Charlie Chaplin's character the Tramp.

Disney himself voiced Mickey from 1929 to 1946.

During World War II, Mickey's image was used to advertise war bonds.

He was the first cartoon character to receive a star on the Hollywood Walk of Fame.

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.

Holidays for Heroes

We are partnering with the American Red Cross for their Holidays for Heroes program. This entails making and/or collecting holiday cards to send to the Armed Forces. Throughout the month of November we will be accepting cards to bring to the Red Cross by the first of December. We will also be getting together to make cards on Wednesday, November 29th, at 3 PM in the Lodge Dining Room. Come make cards and enjoy coffee and snacks!

Happy Birthday

Lodge Birthdays

Gertie B.	November 9
Marilyn S.	November 20
Gesena S.	November 23

Cottage Birthdays

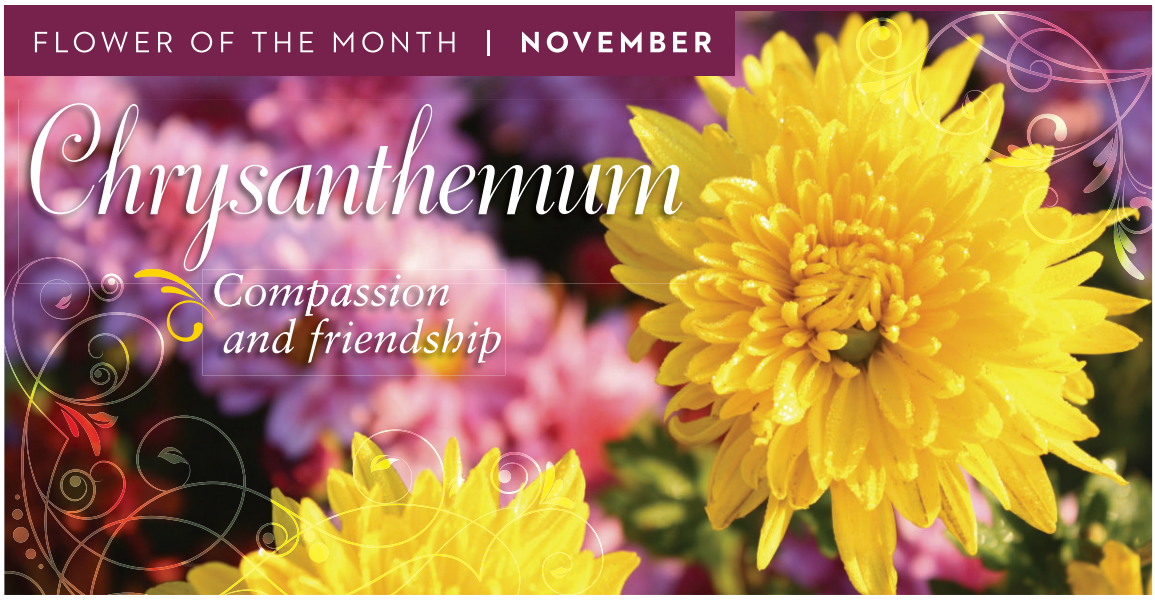
Marlene D.	November 8
Sylvia D.	November 11
Louise B.	November 14
June H.	November 18
Dick C.	November 22
Al D.	November 29

Villa Birthdays

Marideen H.	November 11

Save the Date

November 1	Marge's Donuts
November 2	Craft Corner
November 7	Los Amigos
November 8	Holland Bowl Mill
November 10	Ceremony
November 11	Veterans- Russ'
November 14	Turks Tavern
November 15	Jenison Choir
November 16	Memorial Service
November 21	Bowling
November 28	Fred Walker
November 29	Card Making



Chaplain's Corner

UNLEASHING HOPE

Replace Burnout With Balance

PUT FIRST THINGS---FIRST!

Do you ever feel like you spend much of your time juggling trying to keep all the balls in the air? If so, **remember that some balls are rubber and some are glass**. If you drop the rubber balls, don't worry, because you can pick them up again. It's the glass balls you have to worry about—you can't drop these. Therefore, in life, we need to learn to drop the right balls.

