

BROOKSIDE CHATTER

Brookside Buzz

5701 Brookside Circle, Lowville, New York, 13367

Office Telephone: 315-376-4333

Website: www.brooksideseniorliving.org

Email: brooksideseniorliving.org

Issue July 14th, 2025 Editor: Karla Searl

Larry Thesier and Rosanna Moser on July 19th and Barb Nortz on July 20th

Carl and Nancy Schubach on July 15th

Monday, July 14th

10:00am... Tops Grocery Shopping and Banking

2:00 pm ...Bingo

Tuesday, July 15th

9:35 am...Walmart Shopping

2:00 pm...Shopping at Nolt's

Wednesday, July 16th

9:45 am...Shuttle service to the Fair

11:30 am...Shuttle Service back for lunch

9:00 am... Exercise Class (Stronger Seniors Chair Exercises)

10:00 am... Exercise Class (Easy Does it w/ Craig Maracci)

2:00 pm...Late Shuttle back from Fair

7:00 pm...Crystal Light

Thursday, July 17th

9:35 am....Tops Shopping and Banking

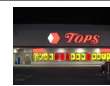
7:00 am...Dominoes

Friday, July 18th

9:00 am.... Exercise Class (Stronger Seniors)

10:00 am... Exercise Class

2:00 pm...Aaron Karppala



Summertime is always the best of what might be.
-Charles Bowden-

On call this week – Quintin Roggie- 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, July 14th, is National Be Nice to Bugs Day! Insects pollinate plants, help to disperse seeds and help to maintain soil structure while cycling nutrients. So be nice!

Tuesday, July 15th, is National Give Something Away Day! Even though giving is a selfless act, the reward goes both ways. You can get rid of clutter and also show someone you care!

Wednesday, July 16th, is Fresh Spinach Day! Improving your bone health and lowering your risk for cancer are just a few benefits of adding fresh spinach into your diet routine.

Thursday, July 17th, is Global Hug Your Kids Day! Celebrate the bond between parents and children. Hugging is a simple act promoting comfort, reassurance and love.

Friday, July 18th, is Perfect Family Day! Although the definition may differ from one family to another, love, respect, trust and understanding are some key ingredients in families that can handle their problems together.

Saturday, July 19th, is National Urban Beekeeping Day! This holiday raises awareness about supporting bee keeping. Bee farmers have a lot of work to do to keep their bee farms running smoothly.

Sunday, July 20th, is National Ice Cream Day! Finally! A holiday that we can all get behind! Lets celebrate by eating our favorite kind of ice cream.





Brookside Senior Living Community

Activities Calendar

For the Week of July 14th, 2025

MONDAY July 14th	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 <div style="float: right;">   </div>
TUESDAY July 15th	9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell) 9:35 AM...Walmart Shopping 2:00 PM... Shopping at Nolt's 7:00 PM...Golf <div style="float: right;">   </div>
WEDNESDAY July 16th	9:00 AM...Exercise Class (Stronger Seniors Chair Exercise) 9:45 AM...Shuttle Service for The Fair 10:00 AM.. Exercise Class (Easy Does it w/ Craig Maracci) 11:30 AM...Shuttle Service back for lunch 1:00 PM.. Pinochle 2:00 PM...Late Shuttle back from Fair 7:30 PM.... Crystle Light Chorus <div style="float: right;">    </div>
THURSDAY July 17th	Beauty Salon...Call 315-523-5048 for an appointment 9:35 PM... Tops Shopping and Banking 10:30 PM...Rosary 7:00PM....Dominoes <div style="float: right;">   </div>
FRIDAY July 18th	Beauty Salon...Call 315-523-5048 for an appointment 9:00 AM...Exercise Class (Stronger Seniors) 10:00 AM...Exercise Class (Stronger Seniors, Stretch DVD w/Anne Pringle Burnell) 2:00 PM... Aaron Karppala 7:00 PM...Euchre <div style="float: right;">   </div>
SATURDAY July 19th	3:00 PM...Social Hour <div style="float: right;">  </div>
SUNDAY July 20th	11:00 AM...Rev. Evan Zehr's Service in the activity room. 2:00 PM... Tom Yousey will conduct the Catholic service. 7:00 PM...Golf <div style="float: right;">  </div>

Brookside Dinner Menu

For the Week of July 14th, , 2025

Alternate choice for this week is: Turkey Club Tossed Salad .

