

July 3rd, 2015

Lake Forest Home Journal

THE OPEN DOOR

You have all received the invitation to attend a presentation by Mr. Kevin Defayette, a candidate for the position of Lake Forest Executive Director. We will enjoy an opportunity to learn a little about him while we share a glass of wine before dinner. Some of you may have submitted questions. These were forwarded to the search committee who will ask the candidate to address them.



We have received a letter from the Mayor concerning the overgrowth along the railroad tracks. Both Harborview and Fort Scott Estates are also investigating the high cost of the effort. So far, the railroad is putting some very strict and expensive parameters on the effort. We have all agreed to meet in the future to further discuss the possibilities.

Thank you to everyone who participated in the Disaster Drill. It went very well. The fire department sent a truck and several personnel to observe. They were very pleased with the plan and its execution. We went over our policy with the fire department: We stay in our apartments when the fire alarm sounds. If there is to be an evacuation, either fire personnel or resident staff will knock on your door telling you to EVACUATE. Now everyone knows where to go. The Fire Department reminds us that they will set up their command center in front of the building. Again, thank you.

Both Margot and Janet will be enjoying some family time in July. Mary McNichols will be staffing the office. Some of you remember Mary when her mother was a resident of Lake Forest many years ago. Mary is pleased to be here and welcomes your visits and inquiries. Thank you for making her feel so welcome.

Please remember, the office is closed on Friday, July 3, 2015. Have a good Holiday!!

Margot



Colleen is on call July 6, 2015

Our Lake Forest Website
www.onlakeforest.org

Activities

Monday – July 6 National Fried Chicken Day

11:00 am - Exercise

12:00-Soup & Salad Bar

Tuesday – July 7 National Forgiveness Day .. Forgive Someone!

National Chocolate Day

9:30am-Shuffleboard

10:30am-Shop Aldi's/Hannaford

11:30am-TaiChi

2:00pm-Bingo

Wednesday - July 8

10:00am-Nurse Janet

11:00 am - Exercise

12:00-Soup & Salad Bar

Thursday – July 9 National Sugar

Cookie Day~ Free Cookie at noon

10:00am– Yando's Plaza

Noon-Omelets

1:00 pm - Mah Jongg

4:00pm-Castaway Performs

Friday – July 9 National Pina

Coolata Day

11:00 am - Exercise

12:00-Soup & Salad Bar

1:00 pm - Bridge for 8

4:30pm-BYOB Cocktails

Saturday - July 10

11:00 am - Yoga Tape

6:30pm-Movie Night, "The West Wing"

Sunday – July 11

12:30 pm - Brunch

1:30pm-Movie "August Rush" w/ Bill and Jackie



July Birthdays:

7/19 Judy 7/20 Rudi 7/22 Nancy S.

7/23 Charles P. 7/28 Tiana 7/30 Lorna



Hello! For those of you who haven't met me yet, my name is Tiana Childs (call me "T" if you'd like). I'm **very** excited to be the new Activity Director here at Lake Forest!

I realize that change is difficult for many people, and I want you all to know that I want to talk about it - with you - so I can find out how to help and make this transition as easy as possible.

My first goal is getting to know you, what you like, what you don't like, what you are interested in and what you would like to learn more about. I am here to ADD to your existing activities (SLOWLY) - I am not here to take anything away!

My second goal is to find ways of bringing the activities to you, or bringing you to those activities!

My door is always open—so if I am not out and about with YOU—please, come visit ME.

I can't wait to meet and get to know each and every one of you! Thank you for having me!



- T

Thursday 7/2 @ 4:30 pm—Meet the potential Executive Director.

Saturday 7/4/15 July 4th BarbQ 5:30 pm

Tuesday 7/7 National Forgiveness Day and Chocolate Day!

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

Friendship Committee Notes



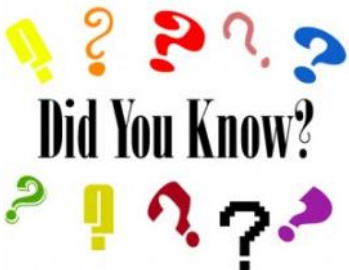
I was asked recently - at Bingo - how the game came to be. My frivolous answer was that the dog in the song "b-i-n-g-o was his name -o" was the one who invented it.

In reality, the game can be traced back to 1530 in Italy. I will not go back into that history, but will jump ahead to 1929 when it reached North America. Known at first as "Beano," it was played at county fairs where beans were used as markers. The game as we know it today came to be when a salesman heard someone yell "bingo" instead of "beano" at a game.

The salesman, Edwin Lowe, had a great idea! He hired a Columbia University professor, Carl Leffler, to increase the number combinations on bingo cards. By 1930 he had come up with 6000 different cards (It is said that Leffler then went insane).

The popularity of Bingo was increased thanks to the Catholic Church. A Priest in Pennsylvania had the idea of using the game to raise church funds. It worked! Today more than 90 million dollars are spent each week playing Bingo in North America alone!

Here at Lake Forest we have a lot of fun playing Bingo **every Tuesday at 2 o'clock**. Come join us!



Do you know what ARAPROSDOKINS are? *Neither did I!*

- They are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected.

