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National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

Institute of Aging Friendship Line
1-800-971-0016

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Quote of the Month

“THE SECRET OF STAYING YOUNG IS TO LIVE HONESTLY,
EAT SLOWLY AND LIE ABOUT YOUR AGE. ~ LUCILLE BALL”

THE POWER AND SIMPLICITY OF WALKING

Walking is the simplest form of exercise. One of the great benefits of walking is it allows us to slow down and connect with our surroundings. This heightened awareness can lead to a greater sense of gratitude and appreciation.



Walking also boasts a series of health benefits for older adults, according to a recent Blue Zones study. Its main benefits include reducing the risk of cardiovascular disease, type 2 diabetes and dementia. Walking can also lead to improvements in sleep, mental well-being and longevity. A 30-minute walk per day decreases the likelihood of multiple age-associated diseases and improves mood and sleep quality, and lowers the risk of bone fractures.

Walking is a great way to clear our minds and gives us time to think and reflect. We can use this time to focus on our goals or simply enjoy the present moment. Walking helps us find a sense of calm and balance in our lives.

ALEXA FEATURES YOU DON'T WANT TO LIVE WITHOUT

Alexa is Amazon's digital voice assistant that comes with innovative features to help you live more comfortably. What these features can do for you are jaw-dropping. Here are just a few:

MEDICATION REMINDERS. The “Medicine Tracker” feature is free and lets you know what your medications are, when you last took them and what times you should be taking them.

STAY CONNECTED. Alexa's “Remote Senior Care” comes with the latest sophisticated technology, yet is easy to use. It allows you to connect to your loved ones remotely with simple voice commands 24/7.

SLEEP BETTER. Alexa's “Train Ride” feature helps you sleep peacefully or block out unwanted noise. All you have to say is, “Alexa, open Train Ride.” It's from the makers of the top-rated “Sleep and Relaxation Sounds” skill.

GET COZY WITH NOSTALGIA. With Alexa's “Radio Mystery Theater,” it's easy to relive childhood evenings around the radio listening to old CBS programs. This cool Alexa feature will take you back to the original broadcasts!

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

HOLLAND LIGHTHOUSE AND BAYPOINTE

MAY 2024

THE INSPIRING TRANSFORMATION OF JOAN MACDONALD

At the age of 70, Joan MacDonald weighed 198 pounds and had a 39-inch waist. She was on medication for high blood pressure and had trouble walking up and down stairs. Joan knew if she continued on her path, things would only get worse. Her daughter Michelle gave her an ultimatum that it was high time she changed her life.

It wasn't easy, but Joan learned how to use an iPhone to help follow a nutrition plan, renewed her gym membership, bought a scale and got to work. She stuck to her guns and never gave up. Some days Joan was in tears, but her personal motto kept ringing in her head: “I don't mind if my changes are slow. I'm going to go at my own pace and this time the changes are going to last for the rest of my life.”

As the months rolled by, the weight and inches were disappearing to the point Joan lost 70 pounds. She now claims to be a different woman than she was when she began her journey to wellness. Her transformation is so complete, Joan now graces magazine covers, has over 1.5 million followers on Instagram, and is the author of “Flex Your Age with Joan MacDonald.” An inspiration to millions, Joan likes to say you can't turn back the clock, but you sure can wind it up again!



MAY 2024 EVENTS!

- Christopher Sloan 5/2 3pm
- Chris Campbell 5/6 3pm
- Tai Ji with Chris 6/7 11am
- Fred Walker 5/14 3pm
- Pet Therapy 5/13 3:30pm
- Music Therapy 5/23 2 and 3pm
- Memorial Day 5/27

THE IMPORTANCE OF A HEALTHY AGING PLAN

Healthy aging is the ability to maintain an active, independent and purposeful lifestyle. To do so, everyone is encouraged to engage in proactive behaviors. This includes taking the necessary medications you're prescribed, exercising regularly, eating a balanced diet, minimizing alcohol consumption, not smoking and getting enough sleep at night. One of the most important proactive steps you can take is staying socially active. The main benefit of making new friends is the sense of belonging it provides and knowing fellow residents are more than just neighbors!




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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May 2024

LOCATION KEY

AR Activity Room	F Foyer	OUT Outing
AMN All Manors	ILD IL Dining	O Outside
ALD AL Dining	MB In Mailboxes	SD Sandy Cove
BT Baypointe	LK Lakeshore	THR Theater
BD Beachside	LIB Library	APT Your Apartment
BK Boardwalk	LH Lighthouse	
DR Dining Room	LR Living Room	

