



Hello Everyone.....

- Please note the lunch special this month is scheduled for September 19th at 12:00pm. Shrimp Scampi is on the menu and is sure to be a delicious hit. Natasha, you can definitely count me in. Simply give the kitchen staff a shout if you'll be joining us as well by Sunday, September 17th at brunch.
- As most of you are aware ,the fire alarm system in the congregate building was activated earlier this week and was a false-alarm. However, the occurrence did provide us with an excellent 'fire-drill' opportunity. As a matter of review, please read the attached Resident-Emergency Procedure to stay current on what our expectations are of you (congregate residents as well as visitors) in the event of an actual fire. Absolutely feel free to contact me if you have any questions.
- A survey has been attached to this week's issue of the Home Journal pertaining to New Year's Eve. Please take a moment to complete and submit it to the kitchen with this week's menu selection.
- Dinner-With-A-View is drawing near and I look forward to the evening's activities. We will not be serving any alcohol that evening, given there will be an abundance of community members participating. While it would be possible to obtain a permit to serve these individuals, the liability of doing so would be unreasonable. However, you are more than welcome to bring such a beverage, as is the case at any meal.
- Kevin T., our new maintenance staff, has elected to conclude his short tenure here in order to pursue the field of home construction. We wish him well and appreciate the contributions he provided over the past few weeks. The wheels are already in motion to fill the position.
- The Clinton County Office for the Aging is sponsoring a breakfast meeting from 9:00am to 11:00am on September 19th. The point of the event is to bring members of the community together and brainstorm ways to enhance services that are offered throughout Clinton County. I plan to attend and would like to invite up to four of you to join me. Please contact me if you are interested in participating.

~ Kevin

Baked Goods Menu

Cinnamon Apple Twist Bread \$4.00

Tiana is on call September 11th

Our Lake Forest Website
www.onlakeforest.org

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

Activities: Week of September 11 - 17th

Monday, September 11, 2017

10am Toenails by Jana Lee
11am Exercise
12pm Soup & Salad
1pm Pool
1pm Pinochle
3pm Yahtzee

Tuesday, September 12, 2017

9:30am Shuffle Board!
10am Target / Mall
11:30am Tai Chi
2pm Bingo
5:15pm DINNER BEGINS
6:30pm Dinner With a View Concert

Wednesday, September 13, 2017

11am Exercise
12pm Soup & Salad
12pm Toenails by Jana Lee
12:15pm Depart for Wine Tasting
1pm Penny Poker
2pm Craft Group

Thursday September 14, 2017

10am Bridge
10am Bocce Ball
12pm Omelet's
1pm Mah Jongg
3:30pm Wii Bowling

Friday September 15, 2017

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

Saturday, September 16, 2017

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

Sunday, September 17, 2017

12:30pm Brunch

Activities

Jana Lee's schedule is posted on the Activity Bulletin Board. If you have any scheduling questions, please do not hesitate to contact Jana Lee: (518) 569-8647.

Join me on **Monday at 3pm in the activity room for Yahtzee!** This is a fun game of rolling dice and taking chances!

On **Tuesday, September 12th**, we will be in full force preparing for **Dinner with a View** with the Lark Strings Duo. Please note that dinner begins at **5:15pm** due to the high volume of guests. We have a total number of 93 reservations for that evening. If you do not have guests, you will be seated at your usual table. There will be a seating chart the night of the concert, and Kevin and I will be seating guests and residents with reservations. Please do not change seats as this may confuse staff. I hope you enjoy the concert! Few things sound more beautiful than a cello and violin together!

On **Wednesday, September 13th at 12:15pm** we depart for the wine tasting at Hid-In-Pines. Please note this is by reservation only. There is space for one more individual. If you are interested, please let Tiana know asap. This event is \$8, which covers a tasting of 4-5 different wines! Special thanks to Vladimir for assisting me in coordinating these fun - and educational outings. Although I do not get to try the wines, I get to smell them and live vicariously through those in attendance!

Saturday night movies are back! At 6:30pm, The Duchess of Duke Street will be shown for approximately 100 minutes (which will be two episodes until mid-December). Synopsis is on page 4!



September Birthdays: 1 Ted G. 4 Betty G. 4 Doo H.

12 Mary B. 19 Marie M. 19 Carl Z 21 Debbie H. 22 Gabrielle



ATTENTION

Among us is a person armed with a rifle and a license to use it! But don't panic. Instead, send congratulations to Shelly, who has passed her Hunting Safety Education Course. She can now head out to the woods and strike fear into herds of deer, bear, rabbits and ducks.

Three Cheers for Shelly! Happy Hunting!

