



Hello Everyone – Be warm out there today...the blustery wind is tapping us on the shoulder!

- ◆ I wanted to take a moment and review the expectations in terms of completing and submitting the weekly menu selections:
  - Please be sure to sure you have thoroughly completed your selections. If an entrée, desert, or side-dish is not circled, you are telling us you are not interested in having it served to you.
  - Also, please be sure to submit your menu selection forms by Wednesday every week. This provides us the time necessary to plan and purchase the items we need in a timely fashion.
  - If you have any questions regarding the menu, definitely seek out clarification from Natasha and Debbie as they are happy to help. I also am available and will do my best to answer your question(s).
- ◆ The annual celebration invitations will be disseminated to you soon. As was the case last year, you are welcome to invite up to two guests. However, seating availability will be on a “first-come-first-served” basis. Once our seating capacity is full, we will not be able to accommodate further requests for guests.
- ◆ Thank you John R. and Ron T. for participating on the Director of Maintenance interview committee. We interviewed six candidates and have narrowed them down to two. I’ll keep you posted on the outcome as we continue moving forward.
- ◆ Thank you to everyone who attended and participated in the memorial service that occurred on Tuesday. It is comforting to gather as a community in order to honor our friends who have touched many lives.
- ◆ There is still time to sign up for dinner at Sammy D’s on Thursday night - if you sign up by Monday. We need at least one or two more individuals to attend, otherwise this outing will be canceled. We leave at 5:30pm and typically return by 8:15pm.
- ◆ Please join us to meet Theresa Guynup, the individual who will be helping to facilitate some of the activities while Tiana enjoys her maternity leave. Her “meet and greet” is scheduled on Wednesday at 3:30 in the activity with light refreshments provided.

~ Kevin

## Baked Goods Menu

Holiday pies are being offered as baked goods given it’s that time of year again! Please place your order with the kitchen.      Apple Pies \$10      Pecan Pies \$10      Pumpkin Pies \$8

You can also order mini personal pies! Apple or Pecan \$4 each!

## Activities: Week of November 13 - 19, 2017

### Monday, November 13, 2017

11am Exercise  
12pm Soup & Salad  
1pm Pool  
1pm Pinochle

### Tuesday, November 14, 2017

9:30am Shuffle Board  
10am Kinney's  
11:30am Tai Chi  
2pm Bingo

### Wednesday, November 15, 2017

10am Nurse Janet  
11am Exercise  
12pm Soup & Salad  
1pm Penny Poker  
2pm Craft Group  
3:30pm Meet and Greet Theresa,  
 Tiana's Substitute!

### Thursday November 16, 2017

9am Complementary Pancake Breakfast  
10am Bocce Ball  
10am Bridge  
1pm Mah Jongg  
3:30pm Wii Bowling  
5:30pm Depart for Sammy D's?

### Friday November 17, 2017

10am Yando's  
11am Exercise  
11:30am Ladies Lunch @ Applebee's  
12pm Soup & Salad  
1pm Bridge for 8  
4:30pm BYOB

### Saturday, November 18, 2017

11am Yoga Tape  
6:30pm Movie Night,  
 "The Duchess of Duke Street"

### Sunday, November 19, 2017

12:30pm Brunch  
3:30pm Birthday Celebration

# Activities

SHUFFLE BOARD PLAYERS NEEDED! If you are interested in playing Shuffleboard on **Tuesday mornings at 9:30am**, please show up *or* come talk to Tiana!

If you didn't see her last week, **Nurse Janet** will be here again on **Wednesday, November 15th at 10am** in the Solarium! If someone is with her, please wait patiently in the Activity Room as to offer privacy! Welcome back, Janet!

On **Wednesday, November 15th at 3:30pm**, please come to the Activity Room to **meet Theresa**. She will be my substitute while I am away on maternity leave, and will begin to facilitate activities such as the monthly lunches, she will play pinochle or pool if needed, she will be here for some of the music events, and she will facilitate hot chocolate socials! We will be offering wine and cheese for this meet and greet - so you *really* don't want to miss it! Plus, she's a very nice woman and I believe you will really like her! Bring some questions and get to know her!

**Sammy D's** is on the verge of being canceled for **Thursday, November 16th**. We only have 2 people signed up! We will need a third (preferably 4th) definite if we intend on going. **Please sign up no later than Monday, November 13th**, otherwise this outing will be canceled. Thank you!

