

★ FOUNDED 1979 ★

DECLARE YOUR INDEPENDENCE

**American
House** 
SENIOR LIVING COMMUNITIES

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

November 2017



Thank You



We Give Honor and Thanks to Our Veterans: Bill C., Gary B., Gordon Y., Stanley C., Frank P., Warren U., Andrew S., Tom H., Chuck K., Todd M., Jim B., Jeff J., Clarence M., Richard R., Jerry S., Bill S., Don S., Jerome N., Dick S., Walter W., Ed B., And Garry P. We Also Thank Our Family Members and Staff Who Have Served.

Reminder



Guest Meals

We appreciate having guests for meals. We also want to be able to have sufficient food on hand for their choices. We request 24 hours' notice for all our guests. Residents need to fill out a guest meal form, which the staff at your Manor have, or if you are at the Villas, ask Liane or the server.

Holidays meals are \$12.00 for guests. **Daily meal cost is \$8.00.**

If family are joining you for a holiday meal, we still need 24 hours' notice. We are limited to a number of guests for each specific holiday due to space. So it is a first-come, first-served basis, in the Manors. We appreciate your cooperation.

"Tickle the Funny Bones" By Toni

I like to laugh... a lot. My sons love to pick on me, often saying things like "boy she sure has a sense of humor for an 'older lady.'" Hmm, what does THAT mean? Getting older can sometimes mean finding more funny things in life. After all, "I've paid my dues!" "I've raised my kids." "I want to have fun." Aging and getting older should be fun! Aging should include a fun sense of humor! For this article we are just going to chuckle a little bit... because it releases endorphins in the brain and makes us feel good. So... here is some funny "elder humor" for you...

An elderly woman decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over Wal-Mart. "Wal-Mart?" the preacher exclaimed. "Why Wal-mart?" "Then I'll be sure my daughters visit me twice a week."

My memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be. Know how to prevent sagging? Just eat till the wrinkles fill out.

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobic class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

It's scary when you start making the same noises as your coffee maker.

These days about half the stuff in my shopping cart says, "For Fast Relief!"



Remember: You don't stop laughing because you grow old, you grow old because... you stop laughing.

As you get older, your secrets are safe with your friends. They can't remember them either!

I would be unstoppable, if I could only get started...

"I am having amnesia, dementia, and deja vu, all at the same time. I think I've forgotten this before..."

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

You can't stay young forever. But, you can be immature for your entire life.

I live in my own little world. But, it's okay they know me there.

Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways, chocolate in one hand, martini in the other, body thoroughly used up, totally worn out and screaming "WOO HOO what a ride!"



Christmas Dinner Parties Are Coming ... Save the Dates

Christmas is just around the corner and our dinner celebrations are planned. We want to have families enjoy a Christmas meal with their loved ones. This year our chefs will provide you with a gourmet sit-down meal.

December 5th will be for residents and families at **Willowbrook and Timberbrook at 5:30pm.**

December 7th will be for **Pebblebrook and Stoneybrook at 5:30 pm.**

The Independent Villas will also have a sit-down meal. Aspen Villa and Upstairs of Cedar will be at **12:00 noon**, and Maple Villa and Downstairs Cedar will be at **3:00pm.**

We are requesting that all families limit their invites to two guests per family. This is due to space limitations for seating.

Please RSVP by November 27th by calling 616-844-2880 or sign up at the Manor in which your loved one resides.

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



Happy Birthday

11/4	Elinor R.-SB
11/12	Marie H.-V
11/13	Myrna L.-V
11/16	Lucille P.-V
11/19	Sylvia W.-V
11/23	Charles K.-PB

Happy Birthday to Our Staff

11/4	Barb Rees
11/7	Madeline Sesselman
11/19	Romesha Beasley
11/19	Chyna Mobbs
11/22	Anthony Wilson
11/29	Cheri Arnold
11/29	Nakia Rowe

Other Days to Celebrate in November

11/4	Full Moon
11/5	Daylight Saving Ends
11/7	General Election Day
11/11	Veterans Day
11/23	Thanksgiving Day
11/24	Black Friday
11/27	Cyber Monday



Thanksgiving

NUMBER CRUNCHER: Thanksgiving

1621: The year the first Thanksgiving took place in Plymouth Colony.

15: The average weight, in pounds, of a turkey purchased for Thanksgiving dinner.

46: Million, the number of turkeys Americans ate on Thanksgiving in 2007, estimated by the National Turkey Federation.

3: Towns in the United States with "turkey" in their name: Turkey Creek, La.; Turkey, Texas; and Turkey, N.C.

2,020: The weight, in pounds, of the largest pumpkin pie ever baked, according to the "Guinness Book of World Records."



Rosemary looking so cute in her Polish crown.



Angie is Italian, but is looking very Polish.



Dorothy looks so beautiful in her crown.

A Look Back at the Grandparents Day 2017. So Many Grandchildren and So Much Foam On a Glorious Day.



Anna and some of her grands.



Chuck and some of his grands.



The grands in the foam just having a ball.



77 Years Ago, On November 7th, Frank and Lucille Said "I DO"

In 1940, the average cost of a new house was \$3,920.00 and gas was 11 cents a gallon. You could buy a new car for \$850.00 and Campbell's soup was 25 cents for 3 cans.

