

# BROOKSIDE CHATTER

**Brookside Buzz**

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**Issue: March 23, 2020**

**Editor: Sherry Turck**



Elveira Roggie & Jim Heidt on Tuesday, March 24th and Pearl Zehr Sunday, March 29th



No Anniversaries this week!

## What's New This Week

### Monday, March 23rd

2:00 pm...Bingo **CANCELLED**

6:30 pm..."Down Home" **CANCELLED**

7:00 pm...Euchre **CANCELLED**

### Tuesday, March 24th

9:30 am...Knitting **CANCELLED**

7:00 pm...Golf **CANCELLED**

### Wednesday, March 25th

8:00 am - 3:00 pm...Test Your Lifenet System

2:00 pm...Monthly Birthday Party **CANCELLED**

### Thursday, March 26th

9-11:00 am...Knitting **CANCELLED**

9:00 am...Trip to Watertown **CANCELLED**

You will find as you look back upon your life that the moments when you have truly lived are the moments when you have done things in the spirit of love. -Henry Drummond-

An effort made for the happiness of others lifts us above ourselves. - Lydia Child-

### **On call this week – Mervin Roggie**

If you are in need of assistance from 7 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.*

Due to the Coronavirus... most things have to be cancelled. We are sorry about this, but it is for your protection to keep you safe. We will return to normal as soon as we are able. **If anyone has any of our trays from the kitchen, would you please return them. They are needed for the daily deliveries.**

March 23rd, the Quote for the day is: "I wandered lonely as a cloud that floats on high o'er vales and hills, when all at once I saw a crowd, a host, of golden daffodils; beside the lake, beneath the trees, fluttering and dancing in the breeze.

March 24th, is "National Chocolate Covered Raisins Day." We will enjoy some at dinner. Also on this day, in 1943, Rogers and Hammerstein's musical "Oklahoma opened on Broadway.

March 25th, is "Little Red Wagon Day". This day is sponsored by Radio Flyer, maker of little red wagons. I think we all had a little red wagon when we were young. They were so much fun.

March 26th, is "Make Up Your Own Holiday Day!" We all could use an extra holiday, so go ahead and make your own holiday.


March 28th, is "National Black Forest Cake Day." We will have some for dessert at dinner.

Have a Great Week!

# Key Activities



## Brookside Senior Living Community Activities Calendar For the Week of March 23, 2020

<b>MONDAY</b> <b>March 23rd</b>	9:45 AM...Exercise Class (under 10 people) 10:25 AM...Tops Grocery/Bank 2:00 PM...Bingo <b>CANCELLED</b> 6:30 PM... “Down Home” <b>CANCELLED</b> 7:00 PM...Euchre <b>CANCELLED</b>	
<b>TUESDAY</b> <b>March 24th</b>	9:30 AM...Knitting <b>CANCELLED</b> 1:00 PM...Pitch <b>CANCELLED</b> 2:00 PM...Kinney’s <b>CANCELLED</b> 2:30 - 4:00 PM...Wellness Clinic 7:00 PM...Golf <b>CANCELLED</b>	
<b>WEDNESDAY</b> <b>March 25th</b>	9:45 AM...Exercise Class (under 10 people) 10:25 AM... Walmart <b>CANCELLED</b> 1:00 PM... Pinochle <b>CANCELLED</b>	
<b>THURSDAY</b> <b>March 26th</b>	<b>Beauty Salon OPEN.... 7 am-12 noon CANCELLED</b> 9:00 AM... Trip to Watertown <b>CANCELLED</b> 9 - 11:00 AM...Knitting <b>CANCELLED</b> 9:45 AM...Breathing Exercises <b>CANCELLED</b> 10:30 AM... Rosary <b>CANCELLED</b> 1:00 PM... Bridge <b>CANCELLED</b> 7:00 PM...Dominoes <b>CANCELLED</b>	
<b>FRIDAY</b> <b>March 27th</b>	<b>Beauty Salon OPEN...3:30 pm - 7 pm CANCELLED</b> 9:45 AM...Exercise Class (under 10 people) 10:25 AM...Tops Grocery/Bank <b>CANCELLED</b> 1:00 PM...Wii Bowling <b>CANCELLED</b>	
<b>SATURDAY</b> <b>March 28th</b>	3:00 PM...Social Hour <b>CANCELLED</b>	
<b>SUNDAY</b> <b>March 29th</b>	If you need a ride to Church, please let us know in advance <b>CANCELLED</b> 7:00 PM...Golf <b>CANCELLED</b>	



# Brookside Dinner Menu

For the Week of March 23, 2020

Alternate choices for the week are: Alternate 1. Tuna Salad Sandwich or Alternate 2. Chicken Breast Dressing Selections are on the tables.