We have the **Ladies Lunch** on **Friday, November 17th at Applebee's!** There is more room, so please, do sign up to come! We depart Lake Forest at 11:30am!

Come celebrate the November birthdays with me on **Sunday, November 19th at 3:30pm!** We will have cake and ice cream of course!



November Birthdays:    **12 Joyce**    **19 Katherine**    **21 Trudi**  
    **23 Polly**    **25 Marie G.**    **27 Judith K.**



Ads on TV are full of all sorts products to give you super white teeth and lustrous shiny hair. Here are some old fashioned remedies for beautiful teeth and hair.

### Shiny White Teeth

For healthy white teeth, you must keep them clean. Everyday, mix a teaspoon of salt with a teaspoon of soda and brush your teeth until they shine.

If half a ripe strawberry is rubbed over the teeth they will soon lose the yellowness of age. You will have teeth as white as snow in old age if they are rubbed frequently with a mixture of honey and charcoal.

Whiten stained teeth with this mixture: 1\4 cup white vinegar, one cup strong chamomile tea, the juice of one lemon. To use, mix a few drops into a tablespoon of soda and brush onto the teeth.

For nice white teeth, rub them every morning with a lemon peel. Sip frequently on a tea made of chamomile flowers and your mouth will retain youthful health for all of your life.

For nice white teeth, rub them every morning with a lemon peel.

### Healthy Hair and Skin

Hawaiian women have found that the inside of the skin of a green papaya brings them smooth youthful skin. They gently massage their skin with papaya peelings to help it retain a smooth, firm texture. On many of the islands of the South Pacific, those wanting to preserve their skin consume a daily tonic of coconut milk. It is believed the coconut milk will improve the skin from the inside out.

Hungarian women have long considered a lotion made of heavy cream and lemon juice to be the way to retain youthful looking skin.

Each morning and evening, pat orange juice onto the skin around the eyes. You will be rewarded with wrinkle free skin for all your life.

Add body to hair by dampening it with one cup of beer, into which one tablespoon of soda has been dissolved..

Lovely Belles of the deep south found that combing sweet milk through the hair, then letting it dry without toweling, would keep it from bouncing in the wind.

Eat lots of fish. Native Americans admonished to ensure healthy hair. It also helps to rub oil from haddock, cod, salmon or mackerel into the scalp.

Erase dark circles under your eyes by dampening this delicate skin with early morning dew collected from rose blossoms,

One last tip... Never leave clippings from your hair on the floor because that will cause arthritis to settle in your bones when you are old.

~ Mary Lue

# More Activity Information



WOW! The Gospel Choir was *amazing*. We had an excellent turnout, and I'm so glad because they were so talented and entertaining! We will absolutely be having them back - so stay tuned!

We had a nice group for the Drowsy Chaperone at SUNY Plattsburgh. This was also an entertaining and fun event! Thank you for accompanying me - I'm glad we made this happen! There were some very funny jokes, and a lot of very talented students. My theatre years in college definitely were not equivalent to what these students are doing!



Our wine tasting group was rather small this time around, but it worked for us. Elf's Winery did a fabulous job with the wine tasting. I believe most everyone enjoyed the wine, and the company of course was excellent.

I have to thank Vladimir again because I don't thank him enough. He provided us with all of the pictures for the Memorial Service, and is constantly working on a project - including the photo books in the lobby. He also comes up with the wine tasting plans, movie nights, and many more activity related ideas. Thank you, Vladimir, for all that you do. You have a big heart and make my job easier.



Le Groove offered a great selection of music on Wednesday! We didn't have many community members in attendance, but we sure did have a great audience! They have some exquisite sounds - the vocals were excellent and the instruments too!

## A note from Lisa

The Holiday Christmas Fund

## A note from Lisa

The vote for the Christmas Fund was counted on Tuesday, November 7th, and the count was **11** for Proposal #1 (keep it the same); **9** for Proposal #2 (use a lower cap for the hours), and **7** for Proposal #3 (add \$100 at the beginning for all the part-time employees; then go by hours). Tuesday afternoon, Janet gave Lisa two more votes that had been turned in (don't know when), but they were for Proposal #3, so it didn't change the outcome: the final count was 11, 9, and 9. Meaning that #1 got the most votes, so we will stay with the same system. Thank you everyone who voted.

