

The Patriot

American House of Kentwood

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americanhouse.com

Your Friendly American House of Kentwood Staff

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Culinary Director	Pam Denny
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Facebook

Did You Know American House Kentwood is on Facebook?

We love to share what's happening at
American House! Stay "in the know" by
liking and following our Facebook page.



find us on facebook!

Mail

Please remember to check with your
building's staff members for your loved one's
mail when you come to visit. Thank you!

November 2017



Taste of Tradition

"Hurrah for the pumpkin pie!" The season's traditional dessert received that tribute in Lydia Maria Child's 1844 poem "Over the River and Through the Wood." While Thanksgiving has been a celebration of gratitude since the first feast nearly 400 years ago at Plymouth Colony, pumpkin pie didn't become part of the holiday menu until the 1800s.

Hobby Haven

Check out your local library for an array of hobby equipment. Some branches allow patrons to borrow supplies for knitting, sewing and scrapbooking; musical instruments; fishing gear; and tools for woodworking and gardening.

Gather Together

"It's not so much what's on the table that matters, as what's on the chairs." —W.S. Gilbert

Trivia Whiz

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.



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.

A couple of ideas I've heard that will help bring balance in your life include every Thursday quit something (either for the day, week, month, year, or forever); leave one day completely unscheduled (just take the day as it comes).

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.

Popcorn Pick: 'Buck Privates'

With the U.S. on the brink of entering World War II, this 1941 military comedy gave the country something to laugh about and made Bud Abbott and Lou Costello movie stars. As con men Slicker Smith and Herbie Brown, the two accidentally enlist in the U.S. Army in order to escape getting arrested. Their antics at boot camp are filled with the duo's trademark physical comedy and verbal sparring, plus performances by the Andrews Sisters, including the iconic swing hit "Boogie Woogie Bugle Boy."

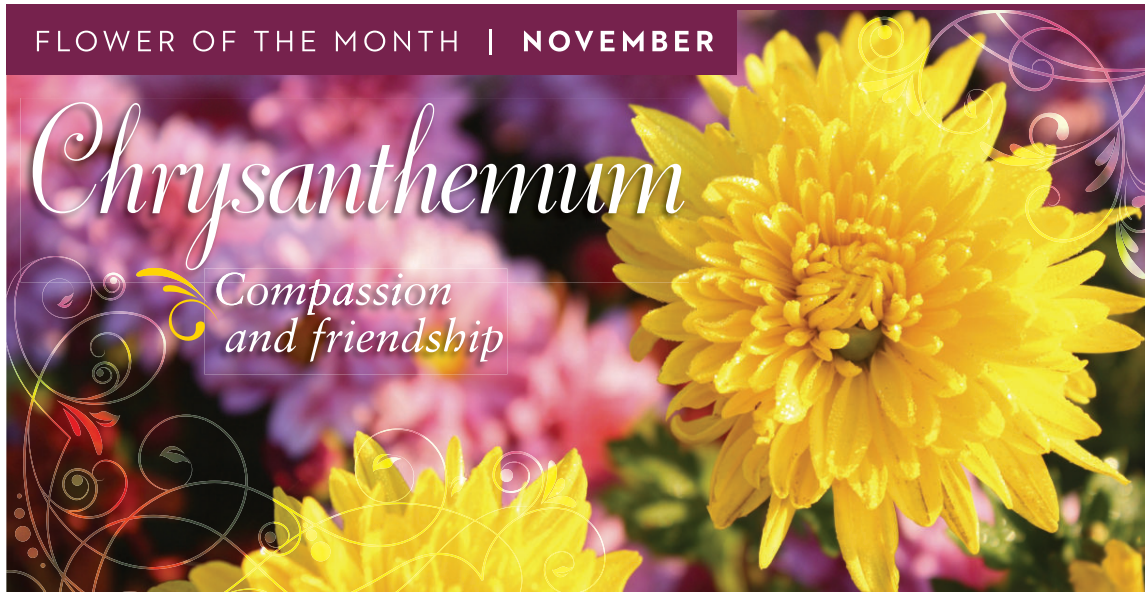
Did You Know?

Some of today's cranberry bogs are more than 100 years old.

FLOWER OF THE MONTH | NOVEMBER

Chrysanthemum

Compassion
and friendship



Native American Contributions

From the foods we eat to the games we play, the innovations and influences of Native Americans have shaped our everyday lives. November is National American Indian Heritage Month, a time to recognize the countless contributions of North America's native peoples.

Food. Nearly half of the crops grown in the world today were first cultivated by Native Americans, including corn, potatoes, pumpkins, squash, melons and peanuts.

Language. From "barbecue," "chipmunk" and "hammock" to the names of U.S. cities and states, numerous English words derived from native languages. During World War II, the Navajo language was used as a secret, unbreakable code by the U.S. Marine Corps.

