



Home Journal

March 30 2018

Hello, Everyone.....I think spring (beyond just a date on the calendar) has arrived!

We have **dinner reservations for Samuel D's at 6:00pm on Thursday, April 26th**. They have seating for 8 residents and there will be a sign-up sheet on the activity bulletin board located near the pool table. We will be departing Lake Forest at 5:30pm and typically return at around 8:00pm. As in the past, the dinner bill will be covered by Lake Forest and we will simply charge your meal on your monthly itemized rent or service fee invoice.

The charge for the **guest rooms** will be increased from \$50.00 to \$75.00 per night, beginning May 1st. The current fee has been in place for many years and we feel it is prudent to raise the fee while keeping it reasonable and affordable.

Thank you Nancy G., Leora W., and Helen R. for participating on the **Activity Director interview team**. Your insight and wisdom greatly lent to a meaningful and successful process and you are appreciated. In the end, **Victoria (Vicki) Felio** was offered the position and has graciously accepted. Vicki brings to us years of experience in the field of human services and has practical experience assessing the skills and interests and planning accordingly for people from all walks of life. She begins her tenure here on Monday and I look forward to her contributions to our mission.

We will be holding a **meet and greet for Vicki** on Monday at 3:00pm in the activity area. Please plan to join us to learn more about her while enjoying light refreshments and good company!

Nutella Crunch Braid will be the bread of the week! It combines the richness of chocolate and hazelnut that is perfect for breakfast and dessert. As always, let the kitchen know if you're interested in spoiling yourself.

~Kevin



Maureen is on call
April 2nd

Our Lake Forest Website
www.onlakeforest.org

www.facebook.com/LakeForestSeniorCommunity

Monday, April 2

11am Exercise
12pm Soup & Salad
1pm Pool
1pm Pinochle
2pm Coloring Therapy with Janet

Tuesday, April 3

10am Literacy Volunteers training
10am Target/Mall
11:30am Tai Chi
2pm Bingo
3:30pm Wii Bowling

Wednesday, April 4

10am Nurse Janet
11am Exercise
12pm Soup & Salad
1:00pm Penny Poker
2pm Craft Group
6:30pm Movie, "Walk in The Woods"

Thursday, April 5

12pm Omelet's
1pm Mah Jongg
3:30 Wii Bowling

Friday, April 6

10am Yando's
11am Exercise
12pm Pizza & Wing's
1pm Bridge for 8
2pm Trivia (Library)

Saturday, April 7

11am Yoga Tape
6:30pm Movie Night, "The Crown"

Sunday, April 8

12:30pm Brunch
3 pm Wine Tasting with Vladimir

April Birthdays

14-Brittany B. 15-Tom
20-Judy G. 21-Bea
23- Laura M.
25-Brittany A.



- ♦ If you have any dishes that belong in the kitchen, please return them.
- ♦ You must park your walkers and canes out of the way of staff and residents during the dinner hour.
- ♦ When you are ready to leave the dining room, staff will get them for you.

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



I'm sure you have heard of the famous artist, Vincent Van Gogh. I'll bet you did not know that he had very interesting relatives. Such as:

His dizzy aunt.....Verti Gogh

The brother who ate prunes.....Gotta Gogh

The constipated uncle.....Can't Gogh

The ballroom dancing aunt.....Tang Gogh

The little bouncy nephew....Poe Gogh



Time for me to Gogh! Have a lively week. *Mary Lue*

The church held a "Marriage Seminar" and the Priest asked Luigi, as his 50th wedding anniversary approached, to share some insight into how he managed to stay married to the same woman all these years. Luigi replied to his audience, "Well, I tried to treat her well and spend money on her. But the best thing I did was take her to Italy for our 20th anniversary."

The Priest said "Luigi, you are an inspiration to all husbands here today. Please tell the audience what you plan for your wife for your 50th anniversary." Luigi proudly replied "I'm gonna go and get her."

Two elderly women were eating breakfast in a restaurant one morning. Ethel noticed something funny about Mabel's ear and she said, "Mabel, did you know you've got a suppository in your left ear?" Mabel answered, "I have a suppository?" She pulled it out and stared at it. Then she said, "Ethel, I'm glad you saw this thing. Now I think I know where my hearing aid is."

Interesting Facts:

- ♦ Wet sand weighs less than dry sand
- ♦ When a coffee seed is planted, it takes five years to yield consumable fruit.
- ♦ One in every 2000 babies is born with a tooth.

