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National Suicide Hotline
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Alzheimers Association
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Institute of Aging Friendship Line
1-800-971-0016



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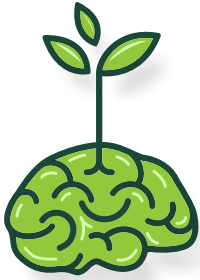


A GROWTH MINDSET-LEADS TO INCREDIBLE ACHIEVEMENTS

You’ve probably heard people say, “Age is just a number,” or “80 is the new 40.” Superficial as these sayings may seem, there’s some truth to them. The secret to achieving amazing things at any age lies in the power of the present moment.

Take artist Pablo Picasso. He produced a staggering 347 engravings at the age of 87. Or Susan B. Anthony. She was over 80 when she formed the International Woman Suffrage Alliance. These trailblazers had an attitude toward aging that was one of growth and opportunity.

A growth mindset is the belief you can improve yourself through training, practice or education. People with a fixed mindset tend to avoid challenges and show less resilience in the face of setbacks. The benefits of a growth mindset can have real power in helping people reframe their approach to do what they love to do. Look at Anna Mary Robertson Moses, better known as “Grandma Moses.” She didn’t start painting until she was 76 years old. Though she had no formal training, she painted every day for 25 years and produced thousands of paintings. So, what do you want to do today?



Quote of the Month

“ IF YOU DON’T HAVE WRINKLES, YOU HAVEN’T LAUGHED ENOUGH. ~ PHYLLIS DILLER ”

MEETING NEW PEOPLE

Making new friends and forming meaningful connections can be challenging as we age. But staying socially active is important to maintaining good mental and physical health. Here are a few fun and engaging activities you can participate in to meet new people and stay socially active.

Join a social club. This is an excellent way to connect with others who share your interests. There are clubs for nearly everything, from book to travel clubs.

Fitness classes and groups. Joining a fitness class is a great way to stay active and meet new people. You can join a chair exercise, yoga, dance or swimming class at your community or local senior center.

Dating online. This is becoming increasingly popular among senior singles looking to meet new people. Many dating sites and apps cater to seniors, such as OurTime, SilverSingles and SeniorMatch. Online dating allows you to connect with others who share your interests or simply seem intriguing.

Attend community events. Here’s a great way to meet new people and stay engaged in your local area. You can attend local festivals, fairs, concerts or other events in your community or neighboring areas.

LIVING WELL
INSPIRING A HAPPIER, HEALTHIER YOU.

JENISON CHERRYWOOD

JANUARY 2024

EXCELLENCE...OUR FOUNDATION FOR SUCCESS

As we begin the new year, I'm proud of our American House team for operating at the highest standards and living our core values every day. One of our top priorities is to focus on **Operational Excellence**. We must excel at everything we do. Operational Excellence transcends every aspect of our business and every one of us at American House plays a role and holds a responsibility in it. We are committed to being the community of choice. We have a very dedicated leadership team and a strong, organizational culture. We continue to create a holistic environment with a collaborative workforce that maintains a singular focus on our residents' lifestyle and quality of care. This approach allows us to provide care and services that we are proud of. Operational Excellence touches upon everything we do and deliver for our residents, team members and community. We look forward to a great 2024!



Dale Watchowski

Dale Watchowski,
CEO, American House



JANUARY 2024 EVENTS!

- Crystal Snowflakes Craft
- Rick Reuther Performance
- Bingo Bash
- MLK Day: Service Project
- David Molinari Performance
- Making Suncatchers
- Bob DeYoung Performance
- Activity W/ Jenison Christian
- Family Night

MLK DAY: NATIONAL DAY OF SERVICE

MLK Day is the only federal holiday designated as a National Day of Service to encourage all Americans to volunteer to help improve their communities. The impact of the MLK Day of Service has grown as more Americans embrace the idea that citizenship involves taking a more active role in improving their hometowns. Each year on the third Monday of January, we observe MLK Day and reflect on the work that still needs to be done for racial equality. This January 15, make this holiday more than just a day off and take time to reflect on civil rights issues across the country.



