



Lake Forest Weekly Newsletter

December 23, 2011



Carmen Recertified

I am pleased to announce that the Coalition for Leadership in Aging Services informed me that my recertification as a Certified Aging Services Professional was approved. Every two years we must document our continuing education and participation in on boards and service to aging organizations, and thereby keep our certification.

On behalf of all the staff we want to wish all the residents a very Happy Holiday Season and wishes for a very healthy New Year.

- ♦ The office will be closed December 26th.
- ♦ **Trash** collection will be Tuesday, December 27th

Please update your emergency contact information for our files with Janet or Carmen. These are the emergency numbers we will use when we need to contact family for you.

Carmen



Danielle returns to college soon to finish her degree then go on to pharmacy school. We all wish this very bright young lady **much success** with her career!!

Please let the office know if you will be attending **The New Year's Eve Gala** and the number of your invited guest (limit 6).

Living A Healthy Life With Chronic Conditions workshop will be Thursdays, January 5-February 9, 2:30-5:00 in the Lake Forest Activities area.

Please be sure to call 565-4620 to register by December 29.

This program teaches people with chronic conditions how to manage and lessen its effects.

This workshop is free and includes a copy of the book.

Please let the office know if you will be going **out of town** for any length of time. Scott and Randy will be checking all duplex's for those who will be away.



Shelley is on call the week of December 26, 2011

Lake Forest Website
www.onlakeforest.org

Activities

Monday - December 26

11:00 am - Exercise

2:00 pm - Walking Club

Tuesday - December 27

10:00 am - Shop Kinney's

2:00 pm - Bingo

6:30 pm - Song Birds

Wednesday - December 28

10:00 am - Nurse Janet

11:00 am - Exercise

2:00pm - Walking Club

4:15 pm - Helen Schmidt on Piano

6:30 pm - Comedy Movie Night

Thursday - December 29

10:00am - Shop Yando's

12:00 Noon - Soup Buffet

1:00 pm - Pinochle

7:00 pm - Mah Jongg

7:00 pm - Chess

Friday - December 30

11:00 am - Exercise

12pm - Omelets by Debbie

1:00 pm - Bridge for Eight

4:30 pm - BYOB Cocktail Party

7:00 pm - Classical Music

Saturday - December 31

11:00 am - Yoga Tape

4:00 pm - Cocktails

5:30-7:00 pm - Gala Dinner Party

7:00 pm - Movie Night

Sunday - January 1, 2012

12:30 pm - Brunch



Reasons You May Need To Push Your LifeNet Button:

1. Resident Injured
2. Resident Not Responding
3. Broken Pipes
4. Fire
5. Toilet Overflowing
6. No Heat
7. Power Out
8. Security Lights Out

Hanukkah, the Jewish Festival of Lights is a celebration of the miracle that occurred years ago in the Temple in Jerusalem, when the candles of the Menorah kept burning for eight days, even though the oil in the temple was enough for only one day.

Ellie Berger recalls the celebration when she was a child; the lighting one candle of the Menorah each day for eight days, and the excitement of the gifts that came with the candle lighting. She remembers playing with the dreidel (the Hebrew letters on each side of the top read "A Great Thing Happened There"), and she recalls how good the latkes tasted.

Happy Hanukkah!





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



Friendship Committee Notes

Harry Hackert and Ann left for Myrtle Beach on the 18th. They will stay there for three months enjoying the balmy weather. We wish them a great time!

It has been enjoyable to walk the halls and see the holiday decorations on the doors and shelves of the apartments. One of my favorites is the Rooster Riding Elf outside the Hewitt's apartment! Take a walk down wing 300 and cheer him on!

Christmas music has abounded here at Lake Forest; the Lakeshore Christian School children were delightful and gave a lovely program, the Cumberland Head second graders charmed us with their holiday songs, and the Presbyterian Church carolers visited and sang the beloved Christmas carols with us. **Thanks to all of them.**

"At Last" but not least, a huge thank you to Shirley and Randy! They presented another great musical program for us, which we all greatly enjoyed.

Santa Claus has a special gift for all the residents and staff here at Lake Forest, You will find a book "When the summer People Leave" by William T. Lowe, on your shelf very soon. Books for all the staff will be in the RA's room.

CHRISTMAS SHOPPERS

Oh, the wind is brisk and biting
and the cold is not inviting,
but there's music, merry music everywhere.

The streets are full of bustle
and our feet are full of hustle
for there's Christmas, merry Christmas in the air.

Oh, the wind is cold and chilly
and it whistles at us shrilly,
but there's music, merry music everywhere.

The bells are full of ringing
and our hearts are full of singing,
for there's Christmas, merry Christmas in the air.



by Aileen Fisher

The blessings of this season be with you all -

Merry Christmas!

Mary Lue



Week of January 2nd, 2012

Turn into Kitchen by Saturday December 24th

Name _____

CROSS OUT THE ALTERNATIVE YOU DO NOT WANT

Monday – January 2 (5:30 PM)

Egg Rolls w/ Sweet & Sour Sauce

Cashew Chicken Chow Mein - OR -

Beef & Tomato Stir Fry

Fried Rice with Asparagus

White Bread

Oatmeal Bars - OR - SF Vanilla Pudding

Tuesday – January 3 (5:30 PM)

Minestrone Soup

BBQ Beef w/ Sweet Potato Fries - OR - 1/2 Ham Sub w/ lettuce & tomato, onion, Sweet Potato Fries,
Chips & Pickle Green Beans Sunflower Bread

Tiramisu - OR - SF Fruit

Wednesday – January 4 (5:30 PM)

Romaine Salad

Hot Meat Loaf - OR -

Hot Turkey w/ Gravy

Mashed Potatoes Peas

Raisin Muffins

Hot Fudge Sundae - OR -

SF Raspberry Mousse

Thursday - January 5(5:30 PM)

Celery Boats

Pork Bites with Roasted Red Pepper Sauce - OR - Salmon Cakes

Buttered Noodles Roasted Carrots Wheat Bread

Mixed Berry Pie - OR - SF Ice Cream

Friday – January 6 (5:30 PM)

Tomato Soup

Fried Chicken - OR - Tuna Sandwich w/ Potato Salad & Pickles

Potato Salad Corn Biscuits

Strawberry Crisp - OR - SF Strawberry Crisp

Saturday – January 7 (5:30 PM)

Four Bean Salad

Swiss Steak - OR - Fish Fillet with lemon tarragon butter

Roasted Red Potatoes Broccoli Bread

Lemon Pudding w/ Cream- OR - SF Orange Jell-O w/ Orange Slice

Sunday – January 8 (12:30 PM—Brunch)

Blueberry Pancakes

Bacon

Egg Scramble

Chicken & Biscuits w/ Carrots

Fruit Salad

Assorted Danish

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