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LIFESTYLE “MEDICINE” FOR A BETTER LIFE

Last year, Americans spent more than \$722 billion on prescription drugs and nearly \$4 trillion for chronic diseases and mental health conditions. But there are lifestyle medicines that are free that doctors could be prescribing for all their patients. Lifestyle “medicine” is the clinical application of healthy behaviors to prevent, treat and reverse disease. More than ever, research shows that the “pills” today’s physician should be prescribing for patients are the four domains of lifestyle medicine:

WHOLE FOOD PLANT-BASED EATING. Diets high in fruits and vegetables and whole grains and lower in animal products and highly processed foods have been associated with the prevention of many diseases.

REGULAR PHYSICAL ACTIVITY. Moderate-to-vigorous aerobic activity has both immediate and long-term health benefits.

RESTORATIVE SLEEP. High-quality sleep can reduce inflammation, immune dysfunction and stress, all of which are associated with or cause chronic disease.

POSITIVE PSYCHOLOGY AND SOCIAL CONNECTION. Maintaining a positive mindset through the practice of gratitude and the quality of our relationships has perhaps the most powerful of health benefits on our well-being.

QUOTE OF THE MONTH

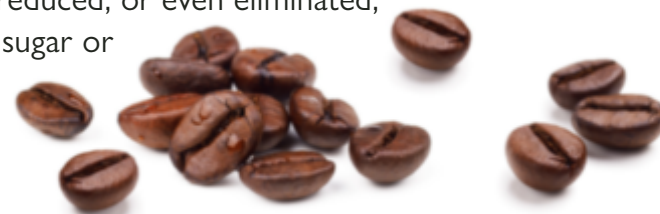
“YOUTH IS THE GIFT OF NATURE, BUT AGE IS A WORK OF ART. ~ STANISLAW JERZY LEC”

COFFEE: THE NEW MINI-MEDITERRANEAN DIET

The debate about whether coffee is good for you or not goes back a long time. But the evidence is getting stronger that coffee is so beneficial that some experts are now describing coffee as a “mini-Mediterranean diet” all by itself.

Recent studies have found that coffee consumption can help reduce a person’s risk for certain types of cancers, as well as Type 2 diabetes by 22%, Parkinson’s disease and dementia. A recent study found people who consumed more than 60 cups of coffee per month have a 70% lower risk of liver cancer, 50% lower risk for colon or breast cancer, and a 30% lower risk of thyroid cancer as well as a 30% lower risk of developing Parkinson’s disease, compared to non-coffee drinkers.

Coffee also increases metabolism of fats in the body. It’s important to point out that these benefits can be reduced, or even eliminated, by the addition of milk, cream, sugar or other add-ons. Black coffee maximizes the benefits.



LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

HOLLAND LIGHTHOUSE AND BAYPOINTE

OCTOBER 2024

AN APPRECIATION FOR FRANK SINATRA’S “YOUNG AT HEART”

Frank Sinatra became a pop star in the early 1940s and he remained an American icon until his death at the age of 82 in 1998.

Ask any fan their favorite Sinatra song and you’re likely to get a different answer every time. One song that has always been a fan favorite from his catalog of songs is “Young at Heart.” It embodies a message about the importance of maintaining a youthful and open mindset throughout life, which can lead to a more fulfilling and happy life.

The song’s lyrics reflect on the value of age and experience. It implies if one were to live to a very old age, they would find immense joy and fulfillment from simply being alive. The song emphasizes that remaining young at heart helps you appreciate life’s beauty, making the most of each day and finding happiness in every stage of life.



OCTOBER 2024 EVENTS!

- I Love Lucy Day
- Back to the future Day
- Fluffernutter Day
- Painting Pumpkins
- Door Decorating
- Cake Decorating
- Happy Hour

FOLLOW US ON FACEBOOK

A DAY TO HONOR WISDOM + EXPERIENCE

Older adults are a wealth of wisdom, experience and storytelling. They inspire us to keep striving to do great things or warn us of things we may not know. It’s in our best interest to look to them for guidance whenever possible. And it’s why the International Day of Older Persons on October 1, 2024, is such an important day. It was first recognized in 1990 by the United Nations to promote “the full and equal enjoyment of all human rights and the fundamental freedoms by older persons.”





