

BROOKSIDE CHATTER

Brookside Buzz

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Issue: September 20, 2021

Editor: Sherry Turck



Jenn Samson on Tuesday, September 21st, Dorrance Martin & Cassandra Post on Thursday, September 23rd, and Bella Krop on Friday, September 24th
Wayne & Carol Fuller on Wednesday, September 22nd



What's New This Week

Monday, September 20th

9:00 am...Tops Grocery Shopping

10:00 am...Bank



Tuesday, September 21st

8:00 am...Walmart Shopping (must wear mask in van)

7:00 PM...Golf



Wednesday, September 22nd "Fall Begins"



Thursday, September 23rd

7:00 am...Tops Shopping for Seniors



Sunday, September 26th

11:00 am...Evan Zehr Service (in activity room)

11:00 am...Catholic Communion Service (in parlor)



Let ALL bitterness, wrath, anger, clamor and evil speaking, be put away from you, with all malice. -Paul the Apostle-

At the end of each and every day, let there be NO Excuses, NO Explanations, and NO Regrets. - Dr. Steve Maraboli-

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.

With the changes from CDC, we will be starting up some of our activities again. Not all things will resume. Watch your Chatter activity page. Masks are to be worn indoors at all times. Doors are all unlocked during the day. Visitors & caregivers will continue to sign in wear a mask and take their temperature. Any questions, contact the office to talk to Jenn or Janine.

September 21st, is the 40th anniversary of "International Day of Peace." This day is sponsored by the United Nations. Peace is always welcome everywhere. The Quote of the day is: "Gratitude takes three forms: a feeling in the heart, an expression in words, and a giving in return."
-Anonymous-

September 22nd, is "National Centenarians Day." This day is to recognize and honor people who are 100 years or older. We don't have any here at the present time. This is also the first day of Fall.

















September 24th, is "Innergize Day." This day is held annually the day after autumn begins, and the goal is for people to set aside time for themselves to do what they want to do.

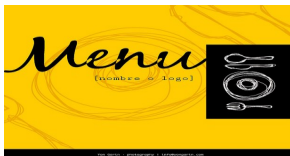
September 25th, is the 20th Annual National Women's Health & Fitness Day. This day's purpose is to promote the value of physical activity and wellness of women.

Have a Great & **Safe** Week!



Brookside Senior Living Community Activities Calendar For the Week of September 20, 2021

<p>MONDAY September 20th</p>	<p>9:00 AM...Tops Grocery Shopping (wear mask) 9:45 AM...Exercise Class (wear mask) 2:00 PM...Bingo (wear mask) 3:00 PM...Bring Walmart list and bag to the office by 3:00 pm for shopping tomorrow morning 7:00 PM...Euchre (wear mask)</p>	  
<p>TUESDAY September 21st</p>	<p>8:00 AM...Walmart (wear mask) 9:45 AM...Exercise Class (New DVD, Grow Young Fitness) (wear mask) 1:00 PM...Pitch (wear mask) 2:00 PM...Kinney's, ride along or bring list (wear mask, in van) 2:30 - 4:00 PM...Wellness Clinic 7:00 PM...Golf (wear mask)</p>	   
<p>WEDNESDAY September 22nd</p>	<p>"Happy 1st day of Fall" 9:45 AM...Exercise Class (wear mask) Bring Tops Grocery list and bag to the office before 10:00 AM. 1:00 PM...Pinochle (wear mask)</p>	  
<p>THURSDAY September 23rd</p>	<p>Beauty Salon Open...call 315-523-5048 for appointment 7:00 AM...Tops Senior Shopping (wear mask) 9:00 AM...Quilts (wear mask) 9:45 AM...Breathing Exercises w/B. Niblett (wear mask) 10:30 AM...Rosary in the 200 Wing Lounge (wear mask) 7:00 PM...Dominoes (wear mask)</p>	  
<p>FRIDAY September 24th</p>	<p>Beauty Salon Open...call 315-523-5048 for appointment 9:45 AM...Exercise Class (wear mask)</p>	
<p>SATURDAY September 25th</p>	<p>3:00 PM...Social Hour</p>	
<p>SUNDAY September 26th</p>	<p>11:00 AM...Rev. Evan Zehr Service, in the activity room (wear mask) 11:00 AM...Catholic Communion with Deacon Ken S. in the parlor (wear mask) 7:00 PM...Golf (wear mask)</p>	



Brookside Dinner Menu

For the Week of September 20, 2021

Alternate choices for the week are: Alt.1 Chicken Salad Sandwich w/Chips or Alt. 2 Egg Salad Sandwich w/Chips. Salad Dressing selections are on the tables.