For new residents, a brief explanation: **The Resident Council Christmas Fund** is a once-a-year fund-raiser we do to thank the Lake Forest staff for all they do for us all year long. If you wish to show your appreciation to the employees who work here, this is the way to say thank you. (Note: Kevin and Dawn, our Lake Forest accountant, are not included in this, Kevin because he's Executive Director, and Dawn, because she's a consultant. We do put together a gift basket for them each though, and I understand Kevin has been quite pleased with his peanut butter these last couple of years.)

A box for donations will be in Janet's office from November 15th until December 6th. You may leave cash or a check in the box; if a check, please make it out to "**Lake Forest Resident Council**," and in the memo section, write Gift Fund or Xmas Fund.

If cash—just please seal it in an envelope, then drop it in the box..

Please have your donations in by **noon, Wednesday, December 6th**. The treasurer of the Resident Council (Lisa G), along with a couple of other residents who have helped with the counting in the past, will collect the box and will get the monies ready for deposit. (The checks need to be deposited and clear the bank before the money is withdrawn.)

Dawn will be doing the calculations; then we can distribute these gifts to staff members as thanks to help them enjoy their holidays.

Anyone who would like to join us for the accounting is more than welcome, even if you just want to observe the process. Please see or call Lisa for where we'll do the opening of the box and the counting on the 6th.



# Menu Details



**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.

**Curry Chicken** – Chicken breast cooked in mild curry sauce.

**Jeweled Rice** – Basmati rice with carrots, cranberries, almonds and spices. This dish comes from middle eastern cuisine.

## National Soda, Fruit & Veggie Pricing Policies Could Help Slash Heart Disease Deaths

*Researchers evaluate effectiveness of food pricing changes for protecting cardiovascular health in the US.*

Policymakers are looking at ways to help nudge Americans to make healthier food choices. Two possible approaches: 1) raise the prices of unhealthy foods to discourage their consumption and 2) subsidize the prices of healthy foods to encourage their consumption. The payoff from either one? Lower risk of death from cardiovascular disease, says a new study.

“Poor nutrition is the number one cause of bad health in the US and a leading driver of healthcare costs,” Mozafarian says. “Our research suggests that normalizing the prices of foods to be closer to their true societal costs and benefits can lead to dramatic health gains. The hidden costs of poor eating include what we’re paying doctors, hospitals and drug companies to cover the costs of treating chronic diseases. They also include the costs of lost productivity when people can’t work because of disability of illness.”

**Diet and Disease:** Low intake of fruits and vegetables is a strong risk factor for heart disease, stroke and common cancers. But, intake remains well below the recommended 2 1/2 cups of vegetables and 2 cups of fruit per day.

Drinking sugar-sweetened beverages (sodas, sugar-sweetened fruit drinks, energy drinks, etc) is associated with higher risks of obesity, type 2 diabetes, heart disease, kidney diseases, non-alcoholic fatty liver disease and tooth decay. Yet, about half of US adults drink at least one sugar-sweetened beverage on any given day.

**Incentivizing Choices:** Previous analysis from Tufts’ Friedman School showed that taxes that increase the prices of unhealthy items, like sugar-sweetened beverages, can help decrease how much people buy. And subsidies help increase purchases of healthy foods like fruits and vegetables. Consumers will have a choice to make a healthier selection. “The evidence in food is emerging, but the price of cigarettes is a good example of how sustainable price increase through taxes reduced smoking. And, this decreased smoking rate has been sustained.”

### Predicting Best Policies....

- ◆ A national 10% subsidy on fruits and vegetables could prevent or delay 150,500 cardiovascular disease deaths.
- ◆ A 30% subsidy on fruits and vegetables for people on the SNAP (food stamps) program could prevent or delay 35,100 cardiovascular disease deaths.
- ◆ A national 10% tax on sugar-sweetened beverages could prevent or delay 31,000 cardiovascular disease deaths
  - ◆ A 1-year national mass media campaign could prevent or delay 25,800 cardiovascular deaths.

**Food for Thought:** More than a dozen countries have now passed or have proposed taxes to raise the prices of sugar-sweetened beverages. The money raised from a tax on sugar-sweetened beverages could potentially be used to fund subsidies to lower the cost of fruits and vegetables, a national mass media campaign or nutrition education in schools. These are benefits everyone could enjoy.

