



Hello Everyone –

- Congratulations, Bob and Annette W., on your move into a duplex. While your daily presence at the congregate building will be missed, I hope to see your faces and smiles regularly at activities and events.
- I want to extend a hearty welcome to Linda and Dale S. as they gradually move into the congregate building, starting this weekend. I hope your transition is a smooth one and I look forward to your being a part of our community.
- Please be reminded of the Halloween party that is scheduled to occur on October 31<sup>st</sup> at 4:00pm in the activity area. While wearing a costume is not necessarily required...it is highly encouraged! Join us for some laughter, fun, and refreshments.
- The SUNY Plattsburgh Gospel Choir is scheduled to perform for us on November 3<sup>rd</sup> at 6:30pm. Nice going, Tiana, for securing this entertainment for us! I've heard really great things about their collective talent and am looking forward to the experience.
- Thank you to those of you who participated in the Food Forum meeting that was held on Tuesday. Natasha and I really valued your thoughts and ideas in terms of entrees for the upcoming events and holidays as well as day to day meals. We will be incorporating your suggestions in the days and weeks ahead. As always, please remember that we enjoy trying out *your* favorite recipes and encourage you to share them with us.
- When an entrée on the menu is served "sandwich-style," please read the entrée description under "new items" and know that you have the option of requesting white, wheat, or rye bread. Additionally, you have the option of requesting a grilled cheese, turkey, or ham sandwich on white, wheat, or rye bread when you are not in favor of either entrée selection for any given meal. However, keep in mind the kitchen staff will need to be informed of your preference at the time you turn in your menu selection form. This information can simply be written on the selection form.
- During the Food Forum meeting, there was discussion regarding buffet decorum. Everyone unanimously agreed that one's first portion should consist of what will be consumed during the meal. At the end of the dinner or brunch, anyone is welcome to select items that remain to take home. Interestingly enough, this topic surfaces from time to time and it's always good to reaffirm buffet serving expectations.

~ Kevin





A Spanish teacher was explaining to her class that in Spanish, unlike English, nouns are designated as either masculine or feminine.

'House' for instance, is feminine: 'la casa.'

'Pencil" however, is masculine: 'el lapis.'

A student asked, "What gender is 'computer'?"

Instead of giving the answer, the teacher split the class into two groups, male and female, and asked them to decide for themselves whether 'computer' should be a masculine or a feminine noun. Each group was asked to give four reasons for its recommendation.

The men's group decided that 'computer' should definitely be of the feminine gender ('la computadora'), because:

1. No one but their creator understands their internal logic;
2. The native language they use to communicate with other computers is incomprehensible to everyone else;
3. Even the smallest mistakes are stored in long term memory for possible later retrieval; and
4. As soon as you make a commitment to one, you find yourself spending half your paycheck on accessories for it.

The women's group however, concluded that computers should be masculine ('el computador') because:

1. In order to do anything with them, you have to turn them on;
2. They have a lot of data but still can't think for themselves;
3. They are supposed to help you solve problems, but half the time they ARE the problem; and
4. As soon as you commit to one, you realize that if you had waited a little longer, you could have gotten a better model.

The women won.

Thanks to Bill H. for this. He was a former resident here, and some of you remember him.

~ Mary Lue

# More Activity Information

It is with the utmost sadness that I inform you our dear friend Ed Schenk will no longer be performing. He is in good health and good spirits himself, but has become a full time caregiver for his loving wife and will be spending all his time with her. He sends you all his best, and said he will miss us here at Lake Forest.



We had an excellent turnout at the birthday party last weekend. Thank you to everyone in attendance. Kevin's daughter Sophia volunteered to assist me, and she was invaluable! What a pleasant and wonderful young woman! AND she came just to the right place because David P. brought a fun skit (Sophia is involved in her schools drama club)! Thank you David, for always having something fun prepared to add to the birthday celebration!



Louise Dionne returned to Lake Forest last week and performed some lovely classical music. Thank you to those in attendance!

The beautiful paintings currently hanging are by Louise Patinelli. They are all original water colors. The small ones are priced with gifting for the holidays in mind at \$35.00. The 4 larger ones are priced individually from \$175-\$375. If you are interested in purchasing a painting, please contact Tiana and I will give you Louise's direct contact information!



## A Message from Lisa

There will be a brief Resident Council Meeting on **Wednesday, November 1st** at 4:00 p.m., in the Library, to have a last discussion and vote on the preferred way of distributing the Annual Employee Christmas Fund. An explanation of the possibilities, along with a ballot, will be distributed to you a couple of days before, and you can either turn your vote in to a box in Janet's office, or if you have questions, come to the meeting for further clarification, and then vote.