The Health Benefits of Adult Coloring Books

Despite the fact that coloring and art therapy isn't quite the same thing, coloring does offer a slew of mental benefits. "Coloring definitely has therapeutic potential to reduce [anxiety](#), create focus or [bring \[about\] more mindfulness](#)," says Berberian. Groundbreaking research in 2005 proved anxiety levels dropped when subjects colored mandalas, which are round frames with geometric patterns inside. Simply doodling, though, had no effect in reducing the other subjects' stress levels.

Just like meditation, coloring also allows us to switch off our brains from other thoughts and focus only on the moment, helping to alleviate free-floating anxiety. It can be particularly effective for people who aren't comfortable with more creatively expressive forms of art, says Berberian, "My experience has been that those participants who are more guarded find a lot of tranquility in coloring an image. It feels safer and it creates containment around their process," she adds.

* This is why I am enjoying coloring with the group of residents who come to the activity room on Monday at 2pm. Please come and join us. Janet

A Walk in the Woods

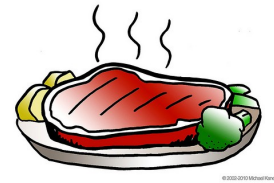
Author Bill Bryson (played by Robert Redford) is living the quiet life in New Hampshire with his wife Catherine (Emma Thompson) and family. He decides to hike the 2,000 miles Appalachian Trail from Georgia to Maine. Catherine insists he not go alone, so Bryson casts about for someone to accompany him. Though not approached, old friend Stephen Katz (Nick Nolte) volunteers. However, Katz is unfit and seems like he may be a liability in Bryson's endeavors. Nevertheless, the two of them set off on an adventure of a lifetime.

Please join Vladimir, April 4th , at 6:30 p.m. in the activity room for the showing of this fun movie!





Menu Details



New Items on the Menu:

Egg Salad & Salami Cold Plate – Served with lettuce, tomato & pickle.

Stuffed Eggplant – Half an eggplant filled with onions, red peppers, tomatoes, ground lamb and topped with cheese.

Irish Corn Beef Casserole – Potatoes, cabbage, corn beef, Swiss cheese with a cream mixture between layers baked

Pineapple Pudding – A Southern, savory, bread pudding with pineapples in it.

Ranch Chicken – Chicken breast seasoned with homemade ranch dressing, garlic, cheese and baked.

Beef Enchiladas – Corn tortilla rolled around a ground beef filling and covered with a mild tomato pepper sauce and cheese.

Shrimp Etouffee – Shrimp, onion, green peppers, celery and garlic in a smooth tomato sauce.

Caramel Flan – A creamy custard desert from Spain.

Fried Fish – Beer battered cod.



Week of April 9, 2018

Turn into Kitchen by Wednesday, April 4

Name: _____

Circle The Main Meal and The Sides You Like

Monday – April 9 (5:30 PM)

Ranch Chicken

- OR -

Egg Salad & Salami Cold Plate

Beef Vegetable Soup

Pasta Salad

Spaghetti Squash

Biscotti

V8 Juice

Sunflower Bread

Brussels Sprouts

SF Butterscotch Pudding

Tuesday – April 10 (5:30 PM)

Beef Enchiladas

- OR -

Shrimp Etouffee

Vegetable Soup

Refried Beans

Corn

Caramel Flan

V8 Juice

Dinner Rolls

Tomato Salad

Fruit

Wednesday – April 11 (5:30 PM)

Baked Ham

- OR -

Stuffed Eggplant

Green Salad

Pineapple Pudding

Sweet Potato

Buttermilk Pie

V8 Juice

Savory Bread

Peas

Fruit Salad

Thursday – April 12 (5:30 PM)

Meatballs over Angel Hair Pasta

- OR -

Irish Corn Beef Casserole

Vegetable Salad

Carrots

Broccoli

Chocolate Cupcakes

V8 Juice

Garlic Bread

- OR - Orange Mousse

Friday – April 13 (5:30 PM)

Fried Fish

- OR -

Turkey Salad Cold Plate

Tomato Soup

Roasted Potatoes

Cauliflower

Ice Cream w/Topping

V8 Juice

Cranberry Biscuits

Snow Peas

- OR - Fresh Fruit

Saturday - April 14 (5:30 PM)

Lemon Basil Chicken (White or Dark Meat)

- OR -

Pulled Pork Sandwich on Bun

Carrot Pumpkin Bisque

Potato Salad

Baked Beans

Pear Tart

V8 Juice

Wheat Bread

Coleslaw

- OR - Peaches & Cream

Sunday – April 15 (12:30 PM -Brunch)

Blueberry Pancake

Mashed Potatoes

Roasted Beef

Sausage

Bacon

Scone

Fresh Vegetable Platter

Scrambled Eggs

Fruited Jell-O Salad

Tiramisu Cake

V8 Juice

Snack in a bag

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