



Hello Everyone – Hope the week is treating you well.

- ◆ Someone expressed concern to me recently about the television in the activity area. They felt most residents do not know how to operate it and therefore folks hesitate to use it. Instructions will be posted near the TV to ensure everyone has access, particularly when there is no staff available to provide assistance. We will also include operating instructions for the Wii.
- ◆ I wanted to make sure everyone knew the bicycles (adult tricycles) are kept in the storage area of the north garage near the congregate building. Everyone who lives in the congregate building has a key to the storage area so they have unlimited access to their storage cages. However, it occurred to me residents who live in the duplexes do not have keys to that area and therefore no access to the bikes. Any duplex resident who would like a key in order to use the bikes should contact Janet for a key. It is important everyone has the ability to enjoy them at their leisure (their usage is not limited to scheduled excursions).
- ◆ I was greeted Monday morning with unsavory news regarding dinner last Saturday. I apologize for the unusual small portion sizes. It was an error in judgment and we regret if it set a dismal tone to your evening.
- ◆ Someone, presumably an individual who resides at one of our duplexes, expressed their desire to receive the newsletter and other notices the same day as those who live in the congregate building. Typically, the newsletter is delivered to the duplex residents the same day or the very next day as compared to the residents of the congregate building. However, we can certainly align these deliveries so that everyone is receiving it on precisely the same day, avoiding one group of people having information a day prior to another group.

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Trash removal day will be Tuesday, September 6th due to the holiday.

The office will be closed. Thank you.

Laura is on call September 5th

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

Our Lake Forest Website
www.onlakeforest.org

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- ◆ I received an anonymous comment recently pertaining to the attire of our serving staff. Please be assured it is not our intention to portray an unprofessional image. We'll take a closer look at the type of uniform we are providing while considering our general attire expectations.
- ◆ I received an additional anonymous comment pertaining to the meat that is served for dinners recently. The pork and beef have reportedly been difficult to cut and chew and the author was wondering if the meat is being purchased, perhaps cheaper, through a different/new distributor. The meat is bought from Reinhart food distributor as well as local vendors. There hasn't been a recent change in purchasing patterns. It'd be great to get more information to gain some clarity. I encourage you to give me a call or stop by.
- ◆ Thank you for your patience and cooperation while the parking lots were re-sealed. The process was well managed (thank you, Roy) and smooth.
- ◆ We're all thinking it...and a few have commented on it...the meadow isn't looking so great this year. We've been communicating with Erica Bowman, the individual who has been providing guidance regarding the meadow since its inception. She feels this year's growth is probably a result of a dry season. She recommends we cut it back before winter and leave the cut growth in place in order to enrich that area. We also have a representative from Cornell Cooperative Extension stopping by to eyeball and assess the meadow just to be sure we're not missing anything in terms of current and on-going care.

~ Kevin

The following is a note from Lisa G..

“There is no Resident Council meeting scheduled for September (unless someone wants to chair one). So at the moment, we will plan to have an RC meeting on October 5th, the first Wednesday in October. At that time, residents can get an update on finances, as well as a start-up reminder about the Holiday Gift Fund for Employees, which will begin mid-November. And any other topics you wish to discuss. Please leave any items of interest in the suggestion box. “

Activities: Week of September 5 - 11th

Monday, September 5, 2016

11am Exercise
12pm Soup & Salad
1pm Pool
3:30pm Adult Coloring



Tuesday, September 6, 2016

9:30am Shuffle Board
10am Kinney's
11:30am Tai Chi
2pm Bingo
4pm Wii Bowling

Wednesday, September 7, 2016

11am Exercise
12pm Soup & Salad
1pm Penny Poker
2pm Craft Group



Thursday, September 8, 2016

10am Bridge
10am BOCCE
12pm Omelet's
1pm Mah Jongg
3pm Bible Study with Pastor Phil
4pm Steve Collier Jazz Musician

Friday, September 9, 2016

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

Saturday, September 10, 2016

11am Yoga Tape
6:30pm Movie, "Upstairs, Downstairs"

Sunday, September 11, 2016

12:30pm Brunch
3pm Wine Tasting with Vladimir

On Monday, September 5th, please note that this is a holiday. The office will be closed. If you choose to partake in Adult coloring, the red bag is again by the Activity Office door!

On Wednesday, September 7th, you are welcome to utilize the Lake Forest Bicycles, and ride with Kevin. I (Tiana) have a personal appointment and will be out for the day. Have a great time!

On Thursday, September 8th at 3pm, Pastor Phil has scheduled to be in the library here at Lake Forest. He will be offering a bible study group.

Nurse Janet will NOT be here on Wednesday, September 7th.

Steve Collier, a local Jazz musician will be here on Thursday, September 8th at 4:00pm. Steve Singer/Pianist specializing in music from the Great American Songbook. Gershwin, Rodgers, Berlin, Arlen, Kern, Loesser.... and more!! He is the vocal music teacher at Au Sable Valley Central school, and has been there for 33 years! Please, come and welcome him to Lake Forest!

On Friday, September 9th, we have our monthly Pizza & Wings lunch! Please, sign up on the Activity Board if you're interested in joining me!

On Sunday, September 11th, Vladimir kicks off his Fall Wine tasting at 3pm with delicious wines from Austria, Germany, and Hungary. This educational wine tasting is full, so please remember, reservation only. If you are interested in a wine tasting with Vladimir (they are very popular), please talk with Vladimir or Tiana to coordinate future events and to secure your seat!



