

April 17, 2015

LAKE FOREST HOME JOURNAL



This week we recognize Earth Day. It is the 45th anniversary and they encourage a Global Day of Conversation. Leaders look at this as an opportunity to engage our government officials in sustainable futures that will support economies and drive job creation. They suggest such themes as energy efficiency, green schools, conservation, and transportation to include environmental issues that impact all of us.

It seems to me that many of you sustain this conversation throughout the year. It's important to do so and at Lake Forest, we also strive to look at ways to conserve. Casella Waste Management seems to be well received and our maintenance staff is also pleased with the service. Thanks for participating.

ON A LIGHTER NOTE

Such a serious topic! Let's lighten it up with a few riddles.

- A. Twelve pears hanging high, twelve men passing by, each took a pear and left eleven there. How can this be? How can eleven pears be left?
- B. You're the bus driver. At the first stop 4 people get on. At the second stop 8 people get on. At the third stop, 2 people get off. At the fourth stop everyone got off. The question is "what color are the bus driver's eyes?"
- C. What never gets wetter, no matter how much it rains?
- D. David's father has three sons: Snap, Crackle and _____?
- E. What two words combined together has the most letters?

The answers are on the next page!

Mind, Mood & Memory

These six suggestions may help you protect your brain from aging for as long as possible:

*Eat a healthy diet, low in fat and high in antioxidant-rich fruits and vegetables, whole grains and omega-3 fatty acids, from cold water fish.

*Maintain a healthy weight *Exercise regularly-at least 30 minutes a day, five days a week *Get prompt treatment for health problems that can effect the brain, such as diabetes, high cholesterol, cardiovascular disease, and high blood pressure *Avoid smoking, exposure to environment toxins and excess alcohol. (more than 2 drinks per day) *Look after your mental health by staying socially engaged and intellectually stimulated, reducing stress, and getting treatment for mood and anxiety disorders.

Debbie is on call April 20, 2015

Our Lake Forest Website www.onlakeforest.org

Activities

Monday –April 20

11:00 am - Exercise

**4:00pm Underground Jazz Band
(Postponed until June)**

Tuesday – April 21

10:00am-Shop Walmart

11:30am-TaiChi

2:00pm-Bingo



Wednesday - April 22 Earth Day

10:00am-Nurse Janet

11:00 am - Exercise

**4:00pm– Dr. Zandi” When you Forget
You Forget”**

Thursday– April 23

10:00am– Shop Yando’s

10:00am Wabi-Sabi Workshop

1:00 pm - Mah Jongg

Friday – April 24

11:00 am - Exercise

Noon-Omelets by Debbie

1:00 pm - Bridge for 8

4:30pm-BYOB Cocktail Party

Saturday - April 25

11:00 am - Yoga Tape

Sunday– April 26

12:30 pm - Brunch

1:30pm-Scrabble/Games

I know that we have all noticed the beautiful tulips on the fireplace mantel and wondered where they came from? They were given to us by Miriam B’s granddaughter . The tulips were for Miriam’s birthday on the 11th of April. Unfortunately Miriam left the day before her birthday and never received them! So her granddaughter took a photograph and left the tulips for us to enjoy.



Shirley’s News!!

Well this has been a crazy and sometimes disappointing week! I did hear from our auctioneer and he has rescheduled for next month! He promises to show up this time!! Joe Bebo the author had to change his lecture, because of a mix up on the date! And Starting off next week, The Underground Jazz Band also postponed their performance to June. So I guess that’s our “It comes in three’s!” Also next week on Wednesday the 22 at 4:00pm, Dr. Zandi will be here to speak about “When you forget you forget”

On the brighter side I’m looking forward to Charlie Stone and Split returning Thursday the 16th at 6:30 pm, and to our monthly Birthday Party on Saturday the 18th at 3:00pm. Hope to see you all there!

Don’t forget April 22nd



REMINDER

Lake Forest is an independent living facility and we try to provide transport for scheduled appointments between the hours of 8:00 AM and 4:00PM. We cannot pick up people from emergency rooms, scheduled surgeries or other medical procedures which require a discharge plan. Please be forthcoming with us when scheduling appointments so that you can have a caretaker available to drive you as well as to see to your medical needs upon your return. It would be inappropriate to return from a medical procedure if you are to have 24 hour supervision and have not scheduled appropriate return transport. Our drivers are not prepared to provide assistance in such cases.