Here is a hunting joke for your entertainment:

THE NEW DOG



An avid duck hunter was in the market for a new bird dog. His search ended when he found a dog that could actually walk on water to retrieve a duck. 'Shocked by his find, he was sure none of his friends would believe him. He decided to break the news to a friend of his, a pessimist by nature, and invited him to hunt with him and his new dog. As they waited by the shore, a flock of ducks flew by. They fled, and a duck fell. The dog responded and jumped into the water. The dog, however, did not sink, but instead walked across the water to re-

trieve the bird, never getting more than his paws wet.

The friend saw everything but did not say a single word. On the drive home, the hunter asked his friend, "Did you notice anything unusual about my dog?"

"Yeah," responded his friend, "Your dog can't swim."

My husband was a hunter. I have a question for other hunter's wives: Did your husbands get themselves out of bed at three in the morning with no trouble at all, but on a work day you had to bang them on the head with the alarm clock to get them up?

~ Mary Lue



Menu Details



Penne a la Vodka – Penne pasta a creamy, tomato, vodka sauce and smoked sausage.

Vegetable Lentil Bake: Caramelized onions, garlic, mushrooms with lentils and farro (Italian grain)

Cheesy Shells – Shell-shaped pasta cooked in white cheese sauce.

Magic Cake – Vanilla custard cake that melts in your mouth; soft and creamy.

Kentucky Hot Brown Sandwich – An Open-faced sandwich of sliced turkey, tomatoes under cream & cheese gravy and topped with crispy bacon.

Derby Chocolate Pie – Chocolate pecan pie.

Alternative sandwich choices are: Ham, Turkey and Peanut butter and Jelly
Please indicate your selection on your menu. Thank you.

What's your sleep IQ?

Answer these questions so you can identify poor sleep patterns or symptoms and seek treatment

Most people know that sleep is an important part of good health. But not everyone is as well versed on how to get those coveted Z's. Dr. Epstein points out that people who get less sleep are more likely to develop obesity, diabetes, high blood pressure, and heart disease. "People who sleep less don't live as long as people who sleep more," he warns. Do you know how to get more sleep? See if you can answer the following questions correctly. If you recognize unhealthy sleep patterns or have further questions, be sure to follow up with your doctor.

Is snoring a health risk? Possibly. Snoring alone doesn't pose a health risk, but can signal other health problems such as obstructive sleep apnea. Warning signs include nonrestful sleep; gasping for breath during sleep; waking up with a headache, dry mouth, or sore throat; or increased blood pressure.

Are daytime naps helpful? Sometimes. Daytime naps can help people feel rested, especially if they have a hard time sleeping at night. But getting too much sleep in the day or napping too close to bedtime may actually hinder nighttime sleep. "Take a nap in the afternoon, but don't sleep longer than 40 minutes."

Do we need less sleep as we age? "No, that's a myth. We actually need about the same amount of sleep throughout adulthood," says Dr. Epstein. He recommends getting at least seven hours of sleep.

Can exercise improve sleep? Yes. "We find exercise helps people sleep better, as long as it's not within two hours of sleep," says Dr. Epstein.

Does alcohol help you sleep? No. Alcohol may make you fall asleep faster, but that effect wears off, and thereafter alcohol disrupts sleep.

Is insomnia common? Yes. Almost everyone will, at some point, experience disruption from a busy and stressful life.

Is there really a sleep debt? Yes. "If you curtail sleep a little each night, the effect builds up," Dr. Epstein explains. For example, if you miss two hours of sleep per night during the week, you will need 10 hours on the weekend to make up that 10-hour sleep debt.

(Article excerpts submitted by a resident from the July 2017 *Harvard Health Letter*)

Week of September 18, 2017

Turn into Kitchen by Wednesday, September 13

Name: _____

Circle the Main Meal and the Sides You Like

Monday – September 18 (5:30 PM)

Chicken (Breast) w/Gravy

OR

Penne a la Vodka

Split Pea Soup

Rice Pilaf

Caesar Salad

Cranberry White Chocolate Cookie

Garlic Bread

Broccoli

OR Fresh Fruit

V8 Juice

Tuesday – September 19 (5:30 PM)

Roasted Leg of Lamb

OR

Curried Chicken Salad w/Pita Bread

Tossed Salad

Vegetable Lentil Bake

Roasted Corn

Applesauce Bars

OR

V8 Juice

Sunflower Bread

Green Beans

NSA Ice Cream

Wednesday – September 20 (5:30 PM)

Beef Roast

OR

Crab Salad over Greens

Chicken Vegetable Soup

Mashed Potatoes

Celery & Carrot Salad

Pineapple Upside-Down Cake

Raisin Bread

Peas

OR Sliced Fruit

V8 Juice

Thursday – September 21 (5:30 PM)