BIRTHDAYS			01	02	03	04
			9:00a Chair Exercises/Balloon Ball DR 12:30p Craft Time AR 1:00p Lei Day: Wear One & Make Your Own DR 3:00p Music & Stretching DR	9:00a Chair Exercises/Balloon Ball DR 10:00a Visual Arts Time AR 1:00p Gardening/Walk Time O 2:00p Music with Chris Sloan DR 2:00p Sort & Fold AR	9:00a Chair Exercises/Balloon Ball DR 10:00a Coloring AR 1:00p Cinco de Mayo Social Hour & Craft Time DR 1:00p Movie & Popcorn LR 3:00p Music & Stretching DR	10:00a Puzzles AR 1:00p Manicures AR 4:00p Sensory Games AR
05 CINCO DE MAYO	06	07	08	09	10	11
9:00a Coloring AR 10:00a Skipbo AR 1:00p Walk with Me DR	9:00a National Bubbles Day DR 9:00a Bible Study with Dennis DR 9:00a Chair Exercises/Balloon Ball DR 1:00p Tulip Time Bus Ride OUT 3:00p Music with Christopher BP DR 3:00p Music & Stretching DR	9:00a Chair Exercises/Balloon Ball DR 11:00a Taiji with Chris BP DR 12:30p Art Time AR 2:00p Memory Games AR	9:00a Chair Exercises/Balloon Ball DR 10:00a Coloring AR 12:30p Craft Time AR 2:00p Manicures AR 3:00p Music & Stretching DR	9:00a Chair Exercises/Balloon Ball DR 10:00a Visual Arts Time AR 10:00a Cookie Decorating DR 1:00p Gardening/Walk Time O 2:00p Cookie Decorating BT 2:00p Sort & Fold AR	9:00a Chair Exercises/Balloon Ball DR 10:00a Coloring AR 1:00p Mother's Day Open House DR 1:00p Movie & Popcorn LR 3:00p Music & Stretching DR	10:00a Puzzles AR 1:00p Manicures AR 4:00p Sensory Games AR
12 MOTHER'S DAY	13	14	15	16	17	18
9:00a Coloring AR 10:00a Skipbo AR 1:00p Walk with Me DR	9:00a Bible Study with Dennis DR 9:00a Chair Exercises/Balloon Ball DR 1:00p Sensory Games DR 2:00p Connect 4 AR 3:00p Music & Stretching DR	9:00a Chair Exercises/Balloon Ball DR 12:30p Art Time AR 2:00p Memory Games AR 3:00p Chair Yoga AR	9:00a Chair Exercises/Balloon Ball DR 10:00a Coloring AR 12:30p Craft Time AR 2:00p Manicures AR 3:00p Music & Stretching DR	9:00a Chair Exercises/Balloon Ball DR 10:00a Visual Arts Time AR 1:00p Gardening/Walk Time O 2:00p Sort & Fold AR 3:00p Chair Yoga AR	9:00a Chair Exercises/Balloon Ball DR 10:00a Coloring AR 1:00p Movie & Popcorn LR 3:00p Music & Stretching DR	10:00a Puzzles AR 1:00p Manicures AR 4:00p Sensory Games AR
19	20	21	22	23	24	25
9:00a Coloring AR 10:00a Skipbo AR 1:00p Walk with Me DR	9:00a Bible Study with Dennis DR 9:00a Chair Exercises/Balloon Ball DR 1:00p Sensory Games DR 2:00p Dominoes AR 3:00p Music & Stretching DR	9:00a Chair Exercises/Balloon Ball DR 12:30p Art Time AR 2:00p Memory Games AR 3:00p Chair Yoga AR	9:00a Chair Exercises/Balloon Ball DR 10:00a Coloring AR 12:30p Craft Time AR 2:00p Manicures AR 3:00p Music & Stretching DR	9:00a Chair Exercises/Balloon Ball DR 10:00a Visual Arts Time AR 1:00p Gardening/Walk Time O 2:00p Sort & Fold AR 3:00p Chair Yoga AR	8:00a Scavenger Hunt AMN 9:00a Chair Exercises/Balloon Ball DR 10:00a Coloring AR 1:00p Movie & Popcorn LR 3:00p Music & Stretching DR	10:00a Puzzles AR 1:00p Manicures AR 4:00p Sensory Games AR
26	27 MEMORIAL DAY	28	29	30	31	
9:00a Coloring AR 10:00a Skipbo AR 1:00p Walk with Me DR	9:00a Bible Study with Dennis DR 9:00a Chair Exercises/Balloon Ball DR 1:00p Memorial Day Social Hour DR 1:00p Sensory Games DR 3:00p Music & Stretching DR	9:00a Chair Exercises/Balloon Ball DR 12:30p Art Time AR 2:00p Memory Games AR 3:00p Chair Yoga AR	9:00a Chair Exercises/Balloon Ball DR 10:00a Coloring AR 12:30p Craft Time AR 2:00p Manicures AR 3:00p Music & Stretching DR	9:00a Chair Exercises/Balloon Ball DR 10:00a Visual Arts Time AR 1:00p Gardening/Walk Time O 2:00p Sort & Fold AR 3:00p Chair Yoga AR	9:00a Chair Exercises/Balloon Ball DR 10:00a Coloring AR 1:00p Movie & Popcorn LR 3:00p Music & Stretching DR	

All activities subject to change.