Recreation. Canoes, kayaks, toboggans and snowshoes, often

used for leisure today, served as transportation for American Indians. Hockey, lacrosse and relay races also have roots in their culture.

Ecology. Native Americans have always respected the land they lived on and helped early European settlers survive by teaching them what crops to plant and to only hunt and fish for what was needed.

Government. Some historians say the foundation of America's democracy, with individual freedoms and power divided between federal and state governments, was partly based on the Iroquois League, a confederation of tribes that dates to the 17th century.



Wit & Wisdom

"May your thoughts turn to gratitude this holiday season and carry on throughout the next year."

—James A. Murphy

"I find that it's the simple things that remind you of family around the holidays."

—Amy Adams

"There's something about a holiday that isn't all about how much money you spend."





—Hilarie Burton

"To many people, holidays are not voyages of discovery, but a ritual of reassurance."

—Philip Andrew Adams

"This is my wish for you: peace of mind, prosperity through the year, happiness that multiplies, health for you and yours, fun around every corner, energy to chase your dreams, joy to fill your holidays!"

—D.M. Dellinger

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>November</div>			Beauty/Barber Day All Saints Day 1 9:30 Manicures - R 9:45 Bible Study - C 1:30 Manicures - C 3:00 ■ Jim Cruise "The Spoon Man" to perform-R EVERYONE INVITED	<div>2</div> 9:30 ■ Shopping Trip to Meijer 1:30 ■ Downtown Tour and University Club 4:00 The Ellen Show with Popcorn	<div>3</div> 9:30 Exercise - R 10:15 Bingo - C 1:30 Bingo - R 3:00 Exercise - C 3:00 Bible Study-R	<div>4</div> 1:30 Resident-Led Games 2:30 Movie and Popcorn
<div>5</div> Daylight Saving Time Ends 3:30 Grace Home Ministries - R EVERYONE INVITED	<div>6</div> 10:00 ■ Bingo at Kentwood Parks and Recreation Center - \$0.25 per card EVERYONE IS INVITED 1:30 Bingo - R 2:00 Men's Group - C 3:30 Dog Visits - ALL BUILDINGS 3:30 Gospel Study Group-C	<div>7</div> Election Day Happy Birthday Betty M,! 9:00 Resident-Led Games - C 9:30 Balloon Volleyball - R 10:30 Balloon Volleyball - C 1:30 The History of Election Day-R 3:00 Bingo - C	Beauty/Barber Day Happy Birthday 8 Clara and Bernie! 9:30 Manicures - R 9:45 Bible Study - C 1:30 Manicures - C 3:00 ■ Steve Troyer to perform-C EVERYONE INVITED	<div>9</div> 9:30 ■ Steenstra's Royal Dutch Bakery 1:30 ■ Bingo on the Bus 4:00 The Ellen Show with Popcorn	<div>10</div> *Please Note Change in Bingo Times 10:00 Bingo - R 1:30 Veterans Day Social-R 3:00 Bible Study-R 3:00 Bingo - C	<div>11</div> Veterans Day 1:30 Resident-Led Games 2:30 Movie and Popcorn
<div>12</div> 2:30 Dutton URC Church Service - C EVERYONE INVITED	<div>13</div> 9:30 Making Fall Centerpieces-R 10:30 Making Fall Centerpieces-C 1:30 Bingo - R 3:30 Dog Visits - ALL BUILDINGS 3:30 Gospel Study Group-C	<div>14</div> 9:00 Resident-Led Games - C 9:30 Balloon Volleyball - R 10:30 Balloon Volleyball - C 1:30 Baking Club-Pumpkin Pie Bars-R 3:00 Bingo - C	Beauty/Barber Day Happy Birthday 15 Ruby! 9:30 Manicures - R 9:45 Bible Study - C 1:30 Manicures - C 3:00 ■ Chris Sloan to Perform-R EVERYONE INVITED	<div>16</div> 9:30 ■ Mystery Ride 1:00 ■ Bowling (Location TBA) 4:00 The Ellen Show with Popcorn	<div>17</div> *Please Note Change in Bingo Time 9:30 Exercise - R 10:15 Bingo - C 1:15 Bingo - R 3:00 Memorial Service-R EVERYONE INVITED	<div>18</div> Happy Birthday Gordon! 1:30 Resident-Led Games 2:30 Movie and Popcorn
<div>19</div> 3:00 Church Service with Rev. Beverly - R EVERYONE INVITED	<div>20</div> 10:00 Bingo - R 1:30 Resident Council - C 3:00 Resident Council - R 3:30 Gospel Study Group-C 3:30 Dog Visits - ALL BUILDINGS	<div>21</div> 9:00 Resident-Led Games - C 9:30 Balloon Volleyball - R 10:30 Balloon Volleyball - C 1:30 Table Topics-R 3:00 Bingo - C	Beauty/Barber Day 22 9:30 Manicures - R 9:45 Bible Study - C 1:30 Manicures - C 3:00 Games-R	<div>23</div> Happy Thanksgiving! Happy Birthday Marcia! 9:30 What are you thankful for? 1:30 Thanksgiving Day Movie and Popcorn	<div>24</div> 9:30 Exercise - R 10:15 Bingo - C 1:30 Bingo - R 3:00 Bible Study-R 3:00 Exercise - C	<div>25</div> Happy Birthday Barb! 1:30 Resident-Led Games 2:30 Movie and Popcorn
<div>26</div> 3:30 Grace Home Ministries - C EVERYONE INVITED	<div>27</div> 10:00 Bingo - R 1:30 ■ Monthly Birthday Party - C 3:00 ■ Monthly Birthday Party - R 3:30 Dog Visits - ALL BUILDINGS 3:30 Gospel Study Group-C	<div>28</div> 9:00 Resident-Led Games - C 9:30 Balloon Volleyball - R 10:30 Balloon Volleyball - C 3:00 Bingo - C	Beauty/Barber Day 29 9:30 Manicures - R 9:45 Bible Study - C 1:30 Manicures - C 3:00 ■ Sing along with Linda-R EVERYONE INVITED	<div>30</div> Happy Birthday Jessie! 1:30 ■ Movie at Celebration Cinema (Exact Time TBA) 4:00 The Ellen Show with Popcorn		 GIVE THANKS EAT PIE

