



Hello Everyone – Time to catch up on a few things...

- ◆ I want to remind and encourage everyone to be sure you **keep your door(s) locked** when you are not at home. While we live in a ‘tightly knitted’ community, it is important that we respect the vulnerability inadvertently created upon leaving our unattended homes open to anyone’s entry.
- ◆ Friday, March 4th is **National Employee Appreciation Day**. Although that is not for a little over one week from now, I wanted to extend my genuine appreciation for the commitment and hard work executed by the staff of Lake Forest. It is their eye for detail and extra attention that greatly lends to the on-going success of this organization. *Thank you!*
- ◆ Please note the **casserole cook off** scheduled on Tuesday, March 22nd has been rescheduled for Monday, March 21st. We’ll be looking for judges *and* contestants as well as a fun crowd to enjoy the culinary works of art!
- ◆ I’ve received consistent feedback from staff and residents alike specifically regarding the **Sunday brunch buffet table**. Subsequently, I would like to respectfully express the sentiments of what I believe to be collective, appropriate and reasonable:
 - ◆ Please help yourself to one serving per trip to the buffet table.
 - ◆ Allow everyone an opportunity to get their first serving prior to taking your second serving.
 - ◆ Be cautioned against counting on the cook to prepare enough food for you to take home. That isn’t their intention when prepping for the meal and doing so before everyone has had their share may result in a shortage of food.
 - ◆ Help prevent the serving tongs from sliding into the warming trays by placing them on the plate provided after each use.
 - ◆ Most importantly...*ENJOY!*
- ◆ The **Food Forum** meeting held on Monday afternoon was extremely productive. Many of you were able to attend and your contributions very, very helpful. We will be typing the notes and hope to disseminate them within a week in order to keep everyone apprised in terms of the discussion outcomes.
- ◆ **Please see Page 4 for a message from Lisa about the Resident Council.**

- Kevin

Residents, Lake Forest purchases a newspaper each day. We request that these daily newspapers remain in the lobby/nutrition area for everyone’s enjoyment. Please do not take this newspaper to your apartment. You may enjoy it out in the lobby area.

Shelly is on call February 29th

Our Lake Forest Website
www.onlakeforest.org

[www.facebook.com/ Lake-ForestSeniorCommunity](http://www.facebook.com/LakeForestSeniorCommunity)

Activities: Week of February 29 - March 6

Monday, February 29, 2016

11am Exercise

12pm Soup & Salad

1pm Pool

3:30pm Color and Sip

Tuesday, March 1, 2016

9:30am Shuffle Board

10:30am Aldi / Hannaford

11:30am Tai Chi

2pm Bingo

4pm Hot Chocolate Social

Wednesday, March 2, 2016

10am Nurse Janet

11am Exercise

12pm Soup & Salad

1pm Penny Poker

2pm Craft Group

4pm Resident Council Meeting

Thursday, March 3, 2016

10am Bridge

11:30am Men's Lunch @ Geoffrey's

12pm Omelet's

1pm Mah Jongg

3:30pm Wii Bowling (BYOB)

Friday, March 4, 2016

9:15am Zumba Gold with Tiana!

10am Yando's

11am Exercise

12pm \$4 PIZZA AND WINGS!

1pm Bridge for 8

3:30pm Activity Planning Meeting

4:30pm BYOB

Saturday, March 5, 2016

11am Yoga Tape

3:30pm Honor Flight Presentation

6:30pm Movie Night, "West Wing"

Sunday, March 6, 2016

11:30am Church Service

12:30pm Brunch

1:30pm Movie shown by Bill & Jackie

Activity Information:

Don't forget to join us on Tuesday, March 1st for the popular Hot Chocolate Social at 4:00pm! This takes place in the front lobby in front of the fireplace! Can't drink (or don't like) Hot Chocolate, but want to come socialize? Please come down, we will accommodate you!

There *will* still be a Resident Council Meeting on Wednesday, March 2nd at 4:00pm per resident request. Please see page 4 for more information. Thank you.

Everyone is welcome and encouraged to attend the Activity Planning Meeting on Friday, March 4th at 3:30pm. This is where WE make decisions about activities (a lot of musicals coming up) and special events (meals too)! Your input is essential. Thank you in advance.

More Activity Information on Page 4!



March Birthdays!

2 Dorothy S. 4 Ron P. 8 Minnie B. 8 Bill L. 9 Ross C.
19 Jerome D. 20 Jim M. 24 Helen H. 24 Pat L. 24 Natasha T.
26 Roy W. 27 Marlena D. 28 Barbara T.



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



This very funny piece was sent to me by a former resident here. Enjoy!

ARKANSAS FARM KID IN THE MARINES (PARIS ISLAND MARINE RECRUIT TRAINING)

Dear Ma and Pa,

I am well. Hope you are. Tell Brother Walt and Brother Elmer the Marine Corps beats working for ole' man Minch by a mile. Tell them to join up quick before all the places are filled.