Answers: A. “Each” is a man’s name. B. The same as yours, you’re the bus driver. C. The sea. D. David E. Post Office

Our Lake Forest Residents' News, Comments, Etc...

Friendship Committee Notes

The solarium is blooming with color! The geraniums are in shades of white, thru pink up to eye-popping red. There are six orchids adding an exotic touch. I have never known any flower to bloom for as long as an orchid! They are so beautiful. There is a mystery plant; a large one with shiny leaves and blooms of a yellow-orange color that are very pretty. The pot sits on the floor, and I can see a label on the pot - but to read it I would have to stand on my head - an activity that's not going to happen!

(Marie G. solved the mystery - the plant is a CLIVIA!)

Thanks to the solarium team for keeping everything looking so lovely.



SUNDAY WORSHIP SERVICES

Margaret Searing will continue to lead worship here on April 26

May 10

May 24 (Pentecost)

June 14

June 28

All services are in the Activity Room at 11:30

RANDOM THOUGHTS ON OLD AGE

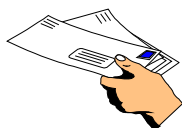
At her age she looks like a million bucks...all green and crumply.

When I was a boy the Dead Sea was only sick. George Burns

I don't feel old. I don't feel anything until noon. That's when it's time for my nap. Bob Hope

Whatever wrinkles I got, I enjoyed getting them, Ava Gardner

This one is a doozy: Being old is like being a dog. The high points of the day are scratching, peeing, and watching for the mailman.



Laughter is good - keep it up *Mary Lue*

****We are sad to inform you that Scott F. will not be returning to the Lake Forest Staff. He resigned on Thursday the 16th. We want to wish him well in his future endeavors!****

Week of April 27th, 2015

Turn Into Kitchen By Saturday April 18th

NAME: _____ CROSS OUT THE ALTERNATIVE YOU DO NOT WANT

Monday – April 27(5:30 PM)

Seafood Cakes w/ Lemon Sauce	- OR -	Homemade Minestrone Soup
Egg Noodles	Vegetable Medley	Turkey Salad Plate
Apple Crisp w/ Vanilla Ice Cream	- OR -	Honey Oatmeal Bread
		SF Chocolate Pudding

Tuesday – April 28 (5:30 PM)

Baked Thyme Chicken w/ Rice	- OR -	Garden Salad
Squash		Vegetable Quiche
Homemade Chocolate Cake w/ Coconut Frosting	- OR -	Dinner Roll
		SF Orange Mousse

Wednesday – April 29 (5:30 PM)

Honey Glazed Ham	- OR -	Homemade Split Pea Soup
Sweet Potatoes	Green Beans	Rueben Sandwich
Mixed Berry Pie	- OR -	Corn Bread
		S F Vanilla Ice Cream

Thursday– April30 (5:30 PM)

Pork Tenderloin	- OR -	Homemade Vegetable Soup
Whipped Celery Potatoes	Mushrooms & Peas	Cheese Strata
Strawberry Sundae	- OR -	Raisin Bread
		SF Vanilla Pudding

Friday – May 1 (5:30 PM)

Baked Cod w/ Tartar Sauce	-OR-	Caesar Salad
Brown Rice	Asparagus	Ham Steak w/ Peppers & Onions
	Seasonal Fruit	Garlic Bread

Saturday – May 2 (5:30 PM)

Kentucky Derby Day

Garden Salad

Kentucky Hot Brown (Turkey)	-OR-	Beef Tips in Mushroom Bourbon Sauce
Baked Potato	Carrots	Whole Wheat Bread
Kentucky Horse Pie		Mint Julep

Sunday – May 3 (12:30 PM - Brunch)

Marinated Cucumber Salad

Chicken, Vegetable, Pasta Casserole	Bacon	Sausage
Scrambled Eggs w/ Chives		French Toast
Fresh Fruit Bowl	Sticky Buns	

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