



Hello Everyone

- Thank you, Marie G., for sharing some of your collectibles by displaying them in the curio cabinet. They are interesting to look at and we are fortunate that you are willing to part with them for a while.
- Please note that the outdoor handrail along the 300 wing (near the garages) was recently replaced. Thank you, Nancy G., for being the first to notice the need for repair and bringing it immediately to our attention.
- As you all know, Tiana will be taking a hiatus sometime in the end of November or early December. This is an incredibly exciting time for her and I wish great things for her entire family with their soon to be new addition.
- While Tiana is out, we will be working as a team to ensure the ‘show goes on’. In addition, we have secured an individual who will be here from time to time to facilitate some of our regularly scheduled activities. Her name is Theresa Guynup and you will be learning more about her at a ‘meet and greet’ during the month of November.
- We recently received a construction proposal from a local company in regard to the new duplex expansion project. The Expansion Committee via the Board of Directors is scheduled to meet and discuss the proposal next week. I will keep you posted.
- Please be aware that I will be away next Wednesday, Thursday, and Friday. The administrative team knows how to reach me if necessary and have promised NOT to ransack my office while I’m away....*right guys??*
- Please join Tiana and me at the Activity Planning meeting on Tuesday, October 17th at 3:30pm. Help plan activities over the next couple of months. We are quickly approaching the holiday seasons and we need your thoughts!

~ Kevin

Maintenance News

Next week, lifenet boxes will be checked in the congregate building.

Thank you for the grocery bags!

Baked Goods Menu

English Muffin Bread! \$3.50 a loaf! Please place your orders with the kitchen ASAP!

Brittany is on call October 16th

Our Lake Forest Website
www.onlakeforest.org

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

Activities: Week of September October 16 - 22, 2017

Monday, October 16, 2017

10am Toenails by Jana Lee
11am Exercise
12pm Soup & Salad
1pm Pool
1pm Pinochle

Tuesday, October 17, 2017

9:30am Shuffle Board
10am Target / Mall
11:30am Tai Chi
2pm Bingo
3:30pm Planning Meeting

Wednesday, October 18, 2017

11am Exercise
12pm Soup & Salad
12m Toenails by Jana Lee
1pm Penny Poker
2pm Craft Group
6:30pm Split Rock Performs

Jana Lee will be here on Monday, October 16th at 10am, and again on Wednesday at 12pm. Her schedule is hanging currently on the Activity Bulletin Board. If you have any scheduling questions, please contact her directly at 518-569-8647.

Thursday October 19, 2017

9am Complementary Pancake Breakfast
10am Bocce Ball
10am Bridge
1pm Mah Jongg
3:30pm Wii Bowling
5:15pm We depart for Samuel D's

Friday October 20, 2017

10am Yando's
11am Exercise
12pm Soup & Salad
12pm Wine Tasting @ Amazing Grace
1pm Bridge for 8
4:30pm BYOB

Saturday, October 21, 2017

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

Sunday, October 22, 2017

11:30am Sunday Church Service w/
 Margaret
12:30pm Brunch
3:30pm Birthday Celebration

Activities

Please join Kevin and Tiana for the **Planning Meeting on Tuesday, October 17 at 3:30pm** in the activity room. This is an excellent opportunity to plan and discuss events for the upcoming months - especially since I (Tiana) will not be here most likely beginning at the end of November or early December. Bring ideas and thoughts, and join in on the informal discussion!

Split Rock will be here on **Wednesday, October 18th at 6:30pm** to perform some good old country western tunes and oldie-but-goodies! They're one of Lake Forest's favorite groups, so come check them out!

The sign up for **Samuel D's on Thursday, October 19th** is currently full! We will **Depart Lake Forest at 5:15pm**. This is one event where Lake Forest pays the initial check for the group and bills you for your specific meal later as per Sammy D's request. Please see Tiana with any questions.

Our **Wine Tasting Trip** is at **Amazing Grace on Friday, October 20th**. We depart Lake Forest at **12pm**. Thank you to those of you who signed up in advance! It's going to be a great trip!

It's **Birthday Celebration** time again on **Sunday, October 22nd at 3:30pm in the activity room!** Please join me in celebrating the Lake Forest October birthdays! I look forward to seeing you there!



October Birthdays:

9 Elsa

12 Dawn

2 Carol W.

12 Janet T.

7 Annette

12 Ann

12 Shirley M.



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



This week, let's take a trip down Memory Lane to the 30's and 40's. Back then, when driving on the byways and highways, remember those fun ads for Burma Shave that were decorating the road side?

Don't stick your elbow
out so far
it may go home
in another car.
Burma Shave.