I was restless at first because you get to stay in bed till nearly 6am. But I am getting so I like to sleep late. Tell Walt and Elmer all you do before breakfast is smooth your cot, and shine some things. No hogs to slop, feed to pitch, mash to mix, wood to split, fire to lay. Practically nothing. Men got to shave, but it is not so bad, there's warm water.

Breakfast is strong on trimmings like fruit juice, cereal, eggs, bacon. etc., but kind of weak on chops, potatoes, ham, steak. eggplant pie and other regular food, but tell Walt and Elmer you can always sit by two city boys that live on coffee. Their food, plus yours holds you until noon when you get fed again. It's no wonder these city boys can't walk much.

We go on 'route marches', which the platoon sergeant says are long walks to harden us. If he thinks so, it's not my place to tell him different. A "route march" is about as far as to our mailbox at home. Then the city guys get sore feet and we all ride back in trucks.

The sergeant is like a school teacher. He nags a lot. The Captain is like the school board. Majors and Colonels just ride around and frown. They don't bother you none. This next will kill Walt and Elmer with laughing. I keep getting medals for shooting. I don't know why. The bulls-eye is near as big as a chipmunk heave and don't move, and it ain't shooting at you like the Higgett boys at home. All you got to do is lie there all comfortable and hit it. You don't even load your cartridges. They come in boxes.

Then we have what they call hand-to-hand combat training. You get to wrestle with them city boys. I have to be real careful though, they break real easy. It ain't like fighting with that ole bull at home. I'm about the best they got in this except for that Tug Jordan from over in Silver Lake. I only beat him once. He joined up the same time as me, but I'm only 5'6' and 130 pounds and he's 6'8 and near 300 pounds dry.

Be sure to tell Walt and Elmer to hurry and join before other fellers get into this setup and come stampeding in.

Your loving daughter,
Alice

Laughter is the best medicine!
- Mary Lue



More Activity Info



On Friday, March 4th at 12:00pm, we have the monthly (one of my favorite days) Pizza & Wing lunch! It's \$4.00, and there are options! The pizzas are made in-house, and they are delicious! We do request you SIGN up if you plan on attending so we know how many to prepare for! You're welcome to bring an alcoholic beverage! Hope to see you there!

You read it right - Saturday, March 5th at 3:30pm, there will be a presentation about the Honor Flight! Honor Flight is an organization with chapters across the country. These chapters sponsor four trips a year, which bring veterans to see their war memorials in the nation's capital. All expenses for veterans are paid for.

UPDATE: Jana Lee WILL be here on Monday, March 7th. Please contact her with your scheduling questions! (518) 569-8647

REMINDER:

Rotating books are due BACK by Thursday, March 3rd! If you are in the middle of a good book - let me know BEFORE this date so I can renew it for you. Thanks!

Taxes will be prepared in the LIBRARY for those of you who have signed up. Thank s!

A message from Lisa G.

From Lisa G.

I have felt we should have our normally-scheduled Resident Council meeting on the first Wednesday of the month, so I'm calling one for March 2nd. I have a brief finance report I'd like to present, and then any other issues that residents might want to bring up can also be discussed. The meeting may be as short as 15 minutes, or as long as the hour it's been at times; it doesn't matter—it's whatever you, the residents, want. The main point is, we **are** the Resident Council: You, me, all the residents make it up. We can hibernate, we can take some much-needed rests, but I don't think we should abandon the concept of a Resident Council.

As anyone who's kept up with their Lake Forest newsletters knows, I stepped down from the Steering Committee of the Resident Council at the end of December, but remained as treasurer. And the Steering Committee decided in January that they too (understandably) were finding the job to be just more than they wanted to continue with, so they also have stepped down. As they said in the January 29th newsletter, they are "handing the torch over."

I am not picking up the torch—there's a lot of work involved, and *time* needed to help "steer." And of course, none of us is getting younger . . . (Nor are clichés.) So I don't have an agenda for Wednesday, but I feel we could use a meeting — because the Resident Council still exists, and so do its members, we, the residents.

So please, mark your calendars for 4:00 p.m. on Wednesday, March 2nd, in the library, and I'll hope to see you there.

Lisa.



Notes from Natasha



I want to thank all the attendees of the Food Forum. Your suggestions, comments and thank you's were all appreciated and taken very seriously. For example:

1. We will be serving romaine lettuce from now on.
2. There will now usually be two vegetable offerings each day.
There is always room for improvements and growth.



New on the Menu



Sausage Rigatoni is almost like lasagna, but made with Italian sausage, rigatoni pasta.

Shepherd's Pie Potato Skins are large baked potato skins filled up with beef & corn, topped with whipped potato, sprinkled with cheese and baked.

Banana Split will be a scoop of Neapolitan ice cream, a split banana and your choice of toppings.

