

May 1, 2015

LAKE FOREST HOME JOURNAL

ON ANOTHER NOTE:

May Day is an ancient Northern Hemisphere spring festival. The earliest May Day celebrations appeared in pre-Christian times.

When I was growing up, the first of May was an exciting day. I lived in Illinois and we really did have Spring! There were small flowers popping up everywhere. As children, we would make little baskets out of a sheet of paper that we had colored with crayon pictures. We would then attach a lovely handle to our baskets and fill them with flowers.

I don't know what I was thinking, but I spent much time trying to sneak over to my neighbor's house to hang my baskets on their door. There were three apartments in that home and three older ladies that lived in them. They were special to me and I wanted them to know someone cared about them—although I didn't want them to know who that person was! Ha! I did that for many years and always looked forward to the "gift" I gave them. I'm not so sure they thought it was as special as I did, but they took me into their homes throughout the rest of the year and always made me feel special.

I also remember the May Pole Dance at Monmouth College. That was a big community event—May Queen and all! The lovely college girls were dressed in their spring finery for an event the whole community attended. Ribbons were attached to tall poles and the girls would weave in and out around the pole until the pole was wrapped and the dance was over. Do any of you have special memories of the First of May? Please share!

Health Notes From Tufts

The acronym **GULP** can help you remember key strategies for retaining information: **G: Get It.** Pay attention, focus and experience new information with multiple senses. **U: Use It.** Repeat new information, review it immediately, write it down, draw it, sing it. **L: Link It.** Associate what you want to learn with something you already know. Alphabetize it, categorize it. **P: Picture It.** Create a visual image. Exaggerate it—see a giant pill bottle by the door to remember to refill your prescription. The more actively you try to imagine what you want to recall, the better you will remember.

Etiquette, Please

Buffets are meant to serve everyone.

Please take a single serving when you pass through the buffet line.

Everyone should have the opportunity to go through the line and even return for seconds.

If there is food left over, please help yourself to thirds. Remember, the kitchen staff always puts leftovers in the refrigerator.

Laura is on call May 4, 2015

Our Lake Forest Website www.onlakeforest.org

Activities



Monday – May 4

11:00 am - Exercise

**1:00pm-Dr. Macner's Assistant
Cleaning & Service Hearing Aids**

**4:00pm– Mark Manske– Adirondack
Raptors**

Tuesday – May 5

10:00am-Shop Kinney's

11:30am-TaiChi

2:00pm-Bingo

4:30pm-Cinco De Mayo Party



Wednesday - May 6

10:00am-Nurse Janet

11:00 am - Exercise

**4:00pm– Jeff Rigsbee– My Life as an
Auctioneer**



Thursday– May 7

10:00am– Shop Yando's

1:00 pm - Mah Jongg

5:30pm-Trip to Sammy D's



Friday – May 8

11:00 am - Exercise

Noon-Omelets by Debbie

1:00 pm - Bridge for 8

4:30pm-BYOB Cocktail Party

Saturday - May 9

11:00 am - Yoga Tape

1:00pm-Tibetan Tile Making

6:30pm-Movie Night– The West Wing



Sunday– May 10 Mother's Day

12:30 pm - Brunch

1:30pm-Scrabble/Games

Dear Residents:

We are reviewing and updating the additional services we provide to you. It is difficult to consider raising rates at any time, but it is clearly evident that rates have not been changed in many years. We try to accommodate you in all aspects of your needs as best we can, but we also need to cover our costs when we do so.

Please find the changes in the following rates.

Duplicate Keys:

\$5.00

Tray Service in congregate building:

\$3.00 (3 free trays each month)

Maintenance:

\$30.00 per hour (billed in one half hour increments.)

Transportation:

Dr. Dejordy - \$30.00 round trip with 48 hr. notice

These rates will not go into effect for 30 days (June 1.) We will notify you of further rate changes as services are reviewed.

We would also like to share alternative transport numbers with you.

First Transit

561-1452

Para Transit (Clinton County)

565-4713

Thank you. Please contact Margot should you have further questions.