Trains don't wander
all over the map
'cause nobody sits
in the engineers lap.
Burma Shave.

Don't lose your head
To gain a minute
You need your head
Your brains are in it.
Burma Shave.

Drove too long
Driver snoozing
What happened next
Was not amusing.
Burma Shave.

Cautious rider
to her reckless dear
Let's have less bull
And a little more steer.
Burma Shave

Speed was high
The weather was not
Tires were thin
x marks the spot.
Burma shave

Around the curve
Lickity split
Beautiful car
Wasn't it?
Burma Shave.

The midnight ride
of Paul for beer
Led to a warmer hemisphere.
Burma Shave.

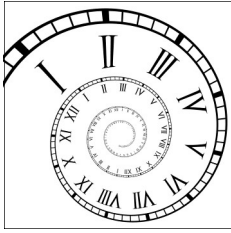
At intersections
Look each way
A harp sounds nice
But it's hard to play.
Burma Shave.

Car in ditch
Driver in tree
the moon was full
And so was he.
Burma Shave.

Passing school zone
Take it slow
Let our little
shavers grew.
Burma Shave.

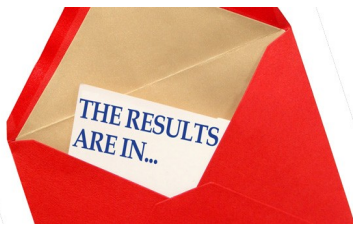
Do these bring back any old memories?
If not, you're merely a child. If they do -
then you're old as dirt, like me!
Have a great day! ~ Mary Lue

More Fun and Information



Please keep in mind that on outings in which we are dropping you off and provide a scheduled pick up time that this time is based on our staffs schedule availability. We want for you to participate and attend various outings, and we do the best we can with the resources in which we have. Please be both respectful and mindful of our staffs time, and keep an eye on the clock to be ready for pickup at that scheduled time. Thank you kindly.

Andrea Barber was here on Tuesday, October 10th to play violin. I had heard her play at a wedding, and had anticipated to hearing something a bit different than what she had played here. She is a wonderful person, and I enjoyed her presence!

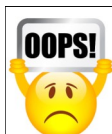


Remember that survey I recently sent out? Well, the results are in. It seems a very few of you would like additional movies or evening music. The majority however, noted that they only wish for evening performances occasionally. Volunteers are scarce, so we will continue scheduling music at the 4pm hour and sometimes at 6:30pm - depending on the musicians and our staff availability!
Thank you for participating.



We have a book fair coming up here at Lake Forest!
Mark your calendars for **Monday, October 30th from 9:30am - 3:30pm!** There will be a variety of books and additional items. This might be a good opportunity for those of you who do not go out to shop, to get things for the holidays. Please note existing activities will still go on! Exercise will not be touched!

Please excuse our type-o! Last week, we had a spaghetti mix-up! Thank you to the residents who brought this to the kitchens attention!





Menu Details



Buttermilk Tea Cake – Copycat of Rambach's Austrian Tea Cake.

No Bake Cookie – Sugar friendly chocolate oat cookie.

Chicken Marsala – Italian-American dish made from chicken breast meat, mushrooms & Marsala wine.

Cod Roulade – A dish popular in Europe, composed of ground cod stuffed with green onion & butter mix. It's like a fish version of Chicken Kiev.

Fruited Bread Pudding- Mixture of apples & quince tossed with spiced bread, milk and eggs and baked.

Vegetable Fritters – Similar to potato pancakes. Green peas, onions, potatoes, carrots, zucchini mixed and fried as a fritter.

Steak Salad – Sliced, grilled steak over fresh greens, tomatoes, cucumbers.

Borsch – Russian soup made of beets, green cabbage, potatoes.

Ask the experts:

Q: Can you explain what “palliative care” is? When would a patient need this, and would it signal a poor prognosis?

A. Palliative care essentially focuses on maximizing quality of life for patients (and their families) who are suffering from a serious illness by alleviating symptoms, moderating the intensity of the condition, and reducing suffering. It also aims to help patients cope with the side effects of any medical treatments they are receiving.

Palliative care specialists can be involved at the beginning of a serious illness or any time during the course of serious illness, whether the condition is curable or not - this type of care isn't actually dependent on prognosis, meaning that it can be provided at the same time as treatment. Rest assured that it isn't the same as hospice care, which is designed for terminally ill patients, although palliative care can help patients navigate through and make decisions about end-of-life care. If you're in any doubt, I recommend that you visit the website getpalliative-care.org, which offers useful information on what palliative care is, and also provides a list of palliative care specialists in your area.

