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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

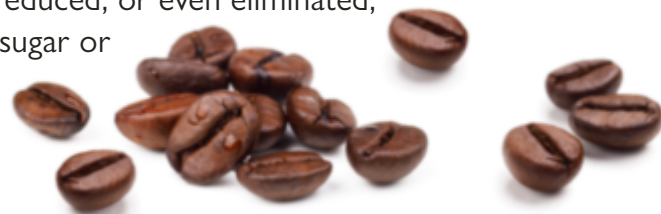
“YOUTH IS THE GIFT OF NATURE, BUT AGE IS A WORK OF ART. ~ STANISLAW JERZY LEC”

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 HOLLAND BEACHSIDE, BOARDWALK, & LAKESHORE

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!

- Bus Rides Every Thursday!
- Family Night 10/16 @ 5pm
- OneCare Flu Clinic 10/16
- Ammie Bouwman 10/6 @ 2pm
- Music with Butch G. 10/8 @ 2pm
- That’s Really in MI with Nancy
- Halloween Party 10/29 @ 2pm

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.”



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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October 2024

BIRTHDAYS

Ellie R. 10/14

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	10:00a Bingo! 11:00a Walking Club 1:30p Flower Arranging 2:00p Table Games 3:30p Baking Club	DR O AR AR AR	10:00a Virtual Cycle 11:00a Uno 1:30p Crafting Corner 2:30p Brain Games 3:30p Memory Lane	LR AR AR AR LR	10:00a Mindful Meditation and Journaling 11:00a Trivia 1:00p Active Adventures 1:30p Scenic Drive 3:30p Canvas Craze	AR LR O OUT AR	10:00a Balloon Volleyball 11:00a Table Games 1:30p Bingo Bash 2:30p Social 3:30p Afternoon Movie	DR AR DR DR LR	8:30a Coffee Chat 10:00a Virtual Cycles 11:00a Brain Games 1:30p Uno 2:30p Weekend Documentary	DR LR AR AR LR		
06	07	08	09	10	11	12	YOM KIPPUR							
10:00a Coffee Chat 11:00a Streamed Church Service 1:00p Puzzles 2:00p Skip Bo 3:30p Walking Club	DR LR AR AR O	10:00a Exercise 11:00a Cards 1:00p Zen Coloring 2:00p Manicures 3:00p Wii Games	LR AR AR AR LR	10:00a Bingo! 11:00a Walking Club 1:30p Flower Arranging 2:00p Music with Butch G 3:30p Baking Club	DR O AR ILD AR	10:00a Virtual Cycle 11:00a Uno 1:30p Crafting Corner 2:30p Brain Games 3:30p Name that Tune	LR AR AR AR LR	10:00a Mindful Meditation and Journaling 11:00a Trivia 1:00p Active Adventures 1:30p Scenic Drive 3:30p Canvas Craze	AR LR O OUT AR	10:00a Balloon Volleyball 11:00a Table Games 1:30p Bingo Bash 2:30p Social 3:30p Afternoon Movie	DR AR DR DR LR	8:30a Coffee Chat 10:00a Virtual Cycles 11:00a Brain Games 1:30p Uno 2:30p Weekend Documentary	DR LR AR AR LR	
13	14	15	16	17	18	19								
10:00a Coffee Chat 11:00a Streamed Church Service 1:00p Puzzles 2:00p Skip Bo 3:30p Walking Club	DR LR AR AR O	INDIGENOUS PEOPLES' DAY	10:00a Exercise 11:00a Cards 1:00p Zen Coloring 2:00p Manicures 3:00p Wii Games	LR AR AR AR LR	10:00a Bingo! 11:00a Walking Club 1:30p Flower Arranging 2:00p Table Games 3:30p Baking Club	DR O AR AR AR	10:00a Virtual Cycle 11:00a Uno 1:30p Crafting Corner 2:30p Brain Games 5:00p Family Night	LR AR AR AR	10:00a Mindful Meditation and Journaling 11:00a Trivia 1:00p Active Adventures 1:30p Scenic Drive 2:00p That's really in Michigan? with Nancy B 3:30p Canvas Craze	AR LR O OUT SD AR	10:00a Balloon Volleyball 11:00a Table Games 1:30p Bingo Bash 2:30p Social 3:30p Afternoon Movie	DR AR DR DR LR	8:30a Coffee Chat 10:00a Virtual Cycles 11:00a Brain Games 1:30p Uno 2:30p Weekend Documentary	DR LR AR AR LR
20	21	22	23	24	25	26								
10:00a Coffee Chat 11:00a Streamed Church Service 1:00p Puzzles 2:00p Skip Bo 3:30p Walking Club	DR LR AR AR O	10:00a Exercise 11:00a Cards 1:00p Zen Coloring 2:00p Manicures 3:00p Wii Games	LR AR AR AR LR	10:00a Bingo! 11:00a Walking Club 1:30p Flower Arranging 2:00p Table Games 3:30p Baking Club	DR O AR AR AR	10:00a Virtual Cycle 11:00a Uno 1:30p Crafting Corner 2:30p Brain Games 3:30p Name that Tune	LR AR AR AR LR	10:00a Mindful Meditation and Journaling 11:00a Trivia 1:00p Active Adventures 1:30p Scenic Drive 3:30p Canvas Craze	AR LR O OUT AR	10:00a Balloon Volleyball 11:00a Table Games 1:30p Bingo Bash 2:30p Social 3:30p Afternoon Movie	DR AR DR DR LR	8:30a Coffee Chat 10:00a Virtual Cycles 11:00a Brain Games 1:30p Uno 2:30p Weekend Documentary	DR LR AR AR LR	
27	28	29	30	31	HALLOWEEN									
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All activities subject to change.