



I, along with the entire Lake Forest staff, want to extend our sincere condolences to Fifi Hewitt with the passing of her husband, Jason “Jake” Hewitt, both residents of Lake Forest. They are survived by their children, Natalie Blyth of New Zealand and Jason Hewitt of Swanton, VT. Please know you are surrounded by friends from the Lake Forest Community at this time.

I Have a Dream...

This week, we experienced two significant celebrations, Dr. Martin Luther King’s birthday and the inauguration of our 46th president. There are many commonalities between the two leaders both then and now and for the same and different reasons. It’s like in a wedding, you’re getting something old and something new, a taste of the past and the present. The civil disorder from both eras, was born from political grievances, economic disparities and social discord.

Both President Biden and Dr. King determine(d) to make a difference for their countrymen, by sharing certain basic values, such as nonviolence and bipartisanship. This dedication to service is just as valuable a lesson today as it was in the past, possibly even more so. The most important part of being a great leader is having a dream. Dr. King encouraged others to have a dream and to pursue it. He used his dream to give courage and hope to the downtrodden, and to incite empathy in those on the periphery. President Biden returned to that same theme of courage and hope, "This is our historic moment of crisis and challenge. And unity is the path forward."

I continue to marvel at the courage, hope and unity I experience among you, our residents. The strength and fortitude living through the repercussions of a pandemic and the camaraderie and kindnesses frequently demonstrated to one another. Everyone is in step, in unison, in sync...a type of utopia, really. How is that not beautiful for every Lake Forest resident? I frequently think, “I wonder if this is what heaven is like”? “Is this a dream”? Whether the likes of heaven or a dream, Lake Forest continues to be a role model for unity for communities far and wide.

Jeff Bernard

**Shelley is on call
January 25th**

Our Lake Forest Website
www.onlakeforest.org

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

Activities: Week of January 25 - January 31, 2021

Monday, January 25

11am Exercise
12pm Soup & Salad AND
Special Lunch: Ahi Tuna Salad
(sign up is on the board)
1pm Pool
1pm Pinochle
2pm Coloring Therapy
*There is NO Book Club at 3pm

Tuesday, January 26

10am Price Chopper/Dollar Store
12pm Takeout Tuesday
Panera or Jade Buffet

Wednesday, January 27

11am Exercise
12pm Soup & Salad
1pm Penny Poker
1pm Scrabble
2pm Surprise Treat

Thursday, January 28

9:30am Shuffleboard
10:30am Mexican Train
11am Chair Yoga
12pm Omelets
1pm Hearts
1pm Mah Jongg
3pm Wii Bowling

Friday, January 29

11am Exercise
12pm Soup & Salad
1pm Bridge
1:30pm Trivia
2:30pm Happy Hour *New time*

Saturday, January 30

6:45pm Movie Night:
Miracle of the White Stallions,
Part 2

Sunday, January 31

12:30pm Brunch



January Birthdays

4– James F.
4– Therese D.
4– Margaret D.
6– Marita B.
14– John J.
30– Kitty R.



Our Baked Good of the Week

Cinnamon Raisin Bread

Please let Natasha know if you would like a loaf for \$3.



On Saturday, January 23rd at 6:45pm–

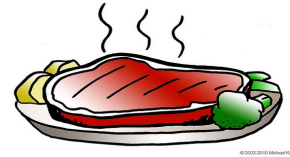
Miracle of the White Stallions

One of the great untold stories of World War II. During the last perilous month of the conflict, Vienna's famed Spanish Riding School– and its prized Lipizzan stallions– is threatened by devastating bombing raids and indifferent Nazi commanders. Despite the dangers involved in evacuating the horses, the school's Director and a handful of heroic citizens attempt to move the stallions away to safety.

Running time: 1 hour



Menu Details



New Menu Items

Porcupine Meatballs – By resident request, an mixture of beef and rice, cooked in a tomato sauce; an old-fashioned favorite.

Pepper Smothered Steak- Cube steak cooked under onions and bell peppers in a rich gravy.

Couscous – A tiny pasta made of wheat or barley.

Monte Christo Sandwich – Fried ham & cheese sandwich.



The new COVID-19 vaccine clinic is up and running. Please go to the website below, if interested, to register. Once you put your info in, it will prompt you to schedule an appointment. If you do not have a computer, or your family cannot help you access the site, please see Mel or Vicki.

Visit- <https://covid19vaccine.health.ny.gov> and click on “Am I Eligible?”

For those who have already registered, if you need a ride to get your vaccine please let us know and we would be more than happy to help set that up. If you already have transportation scheduled with Lake Forest, please remember to bring a copy of your registration form with you to your appointment. We are asking that you arrive to the office around 15 minutes prior to your scheduled timeframe. Here is some more information about the vaccine clinic on Connecticut Road, to hopefully ease any potential worries.

There will be five lanes of cars, which lead you to an injection station. At no time do you have to get out of the vehicle. You will be asked a few questions, and it has been suggested that you wear a loose fitting shirt so they can easily access your arm to give the injection. You put your arm out the window when requested, and the vaccination is completed. You will be given an appointment card for your 2nd shot. You can either leave immediately, or you have the option to pull into a lane to wait 15 minutes in case of an allergic reaction. There is an ambulance on site, in case a reaction occurs. We hope this information is helpful.

