

BROOKSIDE CHATTER

Brookside Buzz

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Issue May 6th, 2024 **Editor: Karla Searl**



Tom and Nancy Knapp on May 11th.

What's New This Week

Monday, May 6th

10:00 am...Tops Grocery Shopping and Banking
2:00 pm... Bingo

Tuesday, May 7th

8:30 am... Resident Coffee Hour
9:45 am... Walmart Shopping
2:00 pm...Kinney's Shopping

Wednesday, May 8th

10:00 am... Ride to Respite Café
2:00 pm...Shopping at Marshalls
7:00 pm... Euchre

Thursday, May 9th

9:45 am...Tops Grocery Shopping and Banking
2:00 pm... Baily Wix Music Performance

Friday, May 10th

9:00 am... Exercise Class (Stronger Seniors)
10:00 am...Exercise Class (Stronger Seniors -Strength Training)
2:30 pm...Mother /Daughter Tea



Mother's hold their children's hands for a short time, but their hearts forever.
- Unknown-

On call this week – - If you are in need of assistance from **5:15 pm to 7 am**, call 315 -376-4333. You will reach our answering service, and they will direct your call. In case of an emergency, push your emergency button or dial 911.

ADIRONDACK MENNONITE RETIREMENT COMMUNITY, INC. **MISSION STATEMENT**

Adirondack Mennonite Retirement Community seeks to share God's love by providing for the older adult, a home and lifestyle that are independent and dignified, secure and sheltering, purposeful and fulfilling, creative and enriched, all within the framework of our Christian heritage. To that end, we will strive to be visionary in our recognition of needs and compassionate in our approach to services.

Monday May 6th is National Nurses Day! They are on the front lined every day. Nurses often work long thankless shifts on their feet the whole time. Today we take a moment to appreciate that are there for us when we are most vulnerable.

Tuesday May 7th is National Teacher's Day! Knowledge is power and teachers are the purveyors of knowledge. They take on so much and get paid very little. Today is the day to give thanks to all of the great teachers in the world.

Wednesday May 8th is Reward Yourself Day! Give yourself the recognition that you deserve. Treat yourself to some pampering. Poor a hot bath, get a hair cut, go for a hike or indulge in your favorite treat.

Thursday May 9th is Lost Sock Day! Losing one sock of a perfectly matched pair is a wide-spread phenomenon. If it's your favorite pair you will hold out until it appears back in your life. Organize your sock drawer today and reunite as many as you can for a sock reunion.

Friday May 10th Fintastic Friday! This holiday celebrates and promotes conservation of sharks, ray, skate fish and sawfish. These important predators play a critical role in maintaining biodiversity in the ocean to balance our ecosystem.

Saturday May 11th is National Dog Mom Day! We love, shelter, and connect with these loyal creatures. Take a long walk, make some puppy treats or just get extra cuddles today.

Sunday May 12th is Mother's Day! Moms never have a day off or receive handsome salaries for doing the most important job in the world. This day provides a special opportunity to show all moms some appreciation.




Brookside Senior Living Community Activities Calendar For the Week of May 6th, 2024

MONDAY May 6th	9:00 AM...Exercise Class (Stronger Seniors, Class Exercises) 10:00 AM...Exercise Class (Strength Improvement w/Betty Switks) 10:00 AM...Tops Grocery Shopping and Banking 2:00 PM... Bingo	  
TUESDAY May 7th	8:30 AM...Resident Coffee Hour 9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell) 9:45 AM...Walmart Shopping 2:00 PM...Kinney's, ride along or bring list to Karla 7:00 PM ... Golf Night	   
WEDNESDAY May 8th	9:00 AM...Exercise Class (Stronger Seniors Chair Exercises) 10:00 AM...Exercise Class (Easy Does it w/Craig Maracci) 10:00 AM... Ride to Respite Cafe 1:00 PM...Pinochle 2:00 PM... Shopping at Marshalls 7:00 PM... Euchre	  
THURSDAY May 9th	Beauty Salon...Call 315-523-5048 for an appointment 9:45 AM...Tops Grocery Shopping and Banking 10:30 AM...Rosary in the 200 Wing Lounge 2:00 PM...Baily Wix Music Performance 7:00 PM... Dominos	  
FRIDAY May 10th	Beauty Salon...Call 315-523-5048 for an appointment 9:00 AM...Exercise Class (Stronger Seniors) 10:00 AM...Exercise Class (Stronger Seniors Strength Training) 2:30 PM...Mother/ Daughter Tea Party	 
SATURDAY May 11th	3:00 PM...Social Hour	
SUNDAY May 12th	10:15 AM...Deacon Ken Seymour's Catholic Communion in the parlor 11:00 AM...Rev. Evan Zehr's Service, in the activity room 7:00 PM...Golf	 

Brookside Dinner Menu

For the Week of May 6th, 2024

The alternate entrée choice for the week is: BLT Salad w/ a Roll . Dressing selections are on the tables.

