



Home Journal

January 15, 2021

Got Hope?

This week, the Powerball Lottery had a sizable jackpot. I was feeling lucky, so I played, and won! It may have only been \$ 4.00, but I still won. It is fair to say, the lottery and I are not good friends. To many of us, the lottery is a glorious, puzzling mystery, promising a real chance at being a gazillionaire. The odds are infinitesimal, but none-the-less real. The prospect appeals to people across all socio-economic boundaries, enticing every man woman and child. But in my lottery fantasy, where I spend brief moments... okay, maybe longer than brief moments, I think about what it would be like to receive that boxcar check, I hope for it. Hope is a choice and, there is value in hope alone.

“The very least you can do in your life is figure out what you hope for, and the most you can do is live inside that hope. Not admire it from a distance but live right in it, under its roof.”— **Barbara Kingsolver, Author**

For the lottery, pandemic and the nail-biting election an appropriate four-letter word for a sign of the times is hope. I know, I know, it feels increasingly elusive but you can think of hope as PPE— Personal Protective Equipment. It seems the very best reaction for the moment. We need to feel whatever we feel, but realize we are not alone. **The silver lining is, we are all united, literally, all in this together.** The power of hope and community is experienced right here at Lake Forest. A true attestation to the character of our community is seeing residents looking out for one another, offering to run errands or pick up groceries or medications. Also, we can keep our hopes inside, safe from harm, and bring them to mind whenever we like. The key is to discern, when we hope and when we expect—and when to let go of both. And if it doesn't happen, we can still hold space for it in our hearts. This choice, all by itself, has value. So, when it comes to the lottery and the pandemic, it comes down to hope and a little luck! **“You gotta be in it, to win it”!! so, who's in??**

Speaking of hope, meet our newest Lake Forest family member, “Hope Duso Springs Eternal”, Polly Lokey's granddaughter!!



Jesse is on call
January 15th

Our Lake Forest Website
www.onlakeforest.org

www.facebook.com/LakeForestSeniorCommunity

Activities: Week of January 18 - January 24, 2021

Monday, January 18

11am Exercise
12pm Soup & Salad
1pm Pool
1pm Pinochle
2pm Coloring Therapy
3pm Themed Book Club

Tuesday, January 19

10am Save a Lot/Aldi/
Hannaford
10am Toenails by Jana Lee
2pm Cookie Delivery

Wednesday, January 20

11am Exercise
11am Toenails by Jana Lee
12pm Soup & Salad
1pm Penny Poker
1pm Scrabble
3pm Personal Storytelling

Thursday, January 21

9am Pancake Breakfast
9:30am Shuffleboard
10:30am Mexican Train
11am Chair Yoga *New*
1pm Hearts
1pm Mah Jongg
2pm Surprise Treat
3pm Wii Bowling

Friday, January 22

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

Saturday, January 23

6:45pm Movie Night:
Miracle of the White Stallions,
Part 1

Sunday, January 24

12:30pm Brunch



January Birthdays

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



**PLEASE
READ
BELOW**

Natasha is back to doing Baked Goods of the Week. This week's special is Havarti Sage Babka: Glorious Sage Butter and creamy Danish cheese join forces in this savory entry into babka.

Please let Natasha know if you would like a loaf for \$4.



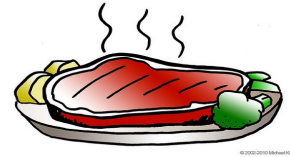
**On Saturday, January 16th at 6:45pm–
Greyhound**

In a thrilling story inspired by actual events from the Battle of the Atlantic, Tom Hanks stars as a first-time captain who leads a convoy of allied ships carrying thousands of soldiers across the treacherous waters of the “Black Pit” to the front lines of WW2.

Running time: 1 hour and 31 minutes



Menu Details



New Menu Items

No Bake Cookie – Sugar friendly chocolate oat cookie.

Tandoori Chicken – Dark chicken meat marinated with cumin, coriander, cardamom, paprika and baked.