Chocolate Chess Pie A southern chocolate pie, much like a chocolate pudding pie.

Chip and Dip—Homemade mild salsa with a healthy chia seed chips.



Also, Low Sodium V8 Juice will be available at meal time!



Dietitians Forecast Healthy-Eating Trends



Seeds and avocados will steal some of the healthy-eating spotlight from kale in 2016, according to a survey of registered dietitians nutritionists (RDNs). The survey of 450 dietitians was conducted by Pollock Communications and *Today's Dietician* magazine. Following the popularity of chia seeds, the dietitians forecast that other seeds such as sunflowers, hemp, sesame and flax will appeal to health-conscious consumers looking for alternatives to carbohydrates. Avocados, versatile and high in healthy unsaturated fats, will also continue to grow in popularity, along with green tea and "ancient grains." Kale, while still a healthy choice, may have peaked in popularity, the survey RDNs predicts, along with high-protein products.

Also booming in 2016, the RDNs predict, will be the "clean eating" fad, even though "there is not a clean definition of 'clean eating' and it varies by person." Clean eating typically emphasizes foods making "free from" claims, such as "free from artificial ingredients," but the dietitians surveyed caution that it isn't the best way to make healthy choices.

(Article submitted by a resident from the *Tufts* March 2016: *Health & Nutrition Letter*)

Week of March 7, 2016

Turn into Kitchen by Saturday, February 27

Name: _____ Circle the Main Meal and the Sides You Like

Monday – March 7 (5:30 PM)

Chicken w/Gravy (White or Dark)

OR

Sausage Rigatoni

Caesar Salad

Mashed Potatoes

Garlic Bread

Broccoli w/Lemon Butter

Yellow Squash

Chocolate Chess Pie

OR Fresh Fruit

Tuesday – March 8 (5:30 PM)

Roasted Leg of Lamb

OR

Curried Chicken Salad w/Pita Bread

Tomato Bisque

Rice Pilaf

Whole Wheat Bread

Green Beans Roasted Corn

Caramel Apple Cake OR SF Ice Cream

Wednesday – March 9 (5:30 PM)

Beef Pot Roast w/Gravy

OR

Crab Salad over Salad Greens

Seafood Chowder

Roasted Red Potatoes

Sunflower Bread

Peas Carrots

Pineapple Upside-Down Cake OR Sliced Fruit

Thursday – March 10 (5:30 PM)

Marinated Pork Tenderloin

OR

Shepherd's Pie Potato Skins

Vegetable Soup

Mashed Potatoes

Dinner Roll

Roasted Squash

Brussels Sprouts

Mandarin Orange Chiffon Pie OR SF Jell-

Friday – March 11 (5:30 PM)

Baked Tilapia

OR

Chef Salad (Turkey, Ham, Cheese, Egg)

Chips & Dip

Barley Pilaf

Honey Oatmeal Bread

Braised Celery & Carrots

Banana Split OR Applesauce

Saturday – March 12 (5:30 PM)

Roasted Turkey

OR

Cheeseburger on Bun (Lettuce, Tomato, Pickle)

Beef Vegetable Soup

Sage Stuffing

Cheese Biscuit

Cauliflower

Baked Beans

Oatmeal Raisin Cookie OR Banana

Sunday – March 13 (12:30 PM Brunch)

Scrambled Eggs w/Chives

Bacon

French Toast

Garden Vegetable Salad

Glazed Ham

Sweet Potatoes

Boston Cream Pie

Fresh Fruit

Snack in a bag

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OR
Sausage Rigatoni

Caesar Salad
Mashed Potatoes
Garlic Bread
Broccoli w/Lemon Butter
Yellow Squash
Chocolate Chess Pie OR Fresh Fruit

Tuesday – March 8 (5:30 PM)

Roasted Leg of Lamb
OR
Curried Chicken Salad w/Pita Bread

Tomato Bisque
Rice Pilaf
Whole Wheat Bread
Green Beans
Roasted Corn
Caramel Apple Cake OR SF Ice Cream

Wednesday – March 9 (5:30 PM)

Beef Pot Roast w/Gravy
OR
Crab Salad over Salad Greens

Seafood Chowder
Roasted Red Potatoes
Sunflower Bread
Peas
Carrots
Pineapple Upside-Down Cake OR Sliced Fruit

Thursday – March 10 (5:30 PM)

Marinated Pork Tenderloin
OR
Shepherd's Pie Potato Skins

Vegetable Soup
Mashed Potatoes
Dinner Roll
Roasted Squash
Brussels Sprouts
Mandarin Orange Chiffon Pie OR SF Jell-

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Chef Salad (Turkey, Ham, Cheese, Egg)

Chips & Dip
Barley Pilaf
Honey Oatmeal Bread
Braised Celery & Carrots
Banana Split OR Applesauce

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