Which things in your busy schedule can you let go for a while? Which things in your life are so precious that you can't drop them? Figuring out this answer in your own life will take tremendous pressure off of you.

Jesus talked about figuring out what is most important in your life when he said the following.

"But Martha was distracted by all the preparations that had to be made....She came to him and asked, 'Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!' 'Martha, Martha,' the Lord answered, 'you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her.'" Luke 10:40-42

Was Jesus teaching that it is wrong to clean your house? No, cleaning is a good thing. Instead, he was teaching that even doing a good thing can get in the way of God's better thing.

It's time for you to begin to set aside God's good things so you can experience his better things. Begin today.

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

Thank You!

Allen Spring Veterans!

We want to thank and honor our veterans here at Allen Springs for serving our country. Friday, November 10th, at 2 PM, we will be having a pinning ceremony in the Lodge Dining Room followed by entertainment by the Silvertones. Everyone is invited to the ceremony and can enjoy music and snacks to follow!

Saturday, November 11th, at 9:30 AM, our veterans are invited to join us for breakfast at Russ'. Please sign up with Natalie if you would like to go!
And again, thank you.

American House SENIOR LIVING COMMUNITIES

Jension - Independent Living

November 2017

Bus Outing
Entertainment
Lodge Dining Room
Lodge Activity Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
COVENANT DEVELOPMENT — Building Homes, Communities, Lives			1 9:30 Marge's Donuts 12:00 Noon Meal 1:00 Cribbage 2:00 Meijer 3:00 Coffee Hour 7:00 Games	2 10:00 Craft Corner 12:00 Noon Meal 1:00 Wii Bowling 1:00 Knitting Club 3:00 Coffee Hour 6:00 Games 7:00 Cribbage	3 10:00 Bible Study 12:00 Noon Meal 2:00 Manicures 3:00 Coffee Hour 4:00 Movie "The Founder" 6:30 Games	4 12:00 Noon Meal 1:00 Wii Bowling 3:00 Coffee Hour 6:00 Games
5 12:00 Noon Meal 3:00 Church Service	6 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	7 10:00 Bingo 11:30 Lunch at Los Amigos in Jenison 12:00 Noon Meal 1:00 Euchre 3:00 Coffee Hour 6:00 Games	8 9:30 Meijer 12:00 Noon Meal 1:00 Cribbage 1:30 Holland Bowl Mill 3:00 Coffee Hour 6:30 Hymn Sing with Connie 7:00 Games	9 10:00 Walking Club 12:00 Noon Meal 12:30 Blood Pressures 1:00 Wii Bowling 3:00 Coffee Hour 6:00 Games 7:00 Cribbage	10 10:00 Bible Study 12:00 Noon Meal 2:00 Veterans Day Ceremony & music by the Silvertones 6:30 Games	**Veterans Day** 11 9:30 Veterans Breakfast at Russ' 12:00 Noon Meal 1:00 Wii Bowling 3:00 Coffee Hour 6:00 Games
12 12:00 Noon Meal 3:00 Church Service	13 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	14 10:00 Bingo 12:00 Noon Meal 1:00 Euchre 2:00 Meijer 3:00 Coffee Hour 4:30 Dinner at Turks Tavern in Holland 6:00 Games	**Connection TBA** 15 9:30 Post Family Farm Donuts 12:00 Noon Meal 1:00 Cribbage 2:00 Dollar Tree 3:00 Coffee Hour 3:30 Jenison 8th Grade Girls Choir 7:00 Games	16 9:30 Lodge Breakfast 1:00 Knitting Club 1:00 Wii Bowling 3:00 Coffee Hour **3:00 Memorial Service** 4:00 Veteran's Club 6:00 Games 7:00 Cribbage	17 10:00 Bible Study 12:00 Noon Meal 2:00 Manicures 3:00 Book Club 3:00 Coffee Hour 6:30 Games	18 12:00 Noon Meal 1:00 Wii Bowling 3:00 Coffee Hour 6:00 Games
19 12:00 Noon Meal 3:00 Church Service	20 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	21 10:00 Bingo 12:00 Noon Meal 12:30 Blood Pressures 1:00 Euchre 2:00 Bowling at Hudsonville Lanes *3:00 Spectrum Health Seminar* 3:00 Coffee Hour 6:00 Games	22 9:30 Meijer 12:00 Noon Meal 1:00 Cribbage 2:00 Mystery Trip 3:00 Coffee Hour 6:30 Hymn Sing with Connie 7:00 Games	**Thanksgiving** 23 12:00 Noon Meal 1:00 Wii Bowling 3:00 Coffee Hour 6:00 Games 7:00 Cribbage	24 10:00 Bible Study 12:00 Noon Meal 2:00 Manicures 3:00 Coffee Hour 5:00 Pizza Party! 6:30 Games	25 12:00 Noon Meal 1:00 Wii Bowling 3:00 Coffee Hour 6:00 Games
26 12:00 Noon Meal 3:00 Church Service	27 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	28 10:00 Bingo 12:00 Noon Meal 1:00 Euchre 2:00 Meijer 3:00 Coffee Hour 6:00 Games 6:30 Fred Walker for November Birthdays	29 9:30 Sprinkle's Donuts 12:00 Noon Meal 1:00 Cribbage 3:00 Coffee Hour 3:00 Holidays for Heroes Card Making 7:00 Games	30 12:00 Noon Meal 1:00 Knitting Club 1:00 Wii Bowling 3:00 Coffee Hour 6:00 Games 7:00 Cribbage		