MONDAY- 5/6	TUESDAY- 5/7	WEDNESDAY- 5/8	THURSDAY- 5/9
<p>Bacon Egg and Cheese Biscuit Bake Or Cold Plate (w/ Ham Salad on a bed of lettuce, w/ Cheese, Crackers, Muffin & Berries.)</p> <p>Applesauce Jell-O Salad Or Applesauce Or Cottage Cheese</p> <p>Cauliflower Corn</p> <p>Chewy Coconut Brownie Bar Or Pineapple</p>	<p>Beef Stir Fry over Rice Or Creamy Chicken Breast</p> <p>Mandarin Orange Tossed Salad Or Applesauce Or Cottage Cheese</p> <p>Fried Cabbage Rice</p> <p>Peanut Butter Pie Or Peaches</p>	<p>Pulled Pork on a Bun Or Turkey Club Salad</p> <p>Antipasto Salad Or Applesauce Or Cottage Cheese</p> <p>Salt Potatoes Baked Beans</p> <p>Watermelon Or Chocolate Chip Cookies</p>	<p>Spaghetti w/ Sausage Or Chicken Pot Pie</p> <p>Broccoli Salad Or Applesauce Or Cottage Cheese</p> <p>Squash Fresh Veggies</p> <p>Lemon Bar Or Pears</p>
FRIDAY- 5/10	SATURDAY- 5/11	SUNDAY- 5/12	<i>Enjoy Your Meals!</i>
<p>Fish Sandwich w/ French Fries Or Creamy Beef and Shells</p> <p>Coleslaw Applesauce or Cottage Cheese</p> <p>Waxed Beans Buttered Beets</p> <p>Ice Cream Bar Or Mangos</p>	<p>Roast Beef Or Chicken Patty Sandwich w/ Lettuce & Tomato</p> <p>Fruit Salad or Applesauce or Cottage Cheese</p> <p>Baked Potato w/ SC Green Beans Mixed Veggies</p> <p>Chocolate Pudding Or Mandarin Oranges</p>	<p>Roasted Turkey w/ Stuffing & Cranberry Sauce Or Baked Ham</p> <p>Spring Mix Salad or Applesauce Or Cottage Cheese</p> <p>Mashed Potatoes w/ Gravy Glazed Carrots Corn Casserole</p> <p>Happy Mother's Day</p> <p>Strawberry Shortcake Or Grapefruit</p>	<p><i>Substitutions available for special dietary needs. See the cook in advance for any special needs.</i></p> <p><i>Choose <u>one entrée</u>, <u>one salad</u>, <u>one dessert</u> and as many other sides as desired. Bread is on the tables.</i></p> 

Mother/ Daughter Tea– The Brookside Mother/ Daughter Tea will be held on Friday May 10th 2024 at 2:30 pm. Invitations were mailed out to family members. Finger Foods will be served. We look forward to everyone gathering together for this very special occasion. Anyone interested in attending needs to RSVP by Monday, May 6th.

Resident Coffee Hour Menu– Ham, Egg and Cheese on a Bagel

Garden Space– It's that time of year again for gardening! If you would like to reserve a section in the Brookside garden, get ahold of Quintin Roggie by May 15th. He will help you reserve a spot.

Monday, May 6th At 10:00 am we will be going to Tops for shopping and banking. Ride along or bring a list to Karla. At 2:00 pm we will have Bingo in the activity room.

Tuesday, May 7th, At 8:30 am, we are having Resident Coffee Hour. At 9:45 am we will go to Walmart. Ride along or bring list to Karla. At 2:00pm we will be going to Kinney's. Ride along or bring a list to Karla.

Wednesday, May 8th , At 10:00 am We will transport Residents to the Respite Café. At 2:00 pm we will be going to Marshalls. At 7:00 pm Euchre will be held in the activity room.

Thursday, May 9th, At 9:45 am we will be going to Tops Grocery Store. Ride along or bring a list to Karla. At 2:00 pm , Baily Wix will be in the activity room for a music performance.

Friday, May 10th, At 9:00 am (Stronger Seniors -strength and balance) Exercise Class will be in the activity room. At 10:00 am (Stronger Seniors -stretching) Class will be held in the activity room. At 2:30 pm, Brookside is having the Mother /Daughter Tea for everyone that reserved a seat.

Plan Ahead, Mark Your Calendar... Monday, May 13th... Friends of God
Tuesday, May 14th ... Resident Council Meeting
Wednesday, May 15th... Peg Nuspliger and Chorus

Welcome to Allen's Alley

I think it's time for a global disaster plan.

Why haven't we developed that yet, when disaster strikes, would go into operating hours, not days. It would be a plan that could get large numbers of field hospitals into the air immediately. It would be a plan that could move victims out of areas devastated by water, earthquakes, fire and yes...even nuclear fallout. It would provide sufficient professionals and volunteers in numbers needed to quell anarchy, looting and the threat to victims of further danger. It would be a plan that would focus ALL resources of the world when they are needed. There would be no waiting for countries, agencies, organizations and presidents to get their plan together.

The best people with the most experience should be put to work globally to brainstorm all possibilities and contingencies. The plan would be available to everyone. Everywhere, anytime and the cost would be spread over ALL of us possessing the greatest ability to pay and ready to cover the costs.

I'm tired of looking into the faces of distraught people waiting for help to come.