- Rosanna M. Leipzig, MD, PhD, Geriatric Medicine.

(Article excerpts submitted by a resident from *Focus on Healthy Aging: Maintaining Health and vitality in middle age and beyond*)

Week of October 23, 2017
Name _____

Turn into Kitchen by Wednesday, October 18
Circle the Main Meal and the Sides You Like

Monday – October 23 (5:30 PM)

Roasted Chicken (Dark or White)
OR
Grilled Cheese Tomato Sandwich

Vegetable Salad
Barley Mushroom Bake
Bean Salad
Banoffee Pie

V8 Juice
Pumpkin Bread
Roasted Zucchini
No Bake Cookies

Tuesday - October 24 (5:30 PM)

Lasagna
OR
Cod Roulade

Matzo Ball Chicken Soup
Mashed Potatoes
Roasted Carrots
Rice Pudding

V8 Juice
Garlic Bread
Side Salad
Poached Pears

Wednesday – October 25 (5:30 PM)

Steak Salad
OR
Bacon Vegetable Strata

Beef Macaroni
Baked Beans
Broccoli
Buttermilk Tea Cake

V8 Juice
Wheat bread
Strawberry Pudding

Thursday - October 26 (5:30 PM)

Chicken Marsala
OR
Kielbasa w/Fried Cabbage

Deviled Egg Plate
Angel Hair Pasta
Summer Squash
Guinness Stout Cake

V8 Juice
Homemade Rolls
Spinach
OR
Fresh Fruit of the day

Friday – October 27 (5:30 PM)

Ham Potato Casserole
OR
Salmon & Leek Tart

Borsch
Vegetable Fritters
Green Salad
Fruited Bread Pudding

V8 Juice
Biscuit
Green Beans
NSA Ice Cream

Saturday – October 28 (5:30 PM)

Beef Meatloaf w/Gravy
OR
Turkey Salad Cold Plate

Greens Grapes Walnuts Salad
Mashed Potatoes
Peas
Apple Cobbler

V8 Juice
Sunflower bread
Brussels Sprouts
OR
Orange Yogurt Whip

Sunday – October 29 (12:30 PM - Brunch)

Cinnamon Buns
Sausage Biscuits & Gravy
Bacon
Sliced Melon

Fried Eggs
Stuffed Pork Loin
Cake

Garden Salad
Scrambled Eggs
Mashed Potatoes

Snack in a bag

Week of October 23, 2017
Name _____

Turn into Kitchen by Wednesday, October 18
Circle the Main Meal and the Sides You Like

Monday – October 23 (5:30 PM)

Roasted Chicken (Dark or White)	Vegetable Salad	V8 Juice
OR	Barley Mushroom Bake	Pumpkin Bread
Grilled Cheese Tomato Sandwich	Bean Salad	Roasted Zucchini
	Banoffee Pie	OR No Bake Cookies

Tuesday - October 24 (5:30 PM)

Lasagna	Matzo Ball Chicken Soup	V8 Juice
OR	Mashed Potatoes	Garlic Bread
Cod Roulade	Roasted Carrots	Side Salad
	Rice Pudding	OR Poached Pears

Wednesday – October 25 (5:30 PM)

Steak Salad	Beef Macaroni	V8 Juice
OR	Baked Beans	Wheat bread
Bacon Vegetable Strata	Broccoli	
	Buttermilk Tea Cake	OR Strawberry Pudding

Thursday - October 26 (5:30 PM)

Chicken Marsala	Deviled Egg Plate	V8 Juice
OR	Angel Hair Pasta	Homemade Rolls
Kielbasa w/Fried Cabbage	Summer Squash	Spinach
	Guinness Stout Cake	OR Fresh Fruit of the day

Friday – October 27 (5:30 PM)

Ham Potato Casserole	Borsch	V8 Juice
OR	Vegetable Fritters	Biscuit
Salmon & Leek Tart	Green Salad	Green Beans
	Fruited Bread Pudding	OR NSA Ice Cream

Saturday – October 28 (5:30 PM)

Beef Meatloaf w/Gravy	Greens Grapes Walnuts Salad	V8 Juice
OR	Mashed Potatoes	Sunflower bread
Turkey Salad Cold Plate	Peas	Brussels Sprouts
	Apple Cobbler	OR Orange Yogurt Whip

Sunday – October 29 (12:30 PM - Brunch)

Cinnamon Buns	Garden Salad	V8 Juice
Bacon	Fried Eggs	Scrambled Eggs
Sausage Biscuits & Gravy	Stuffed Pork Loin	Mashed Potatoes
	Sliced Melon	Cake

Snack in a bag