Shirley's News!!

Just a quick note! We have a lot of fun activities and speakers this week, so please check your calendars daily!! On Saturday May 9th, at 1:00pm we are going to be making "Tibetan Tiles" in the activity area. These tiles will then be taken away and fired. They will then be worked into a huge mosaic mural to be unveiled in Plattsburgh in October. Come put your talents to work and be part of this artistic project. There is no cost ! Materials provided.



Our Lake Forest Residents' News, Comments, Etc...
Friendship Committee Notes



We joyfully welcome Pat. M. back home with us. It was wonderful to see her at dinner Tuesday, and to meet her daughter.

Betty G. had a bad fall last week, and is with her daughter recuperating. We all wish her a speedy recovery.

Aren't daughters wonderful!

Here are a couple of "old folks" jokes. Enjoy!

Two elderly gentlemen from a retirement center were sitting on a bench under a tree when one turns to the other and says, "Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?"

Slim says, "I feel just like a newborn baby."

"Really. Like a newborn baby?"

"Yep. No hair, no teeth, and I think I just wet my pants."



An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen.

The two gentlemen were talking, and one said, "Last night we went to a new restaurant and it was really great...I would recommend it very highly."

The other man said, "What is the name of the restaurant?"

The first man thought and thought and finally said, "What is the name of that flower you give to someone you love? You know the one that's red and has thorns?"

"Do you mean a rose?"

"Yes, that's the one" replied the man. He then turned towards the kitchen and yelled, "Rose, what's the name of that restaurant we went to last night?"

Warmer days are coming! Get out your shorts!

Mary Lue

Big Thank You to Jim H. for the wonderful job cleaning up the flower beds!!



Week of May 11th, 2015

Turn Into Kitchen By Saturday, May 2nd

NAME: _____

CROSS OUT THE ALTERNATIVE YOU DO NOT WANT

Monday – May 11th(5:30 PM)

Turkey Tetrazzini over Egg Noodles
Broccoli
Crème Caramel

-OR-

Carrot Raisin Salad
Canadian Bacon Brie Quiche
Dinner Roll
Orange Mousse

Tuesday – May 12h (5:30 PM)

Meatloaf w/ Gravy
Mashed Potatoes
Raisin Oatmeal Cookie w/ Vanilla Ice Cream

-OR-

California Blend Vegetables

Homemade Greek Lemon Soup
Eggplant Parmesan
Whole Wheat Bread
SF Vanilla Ice Cream

Wednesday – May 13th (5:30 PM)

Baked Chicken Thigh
Steamed Potatoes
Chocolate Mousse w/ Whip Cream

-OR-

Asparagus

-OR-

Mixed Green Salad
Reuben, Potato Salad, Pickle Biscuits
SF Lemon Pineapple Gelatin

Thursday – May 14th (5:30 PM)

Pot Roast w/ Celery, Onions & Carrots
Sesame Lime Rice
Fruit w/ Granola, Fruit

Spinach Mandarin Orange Salad w/ Citrus Dressing

-OR-

Prince Edward Blend

Barbequed Pulled Pork on Roll w/Cole Slaw

Dinner Roll

Friday – May 15th (5:30 PM)

Thai Basil, Fire Roasted Tilapia Fillet
Baked Sweet Potato
Raspberry Parfait

-OR-

Peas

-OR-

Tomato Basil Salad
Tropical Spinach Salad w/ Shrimp
Blueberry Muffins
Sliced Strawberries

Saturday – May 16th(5:30 PM)

Roast Pork
Oven Roasted Potatoes
Carrot Cake

-OR-

Sautéed Peppers & Onions

-OR-

Turkey w/ Cranberry on Croissant, Chips, Pickle
White Bread
SF Butterscotch Pudding

Sunday – May 17th (12:30 PM – Brunch)

French Toast Casserole
Baked Ziti w/ Sausage

Bacon

Cole Slaw w/ Pineapple

Lemon Pudding w/ Blueberries

Fruit Salad
Poached Eggs
Cinnamon Buns

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