MONDAY- 9/20	TUESDAY- 9/21	WEDNESDAY- 9/22	THURSDAY- 9/23
<p>Salisbury Steak or Sausage & Apple Quiche</p> <p>Pear Salad or Applesauce or Cottage Cheese</p> <p>Hash Browns Stir Fry Veggies</p> <p>Pumpkin Caramel Cake or Pears</p>	<p>Creamy Ham & Broccoli Casserole or Baked Pork Chop w/ Applesauce</p> <p>Carrot Raisin Salad or Applesauce or Cottage Cheese</p> <p>Buttered Noodles Mixed Veggies</p> <p>Peanut Butter Lasagna or Mandarin Oranges</p>	<p>Chicken Pot Pie w/Biscuit Topping or Baked Ziti</p> <p>Cottage Cheese w/ Peaches or Applesauce or Cottage Cheese</p> <p>Green Beans Corn</p> <p>Ice Cream Sandwich or Apricots</p> <p>Garlic Bread on Tables!</p>	<p>Chicken Patty w/ Lettuce & Tomato on Bun or No Bun or Philly Cheesesteak Lasagna</p> <p>Tossed Salad or Applesauce or Cottage Cheese</p> <p>Baked Apples Broccoli</p> <p>Raspberry Bars or Grapefruit</p>
FRIDAY- 9/24	SATURDAY- 9/25	SUNDAY- 9/26	<i>Enjoy Your Meals!</i>
<p>Pepperoni Pizza or Lemon Pepper Fish w/ Tartar Sauce</p> <p>Coleslaw or Applesauce or Cottage Cheese</p> <p>Fried Potatoes California Blend</p> <p>Banana Cake w/Cream Cheese Frosting or Peaches</p>	<p>Roast Turkey Breast or Baked Ham</p> <p>Pistachio Pudding Salad or Applesauce or Cottage Cheese</p> <p>Mashed Potatoes Winter Squash Green Bean Casserole</p> <p>Vanilla Pudding w/Fresh Raspberries or Mangos</p>	<p>Lamb w/Mint Jelly or Roast Beef w/Horseradish Sauce</p> <p>Tossed Salad or Applesauce or Cottage Cheese</p> <p>Buttered Noodles w/Gravy Cauliflower Peas</p> <p>Pumpkin Pie or Pineapple</p>	<p><i>Bread or rolls are served daily.</i></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.</i></p>

Residents' Corner

Please note on your phone directory Harold Chartrand's phone number. It is 315-874-4175.

If you **do not** get your Watertown Daily Times in your mail, you will have to call the Times office and let them know. The number is **315-782-1012**. They cannot give any information to Brookside, as we are not on your account.

There is a plastic bag container located in the activity room for you to put your plastic bags, wraps, and other plastic items in. There is a sign on the container telling what is acceptable.

Monday, September 20th, at 9:00 am, Tops grocery shopping. After shopping, at 10:00, I will do the banking. Bring Walmart list to office before 3:00 pm, for Tuesday's pick up. At 2:00 pm, we will be playing Bingo in the activity room.

Tuesday, September 21st, at 8:00 am, Walmart shopping, ride along, or bring list and bag to the office. **At 2:00 pm**, we will go to Kinney's, ride along or bring your list and bag to the office. (must wear mask in van) **From 2:30 pm - 4:00 pm**, the wellness clinic will be in the beauty salon.

Thursday, September 23rd at 7:00 am, Tops Shopping for Seniors Only. Please have your list and bag to the office by 10:00 am on Wednesday. **At 9:00 am**, if you'd like to tie Quilts, join the ladies in the activity room. (must wear mask) **At 9:45 am**, Bob Niblett will be here to do his breathing exercise class. Must wear mask.

Plan Ahead, Mark Your Calendar...
Tuesday, September 28th, Resident Supper (please sign up)
Wednesday, September 29th, monthly Birthday Party
Tuesday, October 5th, Resident Coffee Hour
Wednesday, October 6th, Leaf Peeping Tour
Thursday, October 14th, Flu Clinic
Thursday, October 14th, Watertown Hearing
Wednesday, October 20th, Trip to Burrville Cider Mill
Tuesday, October 26th, Resident Supper
Friday, October 29th, Monthly Birthday/Halloween Party

Recognize the Blessing...

Two old friends met each other on the street one day. One looked forlorn, almost on the verge of tears. His friend asked, "What has the world done to you, my old friend?" The sad fellow said, "Let me tell you. Three weeks ago, my uncle died and left me forty thousand dollars." "That's a lot of money." I said. "But you see, two weeks ago a cousin I never even knew, died, and left me eighty-five thousand dollars, free and clear." "Sounds to me like you've been very blessed." "You don't understand!" he interrupted. "Last week my great aunt passed away. I inherited almost a quarter of a million dollars from her." Now the man's friend was really confused. "Then why do you look so glum?" "This week?... I got nothing!"

That's a problem with receiving something on a regular basis. Even if it is a gift, we eventually come to expect it. The natural tendency is that if we receive a gift long enough, we come to view it almost as an entitlement. We feel hurt, even angry, if we don't receive it any longer. It is the same way with the blessings God gives us every day. I don't deserve my comfortable home that I live in, the beautiful scenery around me, the clean water I drink. But after receiving these gifts (and a multitude of others) for years, I sometimes fail to be grateful. I've come to expect these good things. And when one of them is removed for a short time (like water or electricity or internet going down), I get upset. Let's make an effort today to recognize the blessings we've come to take for granted. **Focus on what we have rather than on what we don't have, and see if it improves our attitudes.**

Truth...

The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our ruts and start searching for different ways or truer answers. -M. Scott Peck-

How Important are You?

If you could only sense how important you are to the lives of those you meet, how important you can be to the people you may never even dream of. There is something of yourself that you leave at every meeting with another person. -Fred Rogers-