



This Too Shall Pass

There is something very enticing about using the new year as a logical benchmark for arousing change in ourselves. It is an opportunity for a fresh start and a chance to commit to making essential improvements in our lives. Every January 1st, my friend and his family start the new year off by jumping in the lake...that's winter, in Upstate New York! Although some may ponder whether they are "unhinged" it's a type of renewal or new beginning we can cautiously admire.

My niece Alanna-Maria frequently tells me to "choose my hard". Do I want to choose better eating habits or be overweight? Do I want to save money for a rainy day or spend and have nice things now? Choosing your hard is hard! Here at Lake Forest, we are choosing our hard now, remaining vigilant with social distancing, wearing masks and sanitizing. As the pandemic lingers, I feel hope when I say to myself, "this too shall pass". My counsel is genuine and comforting, a perspective we all need to consider. We can each take a moment and feel grateful for the good that we have in our life right now – whether that is our physical or emotional health or our supportive community here at Lake Forest. All of us, different as we are, share a common need to be connected to others. One of the best ways to find hope during a difficult and uncertain time is to feel that we are not alone. When we express gratitude for the goodness in our lives by sharing what we have with others, and by helping those who are suffering, we can perhaps convey, this too shall pass. It's been my observation, residents like to encourage others through this tough time. If you know someone who is isolated, reach out and let them know you are here for them. These are uncertain times, which call for unlicensed and unregulated magic!

So, let's keep reminding ourselves that this virulent blight won't last forever. We may not see it with our eyes now, but we will know it in our heart later. One thing is for certain though, this too shall pass.

**Danielle is on call
January 11th**

Our Lake Forest Website
www.onlakeforest.org

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

Activities: Week of January 11 January 17, 2021

Monday, January 11

11am Exercise
12pm Soup & Salad
1pm Pool
1pm Pinochle
2pm Coloring Therapy
2pm Surprise Treat

Tuesday, January 12

10am Wal Mart/TJ Maxx

Wednesday, January 13

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

Thursday, January 14

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

Friday, January 15

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

Saturday, January 16

6:45pm Movie Night:
Greyhound

Sunday, January 17

12:30pm Brunch



January Birthdays

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



On Saturday, January 9th at 6:45pm–

The Help

This movie is about very different women in the 1960s South. They build a friendship around a secret writing project– one that breaks society's rules and puts them all at risk. Filled with poignancy, humor, and hope, the movie is a timeless, universal and triumphant story about the ability to create change.

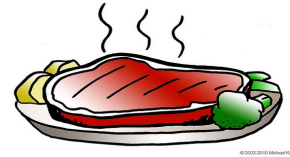
Running time: 70 minutes

**PLEASE
READ
BELOW**

The kitchen's meal delivery of coffee, juices and appetizers will begin at 5:10pm. Please have your cup ready, and your door unlocked for delivery. On Sundays, they will begin deliveries at 12:10pm. Thank you!



Menu Details



New Menu Items

Cabbage Casserole – Cabbage mixed with eggs, sour cream, herbs and baked as a casserole.

Quiche Loraine - Savory custard flavored with bacon and Swiss cheese.

Reuben Sandwich w/Chips & Pickles – Corned beef, sauerkraut, Swiss cheese on rye bread.



Jana Lee will be here on the 19th at 10am, and the 20th at 11am.

The coronavirus continues to be a concern for the Lake Forest Community and community at large. The nature of congregate living, has required us to take assertive efforts to limit COVID-19 exposure in our community. Among these efforts are policies related to in-person visitation by family and friends. We continue to restrict visitors to our facility in an effort to stem any transmission of the virus to you our Lake Forest family. If you have concerns or questions, please reach out, we would be happy to clarify the policy.



Thank you everyone, for your contributions to the food pantry. Your donations are incredibly beneficial to those in need.

Marissa gave birth to a beautiful, blue eyed, 8 pound little girl, Margot, on November 15th. She will be returning to work next week! Welcome back, Marissa!



Natasha surprised everyone with piroshkis on Tuesday. They're a Russian treat filled with meat, rice, egg, onion and potatoes. Yum!



Week of January 18, 2020

Turn into Kitchen by Wednesday, January 13

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

Monday – January 18 (5:30PM)

Salisbury Steak
OR
Quiche Loraine

Greek Salad
Mashed Potatoes
Carrots
Cookies

V8 Juice
Dinner Roll
Broccoli
OR
Fruit

Tuesday – January 19 (5:30PM)

Chicken Cacciatore
OR
Eggplant Parmigian

Clam Chowder
Risotto
Cabbage Casserole
Apple Dapple Cake OR SF Caramel Pudding

V8 Juice
Garlic Bread
Spinach

Wednesday – January 20 (5:30PM)

Bourbon Glazed Ham
OR
Steak Quesadilla

Turkey Rice Soup
Sweet Potato
Black Bean Salad
Hot Fudge Pudding Cake OR Sherbet

V8 Juice

Fresh Baked Bread
Peas

Thursday – January 21 (5:30PM)

Beef Goulash
OR
Vegetable Cheese Strata

Cottage Cheese Salad
Cauliflower
House Salad
Peanut Butter Pie OR SF Strawberry Jell-O

V8 Juice

Wheat Bread
Green Beans

Friday – January 22 (5:30PM)

Reuben Sandwich w/Chips & Pickles
OR
Baked Cod

Split Pea Soup
Roasted Potatoes
Beets Snow Peas
Ice Cream OR Fruit

V8 Juice

Sunflower Bread

Saturday – January 23 (5:30PM)

Chicken Pot Pie
OR
Chef Salad

Vegetable Soup
Roasted Squash
Corn
Key Lime Pie OR

V8 Juice
Dinner Roll
Zucchini
Grapes

Sunday – January 24 (12:30PM – Brunch)

Bacon
Beef Pot Roast w/Gravy
Pound Cake
Scrambled Eggs
Mashed Potatoes
Fruit Salad

Breakfast Casserole
Blintzes

V8 Juice

Snack in a bag

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