The Lake Forest Board of Directors welcomes Brian Minchoff who has agreed to become the next Executive Director at Lake Forest. He will begin on Monday, February 1, 2021.

Jeff and Mel will continue at Lake Forest, guiding Brian until Brian feels comfortable with the community and the operation of the facility.

Thank you for your patience as the search committee labored through the “zoom” world.

With optimism (reflecting Jeff’s “Got Hope?”),

Peter Stone, Chair

Dear Staff and Residents:

I am looking forward to meeting everyone in the coming weeks. I have heard so many positive comments about Lake Forest, especially noting the enriched environment and healthy interchange with staff and residents alike. I am eager to get started and plan to create opportunities for us to get to know one another. My wife and I moved to Plattsburgh last summer with the primary goal of spending quality time with our family. We have thoroughly enjoyed the community, restaurants and outdoor life. I have a fairly lengthy background in healthcare, primarily focusing on mental health and rehabilitation services. I most recently held the position of Director of Outpatient services as an employee of Clinton County. I feel so blessed working in human services, devoting my time caring for others and spearheading growth promoting projects and initiatives. I would like to share more personal details about myself in future newsletters as the opportunity presents. Please enjoy the closing of January and see you very soon.





We have 1 two bedroom apartment available, please spread the word! If you need more information, please see Mel.

Our cookie delivery was full of delicious treats. We had raspberry jam hazelnut cookies, brownie pecan cookies, and double chocolate cookies.

On Thursday, Natasha spoiled everyone again with orange supreme cake, and German chocolate cake.

Thank you,, Natasha!



We would like to have a Valentine cookie decorating contest. Please let Vicki know if you're interested in participating by Friday the 29th.

This Tuesday, the 26th, is our Takeout Tuesday! If you would like to order from Panera or Jade Buffet, the menus are on the bulletin board. Please have your orders ready by Tuesday morning at 9:30, and give it to Vicki . You can also leave it in the black box outside of the main office.



Please be sure to stop in to the library to check out our new audio book selection. Thank you Lou, for helping to set this up.

We have many residents that love to go for a daily walk. In honor of American Heart Month in February, we are having a contest for the entire month for the most steps taken. If you're interested in participating please let Vicki know, and she will give you a pedometer to help track your daily steps. The contest will end on Friday, February 26th. Whoever takes the most steps for the month will win a prize!

We have a new activity! Please stop by the activity room on Thursdays at 11am, if you're interested in trying chair yoga.

Week of February 1, 2020

Turn into Kitchen by Wednesday, January 27

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

Monday – February 1 (5:30 PM)

Porcupine Meatballs

OR

Chicken w/Sauce

Beef Vegetable Soup

Mashed Potatoes

Carrot Pudding

Baked Custard

V8 Juice

Bread Sticks

Roasted Zucchini

OR

Fruit

Tuesday – February 2 (5:30 PM)

Pepper Smothered Steak

OR

Stuffed Shells W/Marinara Sauce

Chopped Salad

Mashed Turnip

Yellow Squash

Almond Cake

OR

V8 Juice

Garlic Bread

Spinach

Raspberry Jell-O

Wednesday – February 3 (5:30 PM)

Turkey w/Gravy

OR

Taco Salad

Vegetable Tart

Mashed Potatoes

Brussel Sprouts

Sherbet OR SF Gingerbread

V8 Juice

Wheat Bread

Peas

Thursday – February 4 (5:30 PM)

Pork Ribs

OR

Monte Cristo Sandwich

Chicken Noodle Soup

Baked Beans

Pickled Beets

Chocolate Cherry Cobbler

V8 Juice

Cornbread

Coleslaw

OR

Fruit

Friday – February 5 (5:30 PM)

Chili

OR

Crab Cakes

Vegetable Salad

Couscous

Corn

Cookies

OR

V8 Juice

Cornbread

Broccoli

SF Pudding

Saturday – February 6 (5:30 PM)

Pork Stew

OR

Oven Roast Chicken(White/Dark)

Soup Du Jour

Rice Pilaf

Cauliflower

Ice Cream

V8 Juice

Dinner Roll

Green Beans

OR

Fruit Salad

Sunday – February 7 (12:30 PM - Brunch) Greens & Veg Salad

Waffles

Pastries

Bacon

Biscuits & Gravy

Scrambled Eggs

Veggie Mix

Chicken Roll

Mashed Potatoes

Cake

Fruit

V8 Juice

Snack in a bag

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V8 Juice

Garlic Bread

Spinach

Raspberry Jell-O

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Turkey w/Gravy

OR

Taco Salad

Vegetable Tart

Mashed Potatoes

Brussel Sprouts

Sherbet OR SF Gingerbread

V8 Juice

Wheat Bread

Peas

Thursday – February 4 (5:30 PM)

Pork Ribs

OR

Monte Cristo Sandwich

Chicken Noodle Soup

Baked Beans

Pickled Beets

Chocolate Cherry Cobbler

V8 Juice

Cornbread

Coleslaw

OR Fruit

Friday – February 5 (5:30 PM)

Chili

OR

Crab Cakes

Vegetable Salad

Couscous

Corn

Cookies OR

V8 Juice

Cornbread

Broccoli

SF Pudding

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Cauliflower

Ice Cream

V8 Juice

Dinner Roll

Green Beans

OR Fruit Salad

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Pastries

Bacon

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Scrambled Eggs

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Snack in a bag