Pork Roast

OR

Mushroom Spinach Quiche

Salad of the Day

Roasted Potatoes

Yellow Squash

Magic Cake

OR

Dinner Roll

Sauerkraut

SF Strawberry Jell-O

V8 Juice

Friday – September 22 (5:30 PM)

Baked Tilapia

OR

Chef Salad (Turkey, Ham, Cheese, Egg)

Tomato Vegetable Soup

Cheesy Shells

Carrots

Ice Cream Bowl

Honey Oatmeal Bread

Spinach

OR Applesauce

V8 Juice

Saturday – September 23 (5:30 PM)

BBQ Chicken (White or Dark)

OR

Kentucky Hot Brown Sandwich

Garden Salad

Bake Potato

Cauliflower Gratin

Derby Chocolate Pie

Biscuit

Baked Beans

OR Fruit

V8 Juice

Sunday – September 24 (12:30 PM Brunch)

Scrambled Eggs

Bacon Danish

Baked Ham

Boston Cream Pie

Sweet Potato Casserole

Fresh Fruit

Garden Vegetable Salad

V8 Juice

Waffles

Snack in a bag

Week of September 18, 2017

Turn into Kitchen by Wednesday, September 13

Name: _____

Circle the Main Meal and the Sides You Like

Monday – September 18 (5:30 PM)

Chicken (Breast) w/Gravy

OR

Penne a la Vodka

Split Pea Soup

Rice Pilaf

Caesar Salad

Cranberry White Chocolate Cookie

Garlic Bread

Broccoli

OR Fresh Fruit

V8 Juice

Tuesday – September 19 (5:30 PM)

Roasted Leg of Lamb

OR

Curried Chicken Salad w/Pita Bread

Tossed Salad

Vegetable Lentil Bake

Roasted Corn

Applesauce Bars

OR

Sunflower Bread

Green Beans

NSA Ice Cream

V8 Juice

Wednesday – September 20 (5:30 PM)

Beef Roast

OR

Crab Salad over Greens

Mashed Potatoes

Celery & Carrot Salad

Pineapple Upside-Down Cake

Chicken Vegetable Soup

Raisin Bread

Peas

OR Sliced Fruit

V8 Juice

Thursday – September 21 (5:30 PM)

Pork Roast

OR

Mushroom Spinach Quiche

Roasted Potatoes

Yellow Squash

Magic Cake

Salad of the Day

Dinner Roll

Sauerkraut

OR SF Strawberry Jell-O

V8 Juice

Friday – September 22 (5:30 PM)

Baked Tilapia

OR

Chef Salad (Turkey, Ham, Cheese, Egg)

Tomato Vegetable Soup

Cheesy Shells

Carrots

Ice Cream Bowl

Honey Oatmeal Bread

Spinach

OR Applesauce

V8 Juice

Saturday – September 23 (5:30 PM)

BBQ Chicken (White or Dark)

OR

Kentucky Hot Brown Sandwich

Garden Salad

Bake Potato

Cauliflower Gratin

Derby Chocolate Pie

Biscuit

Baked Beans

OR Fruit

V8 Juice

Sunday – September 24 (12:30 PM Brunch)

Scrambled Eggs

Bacon Danish

Baked Ham

Boston Cream Pie

Sweet Potato Casserole

Fresh Fruit

Garden Vegetable Salad

V8 Juice

Waffles

Snack in a bag

Resident-Emergency Procedure

Procedure: In the event of an apartment fire, the following actions will take place:

1. Call 911 immediately,
2. Evacuate the apartment,
3. Pull nearest fire-alarm box,
4. Assemble in the dining room.

In the event of a facility fire, the following actions will take place:

1. Remain in the apartment until advised otherwise.
2. Close the apartment door and place a damp towel at the bottom of the door.
3. Wait for the fire department or staff notification that the fire emergency has ended.
 - ◆ If residents are in the common area, move to a safe area and wait for fire department or staff notification that the fire emergency has ended or for other pertinent directions.

New Year's Eve Survey

Typically, hors d'ourves are provided prior to dinner on New Year's Eve. However, this year, the holiday occurs on a Sunday. Providing brunch and then hors d'ourves later in the day will present logistical issues in terms of kitchen and serving schedules.

Therefore, we would like to offer the following options and want to know what your preferences are. *Please place a check mark on the option you prefer:*

Option #1

_____ An upscale brunch served at the usual time (12:30pm). Wine will be served as well as Champagne for a toast.

Option #2

_____ Instead of brunch, a cocktail hour and hors d'ourves will be provided at 4:30pm with a dinner at 5:30pm.

Please feel free to offer other suggestions you may have for additional options:

Please submit this survey with this week's menu selection. Thank you.