September Birthdays:

4 Betty G. 4 Doo H. 12 Mary B. 17 Jan H.
19 Marie M. 19 Carl Z. 21 Debbie H. 25 Connie N.



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



My granddaughter, Sarah, went off to the University of Rochester last week, which sparked a trip down memory lane for me as I recalled my school days. So step into the Time Machine with me, and go back to the 1940's and 1950's.



It was 1946.

My friends and I were in a state of excitement and fear. We had just left elementary school behind - the comfort of being in one room with one teacher all day. We were headed into the great unknown - high school! 7th grade: where we would have to change classes; find our way around an unfamiliar building! We would get lost!

So, trembling in our shoes, we went off on the first day of school. The freshmen were gathered in the auditorium where the three 7th grade homeroom teachers waited for us. They took turns reading the names of the students in their homeroom and then led each group to the correct room. There we were given our locker number, our class schedule and a nice new tablet (the paper kind) and a pencil. All set to go! Not like it seems to be today when it seems the kids need a backpack full of supplies to get along.

The Stephen S. Palmer High School (grades 7- 12) was built around a central core: the gym in the first level and the auditorium filling the 2nd and 3rd floors. Classrooms were located around them. The building was new in 1929, and my parents were in the first graduating class from the new school. (I had two teachers that my parents had)

Back to my first days in 7th grade. Yes, I did get lost the first few days, and sometimes went up the down stairway.

Fast forward the Time Machine to 1956. I graduated and went off to Kutztown State Teachers College. Besides my clothing, I took a typewriter and a small transistor radio.

Jump off the Time Machine, and come back to the present and my granddaughter, Sarah. She took a refrigerator, a microwave oven, a computer, an electric kettle and plates and silverware.

I wonder where they put the beds?

I am sure many of you have similar stories, and I would enjoy hearing them! Tell me!

~ Mary Lue



What's New on the Menu



Pork Florentine – Pork chops cooked in rich tomato sauce and topped with spinach and melted mozzarella.

Seafood Stew – Italian dish with a mixture of shellfish (shrimp, muscles, clams) and cod.

Montreal Smoked Meat Sandwich – The famous Montreal smoked meat (beef) on rye bread, served with potato chips & pickle.

Steelhead Trout – Baked trout with Smokey sweet flavor.

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

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



Take Charge!



What you eat may also affect your risk for Alzheimer’s disease and other forms of cognitive impairment. A study of the MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) diet recently reported that adherence to the diet was associated with a slower rate of cognitive decline - equivalent to 7.5 years of younger age. Those with the highest MIND diet scores were 53% less likely to develop Alzheimer’s disease than those with the lowest scores.

The MIND diet score assigns a maximum of one point for each of these components, up to a total of 15 points:

- * Whole grains (3 servings/day)
- * Green leafy vegetables (6/wk)
- * Other vegetables (1/day)
- * Berries (2/wk)
- * Red meats (- 4/wk)
- * Fish (1/wk)
- * Poultry (2/wk)
- * Beans (3/wk)
- *Nuts (5/wk)
- * Fast / Fried food (- 1/wk)
- * Olive Oil as primary oil
- * Butter/ Margarine (- 1 tbs / day)
- * Cheese (- 1/wk)
- * Pastries / sweets (- 5/wk)
- * Alcohol (1/day - NOT excess)

(Article submitted by resident from Tufts July 2016 *Health & Nutrition Letter*)

Week of September 12, 2016

Turn into Kitchen by Wednesday, September 7

Name: _____ Circle the Main Meal and the Sides You Like

Monday – September 12 (5:30 PM)

Pork Chop Florentine

OR

Cottage Cheese w/Fruit Cold Plate

Cream of Chicken Vegetable Soup

Roasted Potatoes

Dinner Roll

Cauliflower

Spinach

Apple Pie

OR

SF Lemon Jell-O

Tuesday – September 13 (5:30 PM)

Apricot Honey Glazed Chicken Breast

OR

Seafood Stew

Tossed Salad

Wild Rice Pilaf

Sunflower Bread

Peppers & Onions

Zucchini

Rice Pudding

OR

Applesauce

Wednesday – September 14 (5:30 PM)

Cheese Ravioli w/Meat Sauce

OR

Montreal Smoked Meat Sandwich

Lentil Vegetable Soup

Sweet Potato Tater Tots

Garlic Bread

Broccoli

Fruit Bars

OR

SF Cheesecake Pudding

Thursday – September 15 (5:30 PM)

Slow Roasted Beef

OR

Vegetable Frittata

Butternut Squash Bisque

Corn Pudding

Fresh Baked Bread

Mushrooms

Peas

Whoopie Pie

OR

Fruit

Friday – September 16 (5:30 PM)

Steelhead Trout

OR

Italian Meatloaf

Vegetable Salad

Whipped Potatoes

Wheat Bread

Parmesan Tomatoes

Green Beans

Texas Sheet Cake

OR

Fresh Fruit

Saturday – September 17 (5:30 PM)

Boiled Ham Dinner

OR

Grilled Chicken over Greens & Vegetables

Soup Du Jour

Potatoes

Dinner Roll

Cabbage & Carrots

Peach Cobbler

OR

SF Ice Cream

Sunday – September 18 (12:30 PM - Brunch)

Pancakes

Bacon

Scrambled Eggs

Pork Roast

Hash Brown Bake

Broccoli

Coffee Cake

Peanut Butter Cake

Cantaloupe & Celery Salad

Snack in a bag

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Fresh Baked Bread

Mushrooms

Peas

Whoopee Pie

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Fruit

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