(Article excerpts submitted by a resident from *Tufts November 2017 Health & Nutrition Letter*)

Week of November 20, 2017

Turn into Kitchen by Wednesday, November 15

Name: \_\_\_\_\_

Circle The Main Meal and The Sides You Like

Monday – November 20 (5:30 PM)

Curry Chicken

- OR -

Egg Salad & Salami Cold Plate

Vegetable Salad

Jeweled Rice

Spaghetti Squash

Biscotti - OR - SF Butterscotch Pudding

V8 Juice

Sunflower Bread

Brussels Sprouts

Tuesday – November 21 (5:30 PM)

Meatballs over Angel Hair Pasta

- OR -

Irish Corn Beef Casserole

Chicken Vegetable Soup

Carrots

Broccoli

Plum Pudding Cake - OR - Orange Mousse

V8 Juice

Garlic Bread

Wednesday – November 22 (5:30 PM)

Baked Ham

- OR -

Stuffed Eggplant

Green Salad

Pineapple Pudding

Sweet Potato

Buttermilk Pie - OR - Fruit Salad

Peas

V8 Juice

Savory Bread

Thursday – November 23 (2 PM)

Green Salad

Green Bean Casserole

Apple Pie

Roasted Turkey

Roasted Squash

Pumpkin Pie

*THANKSGIVING BUFFET*

Stuffing

Dinner Roll

Mashed Potatoes

Cranberry Salad

and more...

V8 Juice

Friday – November 24 (5:30 PM)

Baked Cod

- OR -

Turkey Salad Cold Plate

Tomato Soup

Roasted Potatoes

Cauliflower

Ice Cream w/Topping - OR - Fresh Fruit

V8 Juice

Cranberry Biscuits

Snow Peas

Saturday - November 25 (5:30 PM)

Lemon Basil Chicken (White or Dark Meat)

- OR -

Pulled Pork Sandwich on Bun

Carrot Pumpkin Bisque

Baked Beans

Butternut Squash

Pear Tart - OR - Peaches & Cream

V8 Juice

Wheat Bread

Coleslaw

Sunday – November 26 (12:30 PM -Brunch)

Blueberry Pancake

Mashed Potatoes

Roasted Beef

Sausage

Bacon

Scone

Fresh Vegetable Platter V8 Juice

Scrambled Eggs

Fruited Jell-O Salad

Butter Cake

Snack in a bag

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Turn into Kitchen by Wednesday, November 15

Name: \_\_\_\_\_

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- OR -

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Jeweled Rice

Spaghetti Squash

Biscotti - OR - SF Butterscotch Pudding

V8 Juice

Sunflower Bread

Brussels Sprouts

Tuesday – November 21 (5:30 PM)

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- OR -

Irish Corn Beef Casserole

Chicken Vegetable Soup

Carrots

Plum Pudding Cake - OR - Orange Mousse

V8 Juice

Garlic Bread

Broccoli

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Sweet Potato

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V8 Juice

Savory Bread

Peas

Thursday – November 23 (2 PM)

Green Salad

Green Bean Casserole

Apple Pie

Roasted Turkey

Roasted Squash

Pumpkin Pie

*THANKSGIVING BUFFET*

Stuffing

Dinner Roll

Mashed Potatoes

Cranberry Salad

and more...

V8 Juice

Friday – November 24 (5:30 PM)

Baked Cod

- OR -

Turkey Salad Cold Plate

Tomato Soup

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Cauliflower

Ice Cream w/Topping - OR - Fresh Fruit

V8 Juice

Cranberry Biscuits

Snow Peas

Saturday - November 25 (5:30 PM)

Lemon Basil Chicken (White or Dark Meat)

- OR -

Pulled Pork Sandwich on Bun

Carrot Pumpkin Bisque

Baked Beans

Butternut Squash

Pear Tart - OR - Peaches & Cream

V8 Juice

Wheat Bread

Coleslaw

Sunday – November 26 (12:30 PM -Brunch)

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Mashed Potatoes

Roasted Beef

Sausage

Bacon

Scone

Fresh Vegetable Platter V8 Juice

Scrambled Eggs

Fruited Jell-O Salad

Butter Cake

Snack in a bag