



# Forest



**Home Journal**

**November 20 2020**

Dear Residents,

Given the continued struggle to get COVID-19 under control regionally and nationally, and manage its effect on our Lake Forest Community, we have decided to temporarily restrict activities at Lake Forest effective: **Monday, November 23, 2020**. What this means to you is the following:

- All residents will be required to wear masks, use hand hygiene, and maintain six-foot social distancing, whenever possible in the common areas.
  - There will be no visitors allowed in our facility other than the following:
    - o Visiting Nurses
    - o Health Aides and Caregivers
    - o The main dining room will now be closed. All meals will be delivered to your apartments, this includes Thanksgiving, Christmas and the Annual Dinner.
    - o Transportation to and from appointments will continue.
    - o Grocery shopping by resident assistants will resume throughout this period. Shopping will occur on Monday and Tuesday mornings. Please relay your lists to the front office including the amount/size and brand of each item.
    - o The mail carrier will continue to place mail in your mailboxes.
- Communal activities will cease for the time-being, with the exception of any resident driven activities based off of people's comfort level.

As you can imagine, this is a very difficult decision. Our hearts are heavy considering the impact to you, our residents and your families that we love serving. This is especially difficult during the holiday season. As we move to colder weather, it adds to the complications and uncertainty. For our Community to make it through this extended pandemic, we need to strengthen our resolve and this can only happen by our vigilance and commitment to keeping everyone safe.

It is our cherished hope that when the clouds begin to lift, we will be able to open our facility. We want to thank all of you for your patience, understanding, and support.

I can be reached by e-mail at: [jeffreyb@onlakeforest.org](mailto:jeffreyb@onlakeforest.org)

Please stay healthy and safe – We are here for you!

**Vicki is on call  
November 23rd**

**Our Lake Forest Website  
[www.onlakeforest.org](http://www.onlakeforest.org)**

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

## Activities: Week of November 23 – November 29, 2020

### Monday, November 23

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

### Tuesday, November 24

10am Kinney's

### Wednesday, November 25

11am Exercise  
12pm Soup & Salad  
1pm Penny Poker  
1pm Scrabble  
2pm Surprise Treat  
3pm Personal Storytelling

### Thursday, November 26

9:30am Shuffleboard  
10:30am Mexican Train  
1pm Hearts (Library)  
2pm Thanksgiving Meal  
1pm Mah Jongg  
3pm Wii Bowling

**Happy Thanksgiving!**  
**\*Office Closed\***

### Friday, November 27

10am Yando's  
11am Exercise  
12pm Soup & Salad  
1pm Bridge  
1:30pm Trivia  
3pm Happy Hour

### Saturday, November 28

6:45pm Movie Night:  
Casablanca, Part

### Sunday, November 29

12:30pm Brunch



### November Birthdays

7– Ellie G.                      10– Lillian K.  
14– Edgar C.                    17– Lou M.  
23– Polly L.



As the holiday season is upon us, Natasha will be making holiday pies and other baking goods to order. Please let her know if you would like any goodies.

Apple Pie- \$10

Pumpkin Pie: \$8

Pecan Pie: \$10

Assorted Dozen Cookies: \$10

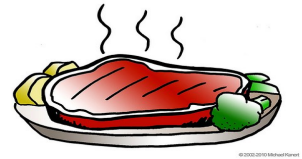


**PLEASE  
READ  
BELOW**

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 Thanksgiving, the kitchen will start with their service at 1:30pm. On Sundays, they will begin deliveries at 12:10pm. Thank you!



# Menu Details



## New Menu Items

Grilled Pastrami Sandwich – Grilled with rye bread, swiss cheese and sweet onion marmalade.

Tabouli Salad – Mediterranean cuisine. Made with bulgar wheat, cucumbers, tomatoes, parsley, olives and onion.

Indian Pudding – Baked custard pudding made with cornmeal, milk, eggs and sweetened with molasses.

Canadian Meat Pie – Also known as Tourtiere, is a French-Canadian meat pie made from a combination of ground pork and beef, onions, savory seasonings, baked in a traditional pie crust.

Cod au Gratin – A classic and comforting dish originating in Newfoundland, baked slowly in creamy sauce and topped with grated cheese.

Noodle Kugel – A traditional Jewish baked casserole. It's a mixture of noodles, eggs, sour cream, cottage cheese and raisins.