Kasha Pilaf – Buckwheat with caramelized veggies. Full of flavor and great for diabetics.

Pizza Buffet – The pizza choices are: 1) Cheese, 2) Pepperoni, 3) Meat Lover's, 4) Supreme. Please write down your choice, including how many slices.

Italian Love Cake – This is a chocolate cake with ricotta cheese in it, topped with chocolate, whipped frosting.

Gateau Breton – A classic French butter cake, rich in butter with a dense, tender crumb and apricot filling.

Dear Residents,

As you may know, the COVID-19 vaccine is now being distributed. There appears to be confusion and ambiguity regarding the availability and outreach efforts to inoculate NY State residents. Several local pharmacies are now making appointments for the inoculation. Since we do not fall under the auspice of NYS Dept. of Health, we are taking all necessary steps to coordinate with the State and local pharmacies to ensure residents will be vaccinated. Below is a list of agencies we have been in contact with:

- Dept. of Public Health (state and local levels)
- Local pharmacies and their corporate offices
- Local representatives: Gary Douglas – Chamber of Commerce & D. Billy Jones - NYS Assemblyman

New York State will distribute the COVID-19 vaccine in phases based on need and risk. Once we receive greater clarity, we will share that information with you, our residents. A special thanks to Melanie and Victoria for their advocacy and commitment to ensuring Lake Forest is on their radar. Remember: We are Lake Forest-Strong and will get through this together!

*We were just informed Friday morning, that a new COVID-19 vaccine clinic is expected to open in the near future on the base. Please go to the website below, if interested, to see if you're eligible. Once you put your info in, it will prompt you to schedule an appointment. If you can't get through, please continue to try for the next couple of days, as the site is most likely overloaded with inquiries. If you do not have a computer, or your family cannot help you access the site, please see Mel or Vicki on Monday.

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

Reminder– Please stop by the office to update your emergency contact info. Thank you!

Week of January 25, 2020

Turn into Kitchen by Wednesday, January 20

Name _____ Circle the Main Meal and the Sides You Like

Monday – January 25 (5:30 PM)

Grilled Kielbasa
OR
Roasted Chicken (Dark or White)

Italian Wedding Soup
Kasha Pilaf
Fried Cabbage
Cookies OR

V8 Juice
Fresh Bread
Roasted Squash
Poached Pears

Tuesday - January 26 (5:30 PM)

Beef Meatloaf w/Gravy
OR
Poached Haddock

Deviled Egg Plate
Mashed Potatoes
Roasted Carrots
Rice Pudding OR

V8 Juice
Angel Biscuits
Peas
SF Raspberry Jello

Wednesday – January 27 (5:30 PM)

Ham Potato Casserole
OR
Pizza Buffet (write kind & #slices)

Chicken Vegetable Soup
Salad
Broccoli
Canadian Sugar Pie OR

V8 Juice
Wheat bread
SF Pudding

Thursday - January 28 (5:30 PM)

Tandoori Chicken
OR
Grilled Cheese Tomato Sandwich

Tomato Soup
Rice
Three Bean Salad
Banana Cake OR

V8 Juice
Dinner Roll
Spinach
NSA Ice Cream

Friday – January 29 (5:30 PM)

Lasagna
OR
Seafood Newburg

Vegetable Salad
Garlic Bread
Cauliflower
Italian Love Cake OR

V8 Juice
Zucchini
Fruit Bowl

Saturday – January 30 (5:30 PM)

Lamb Stew
OR
Turkey Salad Cold Plate

Greens Fruit Nut Salad
Italian Bread
Yellow Squash
Gateau Breton OR

V8 Juice
Brussels Sprouts
Orange Yogurt Whip

Sunday – January 31 (12:30 PM - Brunch)

Cinnamon Buns
Waffles
Fruit
Bacon
Stuffed Pork Loin
Cake

Garden Salad
Fried Eggs
Mashed Potatoes
Scrambled Eggs

V8 Juice

Snack in a Bag

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