Here are a few examples:

- ◆ Since light travels faster than sound, some people appear bright until you hear them speak
- ◆ Knowledge is knowing that a tomato is a fruit. Wisdom is not putting it in a fruit salad.
- ◆ You do not need a parachute to skydive. You only need a parachute to skydive twice.
- ◆ You're never too old to learn something stupid.
- ◆ Money can't buy happiness, but it sure makes misery easier to live with.
- ◆ Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.

To quote a TV personality - "Be kind to one another."

- Mary Lue



Notes From Natasha!

Here are some new dishes for you to try on this weeks menu.

Monte Cristo Sandwich – Thick, French-style bread with turkey, ham & Swiss cheese, dipped in egg wash and grilled.

Pepper Smothered Steak – Cube steak cooked slowly w/rich gravy.

Deluxe Baked Potato Bar – Full sized baked potato loaded with mixture of meats, shredded cheese, sour cream and green onions.

Bon Appétit

- Natasha Tsvetkova



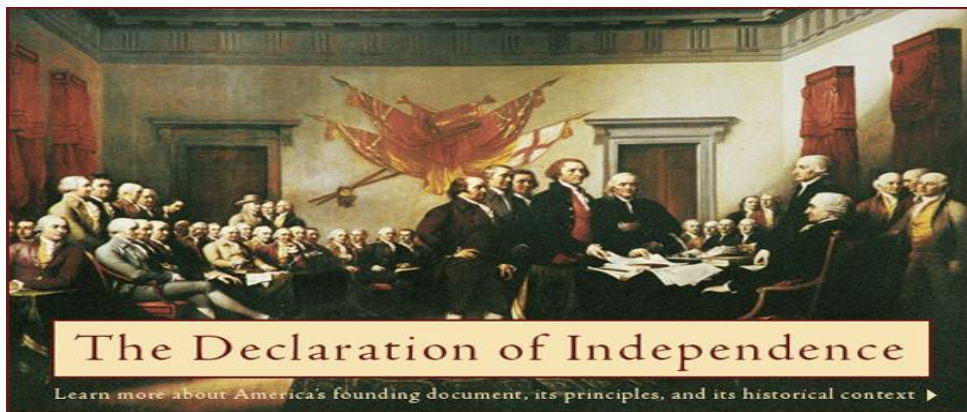


ON ANOTHER' NOTE



July 4, 2015 is the anniversary of the publication of the declaration of independence from Great Britain in 1776. This is a time of picnics, parades, and barbecues. This is a time to give thanks for our many freedoms that were hard fought for and won.

The first description of this day was in a letter written by John Adams to his wife, Abigail. He described “pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations.” Independence Day, the term, was not used until 1791. Fifty years after signing the Declaration of Independence, both Thomas Jefferson and John Adams died; July 4, 1826.



Welcome

Welcome to Tiana Childs, our new Activity Director. She started on Monday, the 29th and already many of you have dropped by with helpful ideas and welcomes. I'll let her tell you more about herself.. (On Pg 2)

Also welcome Quran Carroll to our Lake Forest staff. He is from Plattsburgh. He will be training as a Resident Assistant. Welcome Quran!



Week of July 13, 2015
Turn into Kitchen By Saturday July 4th
Name

Circle the Main Meal and any sides you may like
and CROSS OUT the alternative you DO NOT want

Monday – July 13 (5:30 PM)

Cheeseburger

-OR-

Zesty Grilled Chicken over Salad Greens

Homemade Vegetable Soup

French Fries Dinner Roll

Lettuce/Tomatoes/Pickles

Corn on the Cob

Raisin Cream Pie -OR- SF Vanilla Pudding

Tuesday – July 14 (5:30 PM)

Pepper Smothered Steak

-OR-

Stuffed Shells W/Marinara Sauce

Tossed Salad

Roasted Potatoes Garlic Bread

Broccoli

Ice Cream Sandwich -OR- SF Vanilla Ice Cream

Wednesday – July 15 (5:30 PM)

Caribbean-Style Pork Tenderloin with Pineapple Chutney

-OR-

Rainbow Pepper Sauté

Exotic Avocado / Mango Salad

Red Beans & Rice

Corn Muffins

Thursday – July 16 (5:30 PM)

Swedish Meatballs w/Gravy

-OR-

Monte Cristo Sandwich

Tomato Soup

Rotini Wheat Bread

String Beans

Oatmeal Berry Bars -OR- Fruit in Season

Friday – July 17 (5:30 PM)

Baked Herb Crusted Tilapia

-OR-

Grilled Vegetable / Cheese Quesadilla

Green Salad

Couscous Pilaf Fresh Bread

Tomato/Onion Salsa

Banana Cake -OR- SF Orange Jell-o

Saturday – July 18 (5:30 PM)

Roasted Chicken Thighs

-OR-

Deluxe Baked Potato Bar

Corn Chowder Sunflower Bread

Mashed Potatoes

Coleslaw

No Bake Cookies -OR- Fruit Salad

Sunday – July 19 (12:30 PM - Brunch)

Waffles Bacon

Sausage

Roasted Turkey

Garlic Whipped Potatoes

Mixed Fruit

Scrambled Eggs

Asparagus

Danish

Lemon Pound Cake

2015

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Rainbow Pepper Sauté

Exotic Avocado / Mango Salad

Red Beans & Rice

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Rotini Wheat Bread

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Bacon

Sausage

Roasted Turkey

Garlic Whipped Potatoes

Mixed Fruit

Scrambled Eggs

Asparagus

Danish

Lemon Pound Cake