MONDAY– 7/14	TUESDAY– 7/15	WEDNESDAY– 7/16	THURSDAY– 7/17
<p>Sausage & Gravy over Biscuits Or Cold Plate(Ham Salad, Crackers, Cheese, Grapes & Muffin)</p> <p>Broccoli Salad Applesauce Or Cottage Cheese</p> <p>Sweet Potato Mixed Veggies</p> <p>Peanut Butter Cookie Lasagna Or Pears</p>	<p>Baked Ziti Or Honey Garlic Chicken w/ Buttered Noodles</p> <p>Waldorf Salad Applesauce Or Cottage Cheese</p> <p>Peas Cauliflower</p> <p>Chocolate Chip Cookies Or Peaches</p>	<p>Grilled Marinated Steak</p> <p>Red, White & Blue Salad Applesauce Cottage Cheese</p> <p><i>Anniversary Dinner!</i></p> <p>Mashed Potatoes w/ Gravy Corn Green Beans w/ Almonds</p> <p>Cupcake Or Grapes</p>	<p>Ham & Cabbage Stew w/ Red Lobster Biscuit Or Chili Meatloaf & Potato Casserole</p> <p>Applesauce Jell-O Salad Applesauce or Cottage Cheese</p> <p>California Blend Wax Beans</p> <p>Ice Cream Bars Or Mixed Fruit</p>
FRIDAY– 7/18	SATURDAY– 7/19	SUNDAY– 7/20	<i>Enjoy Your Meals!</i>
<p>Fried Haddock w/ Tartar Sauce Or Italian Subs</p> <p>Coleslaw Applesauce Or Cottage Cheese</p> <p>Corn Casserole French Fries Zucchini</p> <p>Rice Krispy Treat Or Apricots</p>	<p>Ham w/ Maple Glaze & Rice Pilaf Or Pesto Chicken W/ Tortellini</p> <p>Fruit Salad Applesauce or Cottage Cheese</p> <p>Spinach Beets</p> <p>Banana Pudding Or Mandarin Oranges</p>	<p>Baked Salmon Or Turkey W/ Stuffing</p> <p>Tossed Salad Applesauce Or Cottage Cheese</p> <p>Mashed Potatoes w/ Gravy Glazed Carrots Brussel Sprouts</p> <p>Fresh Blueberry Pie 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 table at your request.</i></p>

Residents' Corner

Lowville Village Band– There will be concerts in Lowville Memorial Park featuring the Lowville Village Band. They will be on July 9th, July 23rd, and July 30th from 5:00 pm-8:00pm. The Moose Knuckles food truck will be there from 5:30pm-8:30pm.

Trip to Constable Hall–On Monday, July 28th @ 2:30pm, Brookside is going to Constable Hall for a tour. The sign-up sheet is posted next to the office.

Bingo rescheduled– The normal Bingo game that would be on Monday the 28th of July has been rescheduled to Wednesday July 30th at 2:00 pm.

Trip to the Farmer's Market– Brookside is planning a trip to the Lyons Falls Farmers 'Market on July 22nd @ 1:45pm.. There is a sign-up sheet next to the main office.

Nolt's Rescheduled– On Tuesday, July 22nd, Brookside will be going to The Lyon's Falls Farmers' Market instead of Nolt's. The trip to Nolt's will be rescheduled for the following day, Wednesday, July 23rd at 2:15.

Beauty Salon News–Terri Stocking, the Brookside Hairdresser, will be off on two separate weeks in August. The first week will be from August 11th– August 16th and her second week off will be on August 25th– August 30th.

Plan Ahead, Mark Your Calendar... Monday, July 21st...Down Home
Tuesday, July 22nd... Lyons Falls Farmers' Market
Monday, July 28th...Constable Hall

Welcome to Allen's Alley

If talking is so important, why is it so hard?

I'd like to talk about a subject this week that is seldom a topic of conversation. I'd like to talk about end of life options. It's a subject that few, if any, 20-30– year-olds consider. When I was 20 I just thought life would go on forever. As I aged and watched others age, I began to witness friends and relatives struggling with health problems. And, as the years passed, I noticed the loss of folks who were or had been close to me.

As a youngster, I remember grumping when some event, like Christmas or a vacation, was over, and my mother would always remind me that "Every good time must end." Today, as I approach the last quarter of my life, her words still echo in my reverie, but now her wisdom carries new meaning. I remember her talks. They were good talks, bad talks, talks to fill in blank spaces, talks that express love and hurt and every other emotion. I can play back conversations from those talks.- There was much advice in our family conversations. But her reminding me of "the good times ending", has taken on new meaning as I grow older.

Some topics are much easier to talk (and write) about than others. Even families who dive right in to discussions of religion, politics and money can find themselves mute when someone brings up a topic we all need to consider. Many find they are uncomfortable when pushed to consider how they feel about options having to do with our care around the end of life. What do we want? What are we worried about? Who will decide for us if we can not make decisions on our own?

Let me be clear here- - - We're talking about raising the issue of dying. It's not easy talk for any of us, whether we are senior citizens or the children of senior citizens. But there are many opportunities and ways to raise the issue. Once you realize how many "conversation triggers" there are in daily life, you will be ready to start your own conversation. Starting is the most important part. Too often, these conversations don't take place until there is no time left for an honest discussion, reflection and planning.

Having these conversations, "before a crisis" is not only much easier, it is much more valuable. If you can begin to talk about the end of life while people are still healthy, you will have made significant contribution to your family, and you will discover important information for yourself. Understanding family includes understanding hopes and fears around illness and dying. Conversations before a crisis help a family cope with inevitable loss. Preparing for death helps those who live on, most of all.

Talk is the single most important thing that a family and friends can do to prepare for the end of life of someone they love. Often difficult to discuss, it can be amazingly rich. Learning, insight and love are possible to the last breath, and beyond. Talking about this time makes a rich ending more likely.