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<div>January</div> <div><div><div>2024</div><div>HAPPY</div><div>NEW YEAR</div></div></div>										LOCATION KEY			
										AR Activity Room		GAZ Gazebo	
										AUD Auditorium		LIB Library	
CIN Cinema		OUT Outing											
DR Dining Room		O Outside											
FIT Fitness Center		S Salon											
NEW YEAR'S EVE		01	NEW YEAR'S DAY		02	03		04		05	06		
		12:00a NEW YEARS DAY 11:00a Bible Study 12:00p Devotions		9:15a Bus Trip: Downtown Zeeland 12:00p Devotions 1:00p Craft: Crystal Snowflakes 2:00p Hall Walks		10:00a Sit and Stretch 10:30a Balloon Ball 12:00p Devotions 1:00p Beauty Salon 1:15p Manicures 2:00p Dominos		9:15a Bus Trip: Rockford 12:00p Devotions 1:15p Trivia 2:00p SingFit		9:00a Chair Yoga 10:00a Name That Tune 12:00p Devotions 2:00p Rick Reuther performance		10:00a Morning Activities 12:00p Devotions 2:00p Afternoon Activities	
07		08		09		10		11		12		13	
10:00a Morning Activities 12:00p Devotions 2:00p Afternoon Activities		9:00a Monday Morning News 10:00a Chair Exercises 11:00a Bible Study 12:00p Devotions 1:00p Elvis Singalong 2:00p Peanut Butter & Banana Sandwiches		9:15a Bus Trip: Airport 12:00p Devotions 1:00p Would You Rather...? 2:00p Coloring Pages		10:00a Sit and Stretch 10:30a Balloon Ball 12:00p Devotions 1:00p Beauty Salon 1:15p Manicures		9:15a Bus Trip: Allendale 12:00p Devotions 1:00p Hall Walks 2:00p Card games: Red/Black		9:00a Chair Yoga 10:00a Name That Tune 12:00p Devotions 2:00p BINGO BASH		10:00a Morning Activities 12:00p Devotions 2:00p Afternoon Activities	
14		15 MARTIN LUTHER KING, JR. DAY		16		17		18		19		20	
10:00a Morning Activities 12:00p Devotions 2:00p Afternoon Activities		9:00a Monday Morning News 10:00a Chair Exercises 11:00a Bible Study 12:00p Devotions 1:00p MLK Day: Service Project 2:00p Name That Tune		9:15a Bus Trip: Ida's Donuts 12:00p Devotions 1:00p Card Game: High/Low 2:00p Hall Walks		10:00a Sit and Stretch 10:30a Balloon Ball 12:00p Devotions 1:00p Beauty Salon 1:15p Manicures 2:00p Michigan Fun Facts & Trivia 5:00p Family Night		9:15a Bus Trip: Grand Haven 12:00p Devotions 1:30p Guest Artist: Ceramic project		9:00a Chair Yoga 10:00a David Molinari performance 12:00p Devotions 1:00p National Popcorn Day: Popcorn Bar 2:00p SingFit		10:00a Morning Activities 12:00p Devotions 2:00p Afternoon Activities	
21		22		23		24		25		26		27	
10:00a Morning Activities 12:00p Devotions 2:00p Afternoon Activities		9:00a Monday Morning News 10:00a Chair Exercises 11:00a Bible Study 12:00p Devotions 1:00p Popcorn and a movie: Broadway		9:15a Bus Trip: Grandville 12:00p Devotions 1:00p Reminisce: Winter 2:00p Craft: Suncatchers		10:00a Sit and Stretch 10:30a Balloon Ball 12:00p Devotions 1:00p Beauty Salon 1:15p Manicures 2:00p Comedy Corner: National Belly Laugh Day		9:15a Bus Trip: Downtown Grand Rapids 12:00p Devotions 1:30p Marshmallow Steam Activity with Jenison Christian		9:00a Chair Yoga 10:00a Dominos 12:00p Devotions 2:00p Bob DeYoung performance		10:00a Morning Activities 12:00p Devotions 2:00p Afternoon Activities	
28		29		30		31		BIRTHDAYS					
10:00a Morning Activities 12:00p Devotions 2:00p Afternoon Activities		9:00a Monday Morning News 10:00a Chair Exercises 11:00a Bible Study 12:00p Devotions 1:00p Name That Sound 2:00p Puzzles		9:15a Bus Trip 12:00p Devotions 1:00p Watercolor Painting 2:00p Hall Walks		10:00a Sit and Stretch 10:30a Balloon Ball 12:00p Devotions 1:00p Beauty Salon 1:15p Manicures		Lorna R. 1/2					