

Lake Forest Weekly Newsletter

January 27, 2012



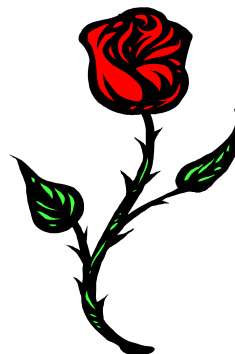
Play Attention

We received a user friendly computer from the son in law and daughter of Elsa and Jim Sorley.

The program on this computer is so easy all you have to do is use your index finger. The purpose of this program is to enhance the memory of our residents over an 8 week period of time by working with the computer 3 times a week for 20 minutes. You should see an increase in your ability to concentrate, an increase in short term memory so you can find your keys, an increase in your ability to stay focused on a task like balancing your check book and an increase your ability to filter out background noise and focus your attention . Janet, Shirley and I are going to start training residents after we get our practice sessions out of the way.

Please submit your name to Janet if you would be interested in being part of this program. Each one of us will start with one person and when they are able to do it alone we will move on to the next person. The goals of each game are:

- ◆ **Stamina: Attention Stamina is the ability to pay attention for longer and longer periods of time.**
- ◆ **Visual Tracking: Visual Tracking is the ability to sustain attention on a moving target.**
- ◆ **Time on Task: Time on Task is the ability to begin an activity quickly, and stay focused on that activity until it is completed.**
- ◆ **Short Term Memory: Short Term Memory Sequencing is the ability to absorb sequences of data, and transfer them into working memory so they can be used.**
- ◆ **Discriminatory Processing: Discriminatory Processing is the ability to pay attention to one thing, while filtering out everything else, (discriminating between incoming stimuli at high speeds).**
- ◆ **Motor Skills is the ability to recognize gestures and refine your movement.**



Our Lake Forest Website
www.onlakeforest.org

In Loving Memory of
Our Friend
Phyllis Wells
October 14, 1929
~January 23, 2012

Carmen is on call the week of January 30, 2012

Activities

Monday - January 30

11:00 am - Exercise
2:00 pm - Walking Club

Tuesday - January 31

10:00 am - Shop Kinney's
1:00 pm - Bible Study
2:00 pm - Knitters For Charity
2:00 pm - Bingo
6:30 pm - Song Birds

Wednesday - February 1

10:00 am - Nurse Janet
11:00 am - Exercise
2:00pm - Walking Club
4:00 pm - Resident Council Meeting
6:30 pm - Comedy Movie, "Operation Pet-ticoat"

Thursday - February 2

10:00am - Shop Hannaford
12:00 Noon - Soup Buffet
1:00 pm - Mah Jongg
2:30- 5:00- Living the Healthy Life

Friday - February 3

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 - February 4

11:00 am - Yoga Tape
4:00pm - Cocktails
5:30 pm - Tailgate Super Bowl Party
7:00 pm - Movie Night/BBC Series "The Grand"

Sunday- February 5 Super Bowl

12:30 pm - Brunch
2:00 pm - BBC Series "The Grand"

A Special Thank You!

I would like to thank all the residents that helped me in making our Chinese New Year Party a huge Success.

The Paper Mache Crew, Ellie B., Phyllis B., Nancy C., Joan C., . The Chinese One Man (Woman?) Drum Corp, Mary Lue. And finally to all the staff that made the dragon come to life- Ali, Helen, Grace and Mindy.

Hope everyone had as much fun as I did. THANK YOU ALL!!!

Shirley



Tax Time Again!!!!

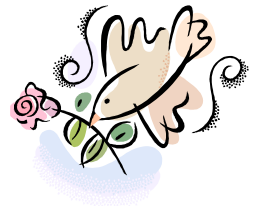
Harold Vogel, an AARP Tax Aide, will be here again this year to help with your taxes. He has posted a sign-up sheet on the bulletin board.

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

Friendship Committee Notes



We mourn the passing of our friend and neighbor Phyllis Wells, and extend our sympathy to her family.



Ruth Whalen moved to Pine Harbor recently and is reported to be doing well there.

What a great job Shirley did on the Chinese New Year celebration. The dragons and Chinese lantern decorations looked festive, and it was fun to read the Chinese zodiac horoscopes on the placemats. The large dragon head Shirley made, helped by Nancy Collin, Ellie Berger, Phyllis Barnard and Joan Clark was terrific (And really cute). The dragon made a dramatic appearance in the dining room before supper with Shirley holding the head and the dragon's body, under a blue net veil, were Ali, Grace, Helen and Mindy, doing the dragon dance as they snaked around the room. I must also admit that I had a heap of fun doing the drumming to lead the dragon on its way. (My stock pot made a great drum and a plastic spatula served as a drum stick). A huge thank you to everyone who took part and thanks to Ali for the really great dinner.



We all enjoyed the little Yukon Gold potatoes at the taste testing last week. Do you know how those tiny tubers actually grow? Not underground like regular sized potatoes, but above ground on the stem of the plant. If you don't believe me, ask our resident expert potato grower, Ross Carter!

Thought for the week:

"The glory of each morning is that it offers us a chance to begin again"

Mary Lue



Week of February 6th, 2012

Turn Into Kitchen By Saturday January 28th

NAME: _____

CROSS OUT THE ALTERNATIVE YOU DO NOT WANT

Monday – February 6th (5:30 PM)

Homemade Cream of Celery Soup

Baked Cod Cakes w/ Tartar Sauce – OR – Cheese Strata
w/ Baked Potato Stewed Peppers Honey Oatmeal Bread
Rice Pudding w/ Whipped topping – OR – SF Vanilla Pudding

Tuesday – February 7th (5:30 PM)

Romaine Salad

Roasted Lemon Chicken Pieces w/ Rice Pilaf – OR – Roast Beef Wrap
Roasted Marble Potatoes Mixed String Beans Raspberry Muffin
Lemon Mousse – OR – SF Cherry Mousse

Wednesday – February 8th (5:30 PM)

Homemade Manhattan Clam Chowder

Roast Turkey w/ Gravy Cranberry Sauce – OR – Hot Hamburg w/ Gravy
Mashed Potatoes Roasted Carrots Whole Wheat Bread
Smores Bread Pudding – OR – SF Fruit

Thursday – February 9th (5:30 PM)

Garden Salad

Spaghetti & Meatballs – OR – Beef & Mushroom, Onion Tart w/ Vegetable Medley
Garlic Bread
Berry Fruit Medley Blend - OR - SF Chocolate Mousse

Friday – February 10th (5:30 PM)

Homemade Manhattan Clam Chowder

Cranberry Pork Chop w/ Wild Rice – OR – Quiche Lorraine
Sautéed Spinach Oatmeal Honey Bread
Apple Cake w/ Vanilla Ice Cream – OR – Baked Sliced Apples

Saturday – February 11th (5:30 PM)

Homemade Minestrone Soup

Orange Glazed Chicken - OR - Haddock w/ Tossed Almonds & Lemon Sauce
Bacon Cremini & Brie Stuffed Potatoes (Cremini is baby Portobello) Spiced Beets Dinner Roll
Vanilla Ice Cream w/ Pineapple Topping -OR- SF Vanilla Ice Cream

Sunday – February 12th (12:30 PM - Brunch)

Fruit Salad

Pork Roast w/ Apple Glaze Scrambled Eggs Bacon
Scalloped Potatoes Blueberry Muffins
Strawberry Crisp w/ whip topping

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