October 2024

BIRTHDAYS

Delight R. 10/8
 Judy H. 10/10
 Ronald G. 10/19
 Jane B. 10/26

LOCATION KEY			01	02	03	ROSH HASHANAH	04	05
AR Activity Room AMN All Manors ALD AL Dining BT Baypointe BD Beachside BK Boardwalk DR Dining Room	F Foyer ILD IL Dining MB In Mailboxes LK Lakeshore LIB Library LH Lighthouse LR Living Room	OUT Outing O Outside SD Sandy Cove THR Theater APT Your Apartment	9:00a Balloon Ball LH 10:00a Finish the phrase BT 1:00p Baking LH 2:00p Reminiscing BT 3:00p Bean Bag Toss BT 5:00p Hand Massages LH	9:00a Morning Movement LH 10:00a Trivia BT 1:00p Painting LH 2:00p Dart ball BT 3:00p Parachute BT 5:00p Short Story LH	9:00a Bowling LH 10:00a Uno card game BT 1:00p Craft LH 2:00p Bingo LH 3:00p Golf BT 5:00p Art book LH	9:00a Scarf dancing LH 10:00a Alphabet game BT 1:00p Sorting and folding BT 2:00p Happy hour BT 3:00p Bucket ball LH 5:00p Movie Night LH	9:00a Bucket ball LH 10:00a Word searches BT 1:00p Matching game BT 2:00p Bag Story LH 3:00p Craft LH 5:00p Manicures LH	

06	07	08	09	10	11	12	YOM KIPPUR
9:00a Movement to Music LH 10:00a Name 10 BT 1:00p Bracelet Making LH 2:00p Beats of the Body BT 3:00p Board/Card Games LH 5:00p Play Doh and Slime BT	9:00a Chair Yoga LH 10:00a Puzzles BT 1:00p Sign Language LH 2:00p Manicures BT 3:00p Sensory Box BT 5:00p Movie Night LH	9:00a Balloon Ball LH 10:00a Finish the phrase BT 1:00p Baking LH 2:00p Reminiscing BT 3:00p Bean Bag Toss BT 5:00p Hand Massages LH	9:00a Morning Movement LH 10:00a Trivia BT 1:00p Painting LH 2:00p Dart ball BT 3:00p Parachute BT 5:00p Short Story LH	9:00a Bowling LH 10:00a Uno card game BT 1:00p Craft LH 2:00p Bingo LH 3:00p Golf BT 5:00p Art book LH	9:00a Scarf dancing LH 10:00a Alphabet game BT 1:00p Sorting and folding BT 2:00p Happy hour BT 3:00p Bucket ball LH 5:00p Movie Night LH	9:00a Word games 1:00p Puzzles 3:00p Sensory boxes	

13	14	15	16	17	18	19	
9:00a Word games 1:00p Puzzles 3:00p Sensory boxes	14 INDIGENOUS PEOPLES' DAY	9:00a Chair Yoga LH 10:00a Puzzles BT 1:00p Sign Language LH 2:00p Manicures BT 3:00p Sensory Box BT 5:00p Movie Night LH	9:00a Balloon Ball LH 10:00a Finish the phrase BT 1:00p Baking LH 2:00p Reminiscing BT 3:00p Bean Bag Toss BT 5:00p Hand Massages LH	9:00a Morning Movement LH 10:00a Trivia BT 1:00p Painting LH 2:00p Dart ball BT 3:00p Parachute BT 5:00p Short Story LH	9:00a Bowling LH 10:00a Uno card game BT 1:00p Craft LH 2:00p Bingo LH 3:00p Golf BT 5:00p Art book LH	9:00a Scarf dancing LH 10:00a Alphabet game BT 1:00p Sorting and folding BT 2:00p Happy hour BT 3:00p Bucket ball LH 5:00p Movie Night LH	9:00a Bucket ball LH 10:00a Word searches BT 1:00p Matching game BT 2:00p Bag Story LH 3:00p Craft LH 5:00p Manicures LH

20	21	22	23	24	25	26
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27	28	29	30	31	HALLOWEEN
9:00a Word games 1:00p Puzzles 3:00p Sensory Box	9:00a Chair Yoga LH 10:00a Puzzles BT 1:00p Sign Language LH 2:00p Manicures BT 3:00p Sensory Box BT 5:00p Movie Night LH	9:00a Balloon Ball LH 10:00a Finish the phrase BT 1:00p Baking LH 2:00p Reminiscing BT 3:00p Bean Bag Toss BT 5:00p Hand Massages LH	9:00a Morning Movement LH 10:00a Trivia BT 1:00p Painting LH 2:00p Dart ball BT 3:00p Parachute BT 5:00p Short Story LH	9:00a Bowling LH 10:00a Uno card game BT 1:00p Craft LH 2:00p Bingo LH 3:00p Golf BT 5:00p Art book LH	