Stewed Beans – Stewed Black Eyed Peas.

Fairy Tale Cake – White layered cake with butter cream and chocolate frosting.

## The Resident Council Christmas/Holiday Gift Fund

Whatever its name, it is a once a year fundraiser we hold to thank the Lake Forest staff for all they do for us all year long. If you wish to show your appreciation to the employees who work here, this is the way to say thank you.

The first monies collected are distributed to **all** the staff according to the number of hours and employee has worked, (although with a cap at the top part-time employee). (Note: Dawn, our Lake Forest accountant, is not included in this, because she's a consultant. We do put together a gift basket for her though. Melanie is also in this category, so we will include her in this group of contractual workers. Since we'll presumably have a new Executive Director by early December, we'll try to make a similar gift basket for her/him.

A specially marked box for donations will be in the administrator's office from Thursday, November 12th until Tuesday, December 1st. You may leave cash or a check in the box. If you contribute by check, please make it payable to **Lake Forest Resident Council**.

Money received after that first date of December 1st will still be distributed in a second round, **but it's then given equally and only to part time employees**. Because we could not hold a meeting this year regarding this activity, if you have any questions, please contact Emily S.

# Resident News & Announcements



I've learned that some residents didn't realize we would be giving Kevin a sort of goodbye sendoff Wednesday night, with cards that had been gathered in the Main House, and the check that was voted upon by everybody. So I thought if maybe they could see the small speech I gave to him last night, it might be helpful. (And the only reason I was asked to make the presentation was I don't mind public speaking.) But on behalf of everyone, I offer apologies for those who felt left out--the lack of communication was purely unintentional.

The "in appreciation" speech given to Kevin:

Wednesday, November 18, 2020

Kevin, we wanted to say thank you for your time here. When you came 5 years ago in August of 2015, we had been through a rather tumultuous time, and you brought some calm and stability and affability to our residential group as a whole. (You also managed in time to bring back a lake view for many! Thank you!)

I have here some cards and well-wishes for you that were mainly gathered here in the "Big House" as it's sometimes referred to, (and since I came here from Ossining NY, I can smile at that).

But as you know, the duplexes, especially now that we've grown by a good 50%, are always a bit harder to contact as a group, so I'm afraid I don't have a similar **group** card for you from them.

However, what I do have, though it's from the entire Lake Forest Community—Big House residents *and* duplexers—is something we all had to vote upon. (Normally we might have had a Resident Council meeting and voted, but in this time of Covid, that wasn't possible.)

But in my going around to the duplexes, delivering the ballots, everyone cheerfully received me knocking on their doors—and no one said, "Who? Who's this for again?"

All the ballots I received back were yesses, so there you go for the duplexes, and the congregate residents' ballots were also a resounding yes. Here I want to thank Emily for taking on the job of delivering and then receiving those ballots.

So, enclosed in this Thanksgiving card . . . (well, I didn't have time to search for a "Best Wishes in-your- new-chapter-of-life-we-hope-you'll-be-very-happy" AND WE HOPE YOU'LL MISS US card) is, again, something from all of us via the Resident Council. (DON'T MISPLACE IT!)

I'll close with the words on this Thanksgiving card, because they do seem appropriate:

"A season of sharing . . . a time for giving thanks . . .

Wishing a beautiful, meaningful Thanksgiving to you and those you love."

Thank you again.

*[The Resident Council treasurer gave a check to Kevin on behalf of the LF residents.]*

Parting words from Kevin.....

Hello, Everyone.....

I want to thank everyone for the kind words, well wishes, and thoughtful Resident Council gift that I have received over the past couple of weeks. Your combined sentiments have meant a great deal to me as I embark on this new journey. I have gleaned an insurmountable amount of knowledge from your wisdom and experiences. It has been a pleasure to serve you as we continuously evolved as a community. The Lake Forest community will continue evolving as the past influences the new while creating its own path.

I also want to thank my (now former) colleagues. I have been truly blessed with a team of people who prove their dedication, creativity, and compassion every single day. I learned from each of you as well and am so very thankful for our time together.

Lastly, I want to thank the Board of Directors. Lake Forest is fortunate to have these individuals who truly identify with the mission and work hard to provide their experiences and knowledge to help guide for a continued successful organization.

Be happy, healthy, and be well.