MONDAY- 3/23	TUESDAY- 3/24	WEDNESDAY- 3/25	THURSDAY- 3/26
Chicken Broccoli Alfredo over Noodles or Salisbury Steak w/Noodles  Parmesan Salad Cottage Cheese Applesauce  Fresh Veggies w/Dressing Wax Beans  Coffee Cake or Banana	Stuffed Shells w/Sausage or Pork Chops w/Baked Potato  Mixed Veggie Salad Cottage Cheese Applesauce  Prince Edward Veggies  Lemon Bars or Pineapple	Ranch Burger w/LTO on Bun or No Bun or Taco Salad w/Sour Cream & Salsa  Fruit Salad Cottage Cheese Applesauce  French Fries Mandarin Blend Veggies  Vanilla Pudding or Strawberries	Chicken Divan or Spinach & Bacon Quiche  Strawberry Spinach Salad Cottage Cheese Applesauce  Hash Brown Potatoes Carrots Cauliflower  Texas Brownie or Mixed Fruit  <b>National Spinach Day!</b>
FRIDAY- 3/27	SATURDAY- 3/28	SUNDAY- 3/29	<i>Enjoy Your Meals!</i>
Tortellini Veg. Soup w/Ham Salad Sandwich or Battered Haddock w/Tartar Sauce  Coleslaw Cottage Cheese Applesauce  Turnip Broccoli  Butter Pecan Ice Cream or Tropical Fruit	Open Faced Hot Turkey Sandwich or BBQ Ribs  Layered Lettuce Salad Cottage Cheese Applesauce  Harvard Beets Summer Blend Veggies  Black Forest Cake or Apricots  <b>National Black Forest Cake Day!</b>	Roast Beef w/Horseradish Sauce or Seasoned Pork Roast  Tossed Salad Cottage Cheese Applesauce  Mashed Potatoes w/Gravy Buttered Squash Succotash  Key Lime Pie or Grapes	<i>Bread or rolls are served daily.</i>  <i>Substitutions available for special dietary needs. See the cook in advance for any special needs.</i>  <i>Choose <u>one entrée</u> and <u>one dessert</u> and as many sides as desired.</i>

## Residents' Corner

Betty Pleskach passed away on Saturday, March 14th. Please keep her family in your prayers. We have no word on arrangements. Ilona Schaefer's address is LCGH 2nd Floor Nursing Home, RM- 227, 7785 N. State St. Lowville, NY 13367. If you'd like to send her a card. Address for Pearl Farney is: Sunset Nursing Home, C-50 232 Academy St. Boonville, NY 13309

LCGH Auxiliary is again taking pre orders for their geranium sale. They are pink, white & red geraniums, plus sage, dill, parsley, basil & oregano. The cost is \$3.25 per pot. Orders must be in and paid for by May 4th. They will be delivered May 18th to the front office.

Sorry for all the cancellations, but it is for your own protection. We will resume whatever we can as time permits. We will continue to take you to medical appointments only and go to Tops & Bank on Mondays for the time being, or until situations change.

**Plan Ahead, Mark Your Calendar...** Monday, March 23rd, "Down Home" to entertain **CANCELLED**  
Wednesday, March 25th, monthly birthday party **CANCELLED**  
Thursday, March 26th, trip to Watertown **CANCELLED**  
Tuesday, March 31st, monthly resident supper **CANCELLED**  
Wednesday, April 1st, monthly resident coffee hour **CANCELLED**  
Friday, April 3rd, movie & popcorn **CANCELLED**  
Mon. - Thurs, Apr. 6-9, Ecumenical Holy Week Services **CANCELLED**  
Monday, April 20th, "Down Home" to entertain  
Tuesday, April 21st, trip to Pioneer Café for breakfast (sign up)  
Tuesday, April 28th, monthly resident supper  
Thursday, April 30th, monthly birthday party  
Tuesday, May 5, monthly resident coffee hour  
Wednesday, May 13th, trip to Utica  
Monday, May 18th, "Down Home" to Entertain  
Tuesday, May 26th, monthly resident supper  
Thursday, May 28th, monthly birthday party

### The Other Ten Commandments....

1. **Thou shall not worry needlessly about mistakes.** You aren't unworthy or incapable just because you made some mistakes. Remember that mistakes are necessary for growth.
2. **Thou shall not control things.** Remain open-minded and don't worry if things don't go as expected.
3. **Thou shall not blame others.** Don't make others responsible for your happiness. You are in control of your happiness, and you can choose to make the day a positive one.
4. **Thou shall not worry.** Don't worry about the things that you can't change or have no control over. Have faith that storms never last long and tomorrow will be brighter.
5. **Thou shall never surrender.** You must try to climb that hill even when it seems too steep. No matter how difficult the task seems, it's better to try than to wonder if you could have succeeded.
6. **Thou shall grow.** Never think that you have to stay where you are in life. Every new day offers an opportunity for change.
7. **Thou shall not judge others harshly.** Try to accept other people for who they are. Just because someone is different from you, doesn't mean they are inferior. Everyone was created in God's image.
8. **Thou shall not fret over other's opinions.** Not everyone will like you, and some people will criticize you, but you must not feel unworthy. You need no one's approval to be you.
9. **Thou shall not doubt your ability.** You should always have faith in yourself. Refuse to give the negative voice in your head an audience.
10. **Thou shall not fix the world.** It's good to help others, but remember that you can't fix everyone's problems.

Written by: Bobette Bryan

### A Bit of Humor.... (We need a laugh)

A man had been waiting in the outer office to see the doctor. Suddenly an elderly woman charged out of the doctor's office and ran screaming down the hall. "What's wrong? The man asked" "I told her she was pregnant," the doctor replied. "But surely that isn't true, is it?" "No," replied the doctor, "but it sure cured her hiccups."