Picture Pages

Stopped at Terry's and visited with his horses!

Eric & Terry getting ready for the Pig Roast!

Pictures on the right include: a trip to Robinette's and Art Prize!

find us on facebook!

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 Jenison in your Facebook News Feed.

Step 1: Go to www.americanhouse.com.

Step 2: Find American House Jenison 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.

A full Activity Room for last month's Craft Corner!

Decorated Pumpkins!

Craft Corner

Sign up and come this month, November 2nd at 10 AM!

November 2017

Word Search

Category: Capitals of Foreign Nations

Q	U	I	T	O	V	C	B	M	B	E	M
D	M	D	N	I	C	E	D	D	D	G	C
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A	C	G	L	C	A	I	R	O	I	S	C
T	B	O	G	O	T	A	G	X	N	E	V

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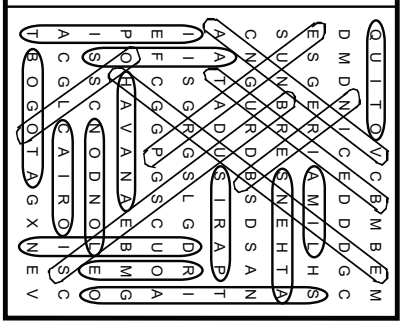
Word Search Solution:

1. Athens
2. Beirut
3. Bern
4. Bogota
5. Brussels
6. Cairo
7. Dublin
8. Edinburgh
9. Havana
10. Lima
11. London
12. Oslo
13. Paris
14. Prague
15. Quito
16. Rome
17. Santiago
18. Sofia
19. Taipei
20. Vienna



"This Month In History"

NOVEMBER

1800: President John Adams and his family move in to the newly completed White House, then called the President's House.

1906: SOS is adopted as the standard distress signal at sea.

1910: Hailed as a monumental work of architecture, the Pennsylvania Station railroad terminal opens in New York City.

1924: The Boston Bruins make their debut as the first U.S. team in the NHL.

1939: In Hyde Park, N.Y., the cornerstone is laid for a library to preserve President Franklin D. Roosevelt's official papers. It was America's first presidential library.

1945: The first issue of Ebony magazine is published.

1959: On Broadway, the Rodgers and Hammerstein musical "The Sound of Music" opens.

1968: The Motion Picture Association of America introduces a rating system for movies.

1973: Britain's Princess Anne marries Capt. Mark Phillips at Westminster Abbey.

1989: L. Douglas Wilder of Virginia becomes the first African-American governor elected in the U.S.

1993: Made up of 12 countries, the European Union is formally established.

2000: A crew of three arrives at the International Space Station and is the first to live and work at the research facility.

2008: Taylor Swift releases her second album, "Fearless." It would go on to be the most awarded album in country music history.

2013: Disney's animated movie musical "Frozen" premieres. Record box office ticket sales made it the highest-grossing animated film of all time.

Illustratus
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