~ Kevin



Week of November 30, 2020

Turn into Kitchen by Wednesday, November 25

Name: \_\_\_\_\_

Circle the Main Meal and the Sides You Like

Monday – November 30 (5:30 PM)

Pork Chop w/Chutney

OR

Cottage Cheese w/Fruit Cold Plate  
O

Chicken Vegetable Soup

Stewed Beans

Zucchini

Sweet Potato Pie OR

V8 Juice

Dinner Roll

Spinach

SF Orange Jell-

Tuesday – December 1 (5:30 PM)

Cheese Ravioli w/Meat Sauce

OR

Vegetable Frittata

Soup Du Jour

Garlic Bread

Side Salad

Fudgy Cranberry Pie OR

V8 Juice

Broccoli

Indian Pudding

Wednesday – December 2 (5:30 PM)

Chicken Kabob

OR

Grilled Pastrami Sandwich

Spinach Pie

Wild Rice Pilaf

Tabouli Salad

Tiramisu OR

V8 Juice

Wheat Bread

Brussels Sprouts

Peaches & Cream

Thursday – December 3 (5:30 PM)

*\*\*\* Annual Anniversary Dinner \*\*\**

Prime Rib

OR

Baked Salmon

Shrimp Cocktail

Mashed Potatoes

Roasted Carrots

Fairy Tale Cake OR

V8 Juice

Parker Rolls

Green Beans

Fruit Fanfare

Friday – December 4 (5:30 PM)

Italian Meatloaf

OR

Cod au Gratin

Vegetable Salad

Mashed Potatoes

Stewed Tomatoes

Texas Sheet Cake OR

V8 Juice

Wheat Bread

Peas

Fresh Fruit

Saturday – December 5 (5:30 PM)

Boiled Ham Dinner

OR

Braised Chicken(Dark or White)

Soup Du Jour

Boiled Potatoes

Cabbage

Cookies OR

V8 Juice

Dinner Roll

Salad

Sherbet

Sunday – December 6 (12:30 PM – Brunch)

Noodle Kugel

Bacon

Chicken Scaloppini

Cake

Scrambled Eggs

Mashed Potatoes

Fruit

Greens & Vegetables Salad

Coffee Cake

Broccoli

V8 Juice

Snack in a bag

Week of November 30, 2020

Turn into Kitchen by Wednesday, November 25

Name: \_\_\_\_\_

Circle the Main Meal and the Sides You Like

Monday – November 30 (5:30 PM)

Pork Chop w/Chutney

OR

Cottage Cheese w/Fruit Cold Plate  
O

Chicken Vegetable Soup

Stewed Beans

Zucchini

Sweet Potato Pie OR

V8 Juice

Dinner Roll

Spinach

SF Orange Jell-

Tuesday – December 1 (5:30 PM)

Cheese Ravioli w/Meat Sauce

OR

Vegetable Frittata

Soup Du Jour

Garlic Bread

Side Salad

Fudgy Cranberry Pie OR

V8 Juice

Broccoli

Indian Pudding

Wednesday – December 2 (5:30 PM)

Chicken Kabob

OR

Grilled Pastrami Sandwich

Spinach Pie

Wild Rice Pilaf

Tabouli Salad

Tiramisu OR

V8 Juice

Wheat Bread

Brussels Sprouts

Peaches & Cream

Thursday – December 3 (5:30 PM)

Prime Rib

OR

Baked Salmon

*\*\*\* Annual Anniversary Dinner \*\*\**

Shrimp Cocktail

Mashed Potatoes

Roasted Carrots

Fairy Tale Cake OR

V8 Juice

Parker Rolls

Green Beans

Fruit Fanfare

Friday – December 4 (5:30 PM)

Italian Meatloaf

OR

Cod au Gratin

Vegetable Salad

Mashed Potatoes

Stewed Tomatoes

Texas Sheet Cake OR

V8 Juice

Wheat Bread

Peas

Fresh Fruit

Saturday – December 5 (5:30 PM)

Boiled Ham Dinner

OR

Braised Chicken(Dark or White)

Soup Du Jour

Boiled Potatoes

Cabbage

Cookies OR

V8 Juice

Dinner Roll

Salad

Sherbet

Sunday – December 6 (12:30 PM – Brunch)

Noodle Kugel

Bacon

Scrambled Eggs

Coffee Cake

Chicken Scaloppini

Mashed Potatoes

Broccoli

Cake

Fruit

V8 Juice

Snack in a bag