Imagine the changes Frank and Lucille have witnessed together. They reside in independent living. Frank likes to garden help around the facility and Lucille likes to sew, play word games and is very quick with her scrabble.

Today They Still Say "I Do"



Frank and Lucille celebrating their 75th.

VFW Did a Pinning Ceremony for Our Veterans in Memory Care



Our residents at the ceremony



Richard and his daughter



Football

Game Dates



Michigan State

11/4	Penn State
11/11	Ohio State
11/18	Maryland
11/25	Rutgers

Univ of Michigan

11/4	Minnesota
11/11	Maryland
11/18	Wisconsin
11/25	Ohio State

Notre Dame

11/4	Wake Forest
11/11	Miami
11/18	Navy
11/25	Stanford

Lions

11/6	Packers
11/12	Cleveland
11/19	Chicago
11/23	Minnesota

Packers

11/6	Lions
11/12	Bears
11/19	Ravens
11/26	Steelers

Root, Root

On the Menu: Sweet Potato or Yam?

Although these two root vegetables resemble each other, they are unrelated plant species. Yams are native to Africa and Asia, are cylindrical in shape, and have a tough skin and dry, starchy flesh. Sweet potatoes have tapered ends, smooth skin, and flesh that is moist and sweet. In the U.S., true yams are hard to find, and those labeled as yams are typically a variety of sweet potato with copper skin and deep-orange flesh.



yams or sweet potatoes

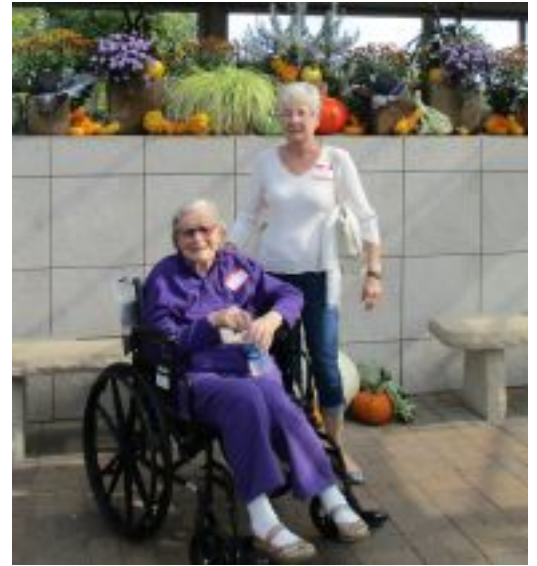
**What Is Your
Favorite Yam
Or Sweet
Potato Recipe
for
Thanksgiving?**



Out & About

- 11/1 Red Lobster 12:30 (M)
 - 11/2 Brooklyn Bagels 10 (AC)
 - 11/2 Gillette Nature Ct 1:30 (AC)
 - 11/8 Dollar Tree 10 (AC)
 - 11/9 *Veterans Breakfast 9:45 (AC)
*free for our veterans
 - 11/9 Lakes Mall 1:30 (AC)
 - 11/15 SL Library 10 (AC)
 - 11/15 Olive Garden 12:30 (V)
 - 11/16 Walden Green visit 10 (AC)
 - 11/16 Walmart 1:30 (AC)
 - 11/22 Rykes 10 (AC)
 - 11/22 Arby's 12:30 (AC)
 - 11/28 French Academy 10 (V)
 - 11/28 Festival of Trees 1:30 (AC)
 - 11/29 Dollar Tree 10 (AC)
 - 11/29 *Singing Christmas Tree 5:30
*depends on ticket availability
- KEY (AC)=all campus
(M) Manors
(V) Villa Only

Out and About



Here is Jan and Wilma enjoying one of our **"Out and About"** trips. This was at Meijer Gardens for a tram ride to see the sculpture gardens and some of the mums coming in for their fall show. We encourage everyone to sign up for trips so you can enjoy our community around us. We are very blessed to have so many wonderful places to visit.

Church Services

- 11/1 Catholic Mass @ 10:45 @ TB
 - 11/5 S.L. Presbyterian @ TB @ 2
 - 11/12 Ferrysburg Church Serv. @ TB @ 2
 - 11/19 S.L. Presbyterian @ TB @ 2
 - 11/26 Little Black Baptist @ SB @ 2
- Catholic Eucharistic minister visits every Wednesday One on One

November in Our Memory Care Manors

November is a month of gratitude for all the little things we have each day. Each moment in our lives is connected to another. Some moments will come and go and be lost, but we have the ability to enhance those moments. Thanksgiving brings family memories, the smell of freshly baked meals and sounds spiritual gatherings.



Lewis' Petting Zoo



Irene is feeding some deer



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.



Laugh Lines

Recipe for Fun

Bakers trade bread recipes on a knead-to-know basis.

A good baker will rise to the occasion—it's the yeast he can do.

When baking dog biscuits, be sure to use collie flour.

Learning how to bake a cake is easy—it's just mind over batter.

Double Duty

A mom was baking a big batch of cookies. She asked her 10-year-old son to read her the recipe and double the ingredients as he went along. His first instruction to her: "Heat the oven to 700 degrees."

Q. Why did the cookie go to the doctor?

A. It was feeling crumbly.

Q. Have you heard the joke about the butter?

A. I better not tell you—it might spread.

THE PATRIOT

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