A little history for those new to Lake Forest: For several years, we, the residents, have held a fundraiser to show our appreciation to the employees who have worked here throughout the year. A box is set up in Janet's office around the second week of November to receive checks or cash, and we count the donations at the beginning of December. (At least one member of the finance committee, usually two, and one or two volunteer residents are involved in the counting.)

The total is then divided among the staff at Lake Forest. But we've had a couple of different ways of distributing these gifts in the past, and it was suggested that we look at some other methods again. Hence the meeting and the vote.

If you can't make the meeting, but have some questions, please contact Lisa G., who will do her best to make things more understandable.



# Menu Details



**Bacon Wrapped Chicken** – Chicken breast topped with fresh sage leaves, cheese and wrapped with bacon.

**Shrimp Skewers** – Grilled shrimp on skewers.

**Catch of the Day** – Gone fishin'... I'll let you know.

**Shoofly Pie** – Pennsylvania Dutch cuisine; molasses pie with a slight hint of orange.

**Italian Meatloaf** – Mixture of beef, Italian sausage, pork, parmesan cheese and Italian spices.

**Texas Sheet Cake** – Chocolate cake topped with chocolate frosting and nuts.

## **Newsbites: Protein at each meal for muscle strength?**

Spreading protein intake more equally among breakfast, lunch and dinner was associated with greater muscle mass and strength (but not mobility) in healthy older adults compared to eating the majority of protein later in the day, says new research in the *American Journal of Clinical Nutrition*. Researchers looked at data from 1,741 well-functioning adults (ages 67 to 84) in Quebec. Using three one-day recalls of food intake both at the start of the study and two years later, researchers assessed when and how much protein the people ate. That was compared with annual muscle strength and mobility tests for three years.

Because the study was observational, it can't prove that eating good sources of protein at each meal was what was supporting muscle strength. And, it's well-known that physical activity is needed to help keep muscles strong.

“We do know that older adults need to eat more protein at a time to stimulate their muscle-protein-building machinery, compared to younger people,” says Stephanie Chevalier, PhD, senior author of the study at McGill University in Montreal, Quebec. “Including one or more protein-rich foods at every meal is a simple way to achieve this (but it doesn't require a big portion - 3 to 4 ounces of fish or chicken breast, for example, is adequate). Breakfast is usually the meal that contains the least protein, so think about including at least one protein-rich food, such as dairy products, eggs, tofu or quinoa.”

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

Week of November 6, 2017

Turn into Kitchen by Wednesday, November 1

Name: \_\_\_\_\_ Circle the Main Meal and the Sides You Like

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**Monday – November 6 (5:30 PM)** Cream of Chicken Vegetable Soup V8 Juice  
Pork Chop w/Chutney Roasted Potatoes Dinner Roll  
OR Cauliflower Spinach  
Cottage Cheese w/Fruit Cold Plate Apple Pie OR SF Lemon Jell-O

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**Tuesday – November 7 (5:30 PM)** Tossed Salad V8 Juice  
Bacon Wrapped Chicken Wild Rice Pilaf Sunflower Bread  
OR Zucchini Brussels Sprouts  
Shrimp Skewers Shoofly Pie OR Applesauce

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**Wednesday – November 8 (5:30 PM)** Lentil Vegetable Soup V8 Juice  
Cheese Ravioli w/Meat Sauce Tater Tots Garlic Bread  
OR Side Salad Broccoli  
Grilled Pastrami Sandwich w/Cheese Blueberry Fruited Bars OR SF Pudding

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**Thursday – November 9 (5:30 PM)** Vegetable & Oats Soup V8 Juice  
Slow Roasted Beef Corn Pudding Fresh Baked Bread  
OR Mushrooms Peas  
Vegetable Frittata Ice Cream OR Fruit

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**Friday – November 10 (5:30 PM)** Vegetable Salad V8 Juice  
Catch of the Day Whipped Potatoes Wheat Bread  
OR Parmesan Tomatoes Green Beans  
Italian Meatloaf Texas Sheet Cake OR Fresh Fruit

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**Saturday – November 11 (5:30 PM)** Soup Du Jour V8 Juice  
Boiled Ham Dinner Potatoes Dinner Roll  
OR Cabbage Salad  
Grilled Chicken Breast Peach Cobbler OR SF Ice Cream

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**Sunday – November 12 (12:30 PM - Brunch)** Cantaloupe & Celery Salad V8 Juice  
Pancakes Bacon Scrambled Eggs Bran Muffins  
Pork Roast Mashed Potatoes Breakfast Casserole Broccoli  
Hummingbird Bundt Cake

Snack in a bag

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