Sunday Services
This month, the Sunday Gathering Service will take place on Sunday, May 19th at 2:30 PM at Sandy Cove. Following the service, there will be a time of fellowship with cookies and coffee provided.

Lighthouse Baptist Church will be in the following buildings:
Beachside on May 5th
Driftwood on May 12th
Boardwalk on May 26th.
Lighthouse Baptist services start at 3:00 PM.

American House Car Show
American House Holland is pleased to welcome the Vintage Car Club of Holland and local car owners to our second annual American House Car Show! Residents, families, and guests are invited to check out the vintage cars and hot rods and vote for your favorite on Saturday, May 18th from 1-3PM.

Memorial Day
Memorial Day, as a formal holiday, is an American holiday. It is celebrated to remember military service members who have died in the line of duty. Memorial Day was originally called Decoration Day, as the holiday was centered on decorating the graves of those who had fallen in the Civil War. To honor this special day we will have Butch Grenell here on Friday, May 24th for live music at 2:30pm in the Sandy Cove dining room.

- Like us on Facebook for more photos and events!–

IMPORTANT PHONE NUMBERS
Ambra Hernandez at Bay Pointe 796-2690
Kerrie Flores at Beachside 392-1007
Stephanie Steenwyk at Boardwalk 393-0406
Heather Kelch at Driftwood 393-0160
Ashytn Bonzelaar at Lakeshore 393-2101
Tara Leisure at Lighthouse 393-9270
Melissa Feldt at Sandy Cove 796-2600

Main Phone 393-2174
Holland Sentinel (616) 546-4200
Grand Rapids Press: 616-888-2197
Guardian Medical Monitoring: 1-888-349-2400

American House Holland
11911 James St.
Holland, MI 49424
(616) 393-2174

Your Friendly Staff
Executive Director
Chris Trevathan
Community Relations
Director
Alix Overbeek
Culinary Director
Sue Sheffield
Life Enrichment Director
Melissa Feldt
Love is Ageless
Coordinator
Elise Mills
Maintenance Director
Ed Kortman
Housekeeping Supervisor
Connie Hulst
Chaplain
Dennis Perkins
Human Resources
Director
Jessica Francis
Business Office Manager
Gaby Sabin

American House
Senior Living Communities
Holland

Grand Rapids Symphony
American House, in partnership with the Grand Rapids Symphony, invites you, your family and friends, to the Kroc Center for a marvelous afternoon concert. Enjoy this private performance as you revel in classical selections from some of the world’s finest musicians. This event will take place on Tuesday, May 7th, at 2:00pm and is free and exclusive to American House residents and guests.

-Magnificent sounds, Unforgettable experiences--

Mother’s Day Tea
We would like to welcome all grandmothers, mothers, daughters, granddaughters and great granddaughters to our annual Tea Party celebrating mom’s everywhere! This special event will be held in the dining room at Sandy Cove on Friday, May 10th at 2:30pm.

Please RSVP by calling Melissa at 616-796-2600 by May 6th. Join us for afternoon tea, sweet treats, conversation and fun!

God could not be everywhere, and therefore he made mothers.
– JEWISH PROVERB –

Note from Executive Director
Wave to us in the Tulip Time Parade
Holland will “paint the town orange” in celebration of Tulip Time’s 90th anniversary in 2019! Make plans to see American House staff in the Muziekparade on Saturday, May 11.
Poached Salmon with Dill & Lemon

**Ingredients**
- 2 cups water
- 2 cups dry white wine
- 2 bay leaves
- 2 sprigs curly parsley, chopped
- 1 lemon, sliced
- (2 pound) salmon fillet with skin
- 2 tsp fresh dill

**Directions**
1. Place the wine, water, bay leaves, parsley, dill, and sliced lemon into a large deep skillet and bring to a simmer.
2. Add the salmon, skin side down. Cover the skillet and simmer over a low heat until the fish is cooked through, about 8 minutes. Salmon must reach 145 degrees.
3. Garnish with additional lemons and dill
4. Enjoy!

Heart Disease Prevention

By: Brian Rosso RD

This month I am writing about living a heart healthy lifestyle. I hope you find the information below helpful in your every day lives.

- Visit your doctor on a regular basis
- Monitor your blood pressure and cholesterol levels.
- Maintain a healthy weight
- Keep your Body Mass Index (BMI) level under 25
- BMI levels above 25 are associated with an increased risk of developing heart disease.
- Your BMI level is determined by using a formula that includes a person's weight and height.

- Please feel free to go online to access this BMI calculator provided by the Centers for Disease Control and Prevention

- Here is a list of Heart-Healthy Foods
  - Salmon
  - Sweet Potatoes
  - Oatmeal
  - Asparagus
  - Tuna
  - Oranges
  - Carrots
  - Tomatoes
  - Spinach
  - Cantaloupe
  - Broccoli
  - Tea

- All of these foods can be found on the menu at American House.
- Limit your salt and saturated fat intake
- American House offers many heart healthy food choices on our menu.
- Stay Active
- Try to do some form of physical activity 30 minutes every day.
- This is also a great way to manage stress!
- American House offers many ways to live a heart healthy lifestyle.

Spring Fever

Four high school boys afflicted with spring fever skipped morning classes. After lunch they reported to the teacher that they had a flat tire. Much to their relief she smiled and said, "Well, you missed a test today so take seats apart from one another and take out a piece of paper." Still smiling, she waited for them to sit down. Then she said: "First Question: Which tire was flat?"


**Housekeeping Awards**

Here in Holland we all know that our Housekeeping team does a fantastic job. We often hear guests make comments about how our buildings are always neat and clean. It seems that a few other people have taken notice as well! Connie Hulst, Holland’s Housekeeping Supervisor received the “Shining Star” award.

Lori Aubert, who has been in the housekeeping department for over 12 years, received the “2018 Best in Class” award. Congratulations, ladies! Thank you for all you do to make American House shine!

We had a lot of fun in March celebrating St Patricks Day with some fun games, snacks, and great conversation!