Talk About It



The **Resident/Family Council** meets monthly to discuss items of interest happening on our campus. November meetings will be held Monday, November 20 at 1:30 pm at **Cobblestone** and 3:00 pm at **Riverstone**. Please note that these meetings are scheduled on the same day to accommodate all three Manors. You are welcome to come to the meeting that fits your schedule, whether or not your relative is in that Manor. **Comments are welcomed/encouraged.**

One and Done

If you're nursing a cold that has you blowing your nose, avoid reusing a tissue in an effort to be thrifty. Promptly throw away used tissues to reduce the risk of spreading germs.



Memorable Military Characters

America's armed forces have given rise to countless courageous men and women, but here's a look at some favorite fictional military characters:

Beetle Bailey. This lazy but lovable private in the U.S. Army made his comic strip debut in 1950. Today, Beetle's regular run-ins with Sgt. Snorkel, along with other misadventures at Camp Swampy, are seen in 1,800 newspapers around the globe.

Quinton McHale. The 1960s sitcom "McHale's Navy" starred Ernest Borgnine as Lt. Cmdr. McHale, the leader of a U.S. Navy PT boat stationed in the

South Pacific during World War II. Equipped with a familiarity with island life and fondness for his crew, McHale showed competence both in combat and when helping his men with their zany schemes.

Gomer Pyle. Although life on a U.S. Marine Corps base is a far cry from Mayberry, N.C., this gas station attendant-turned-military man remained the same sweet, simple-minded character seen on "The Andy Griffith Show." The success of "Gomer Pyle, U.S.M.C." prompted the Marines to make star Jim Nabors an honorary member of the branch in 2001.

Tony Nelson. As a U.S. Air Force pilot and astronaut, Capt. Nelson should be able to handle any situation—but encountering a magical, mischievous genie from a bottle is another story. Played by Larry Hagman, the "I Dream of Jeannie" leading man was later promoted to major, but would always be "Master" to Jeannie.



Life Enrichment Corner



Sally and Alice are the best of friends!



ArtPrize 2017



Ginger enjoying the art



ArtPrize 2017



Norm and his Gabriella bowling



Bob DeYoung performing for us



Brain Bender

Edith, Joy, Oliver and Ty each made a side dish and dessert for Thanksgiving. The sides were mashed potatoes, stuffing, green bean casserole, and cranberry sauce. The desserts were pumpkin pie, pecan pie, cheesecake, and cinnamon rolls.

Using the clues provided, can you determine who made what dishes?

1. The person who made green bean casserole also made cinnamon rolls.

2. Oliver made mashed potatoes.

3. Edith made pecan pie.

4. The person who made the stuffing also baked pumpkin pie.

5. Ty did not make cinnamon rolls.

(Answer: Edith made cranberry sauce and pecan pie. Joy made green bean casserole and cinnamon rolls. Oliver made mashed potatoes and cheesecake. Ty made stuffing and pumpkin pie.)



Car of the Year

Every November, Motor Trend magazine selects the winner of its Car of the Year title. Drive into this list of some of the past recipients.

Year	Car
1958	Ford Thunderbird
1967	Mercury Cougar
1979	Buick Riviera S
1985	Volkswagen GTI
1990	Lincoln Town Car
1996	Dodge Caravan
2001	Chrysler PT Cruiser
2006	Honda Civic
2013	Tesla Model S
2017	Chevrolet Bolt EV

"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.