

BROOKSIDE CHATTER

Brookside Buzz

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Issue May 26th, 2025 Editor: Karla Searl



Kathy Crowther on May 28th, Daniel Benedict and Loretta Lehman on May 29th



George and Wendy Laribee on May 26th

Monday, May 26th

Office Closed

Happy Memorial Day!

Tuesday, May 27th

9:35 am... Walmart Shopping

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

Wednesday, May 28th

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

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

2:00 pm... Rebecca Minor

Thursday, May 29th

9:35 am... Tops Shopping and Banking

7:00 am... Dominoes

2:30 pm... Resident Birthday Party

Friday, May 30th

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

10:00 am... Exercise Class

2:00 pm... Ride To Miller's Meat Market

7:00 pm... Euchre



May we never forget that freedom isn't Free.

- Major Bill Paxton

On call this week – Mervin 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, May 26th, is Memorial Day! Raise your flags. This holiday is steeped in somber American history, honoring those who died while fighting in the U.S. Armed Forces.

Tuesday, May 27th, is National Sunscreen Day! This skin-cautious holiday puts the spotlight on the advantages of using sunscreen. The skin is the largest organ in the human body. Protect it from damage, cancer and aging.

Wednesday, May 28th, is Whooping Crane Day! This awesome bird known for its graceful courtship dance, is considered to be among the oldest species on earth. They mate for life.

Thursday, May 29th is National Learn About Composting Day! This method of recycling organic waste is one of the foundations of sustainable farming. Composting saves resources and, because of its high nutrient content, it adds to soil stability.

Friday, May 30th, is World Multiple Sclerosis Day! This holiday is a celebration of hope, support and empathy...a day to shed light on this disease and the charity funding events that support M.S. research.

Saturday, May 31st is National Save Your Hearing Day! This is a day to remind us all that hearing loss can sometimes be prevented by adopting lifestyle habits that protect our ears from the loud noises that ruin our hearing capacity.

Sunday, June 1st is National Heimlich Maneuver Day! Before the invention of these lifesaving abdominal thrusts by Dr. Heimlich in 1974, more than 3000 people in the U.S. died each year of choking incidents. This lifesaving tool was specifically designed so that anyone can do it.



Brookside Senior Living Community Activities Calendar For the Week of May 26th, 2025

MONDAY May 26th	<p style="text-align: center;">Office Closed Happy Memorial Day!</p>   <p>7:00 PM...Dominoes</p>
TUESDAY May 27th	<p>9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell)</p> <p>9:35 AM...Walmart Shopping</p> <p>2:00 PM... Shopping at Nolt's</p> <p>7:00 PM...Golf</p>   
WEDNESDAY May 28th	<p>9:00 AM...Exercise Class (Stronger Seniors Chair Exercise)</p> <p>10:00 AM.. Exercise Class (Easy Does it w/ Craig Maracci)</p> <p>1:00 PM.. Pinochle</p> <p>2:00 PM...Rebecca Minor</p> <p>7:00PM...Euchre</p>    
THURSDAY May 29th	<p>Beauty Salon...Call 315-523-5048 for an appointment</p> <p>9:35 PM... Tops Shopping and Banking</p> <p>10:30 PM...Rosary</p> <p>2:30 PM...Resident Birthday Party</p> <p>7:00PM....Dominoes</p>   
FRIDAY May 30th	<p>Beauty Salon...Call 315-523-5048 for an appointment</p> <p>9:00 AM...Exercise Class (Stronger Seniors)</p> <p>10:00 AM...Exercise Class (Stronger Seniors, Stretch DVD w/Anne Pringle Burnell)</p> <p>2:00 PM...Ride to Miller's Meat Market</p> <p>7:00 PM...Euchre</p>  
SATURDAY May 31st	<p>3:00 PM...Social Hour</p> 
SUNDAY June 1st	<p>11:00 AM...Rev. Evan Zehr's Service in the activity room.</p> <p>2:00 pm...Tom Yousey will conduct the Catholic Service</p> <p>7:00 pm...Golf</p> 

Brookside Dinner Menu

For the Week of May 26th, 2025

Alternate choice for this week is: Turkey Salad Sandwich w/ Chips and a Pickle.

MONDAY– 5/26	TUESDAY– 5/27	WEDNESDAY– 5/28	THURSDAY– 5/29
Hot Dog on a Bun Or Hamburger w/ LTO Fluff Fruit Salad Applesauce Or Cottage Cheese Baked Beans Macaroni Salad Happy Memorial Day! Biscoff Cupcake Or Watermelon	Oven BBQ Chicken Or Seafood Alfredo over Pasta Mandarin Orange Tossed Salad Applesauce Or Cottage Cheese Seasoned Fries Brussel Sprouts Roasted Zucchini Peanut Butter Cup Dump Cake Or Apricots	Honey BBQ Beef Tacos Or Grilled Ham w/ Baked Potato & Sour Cream Strawberry Spinach Salad Applesauce Cottage Cheese Mixed Veggies Wax Beans Butterscotch Pudding Or Pineapple	Creamy Garlic Butter Parmesan Chicken Or Supreme Pizza Fruit Salad Applesauce or Cottage Cheese Summer Blend Veggies Broccoli Chef's Choice Ice Cream Or Pears
FRIDAY– 5/30	SATURDAY– 5/31	SUNDAY– 4/1	Enjoy Your Meals!
Southern Fried Shrimp w/ Fries Or Meatloaf Coleslaw Applesauce Or Cottage Cheese French Fries Beets Green Beans Coconut Custard Marshmallow Bars Or Fruit Cocktail	Sauerkraut & Kielbasa Or Dill Salmon Cucumber Tomato Salad Applesauce or Cottage Cheese Roasted Acorn Squash Buttered Noodles Corn Assorted Tarts Or Mandarin Oranges	Chicken Cordon Bleu Or Chef's Choice Pork Loin Tossed Salad Applesauce Or Cottage Cheese Mashed Potatoes w/ Gravy Peas & Pearl Onions Cauliflower Apple Pie Or Peaches	<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

Attention Brookside!!- Adirondack Floor Care will be here on Thursday, June 5th to steam clean chairs in the activity room and possibly, clean some of the hallways. Work will begin around 8:00 am. They will return again on June 10th to steam clean the common areas. Please use caution on the days that the common areas are being cleaned, as the floors may be slippery.

Father/ Son Breakfast— The Father-Son Breakfast is on June 14th from 8:30am-9:30 am. Please call or email the office if you plan to attend, by Monday June 9th. Invitations have been sent out to your son(s) and son-in-law(s). They have been asked to R.S.V.P> by Monday June 9th. The buffet style breakfast will consist of pancakes, scrambled eggs, sausage, juice and coffee. We hope to see you there.

Allert!! Missing Resident Council Minutes!! It has been brought to our attention that a deep red colored binder, containing the minutes for our resident council meeting, is missing from the cupboard in the activity room. If anybody knows where the binder is, please return it to the cupboard A.S.A.P.

Catholic Service Announcement.— George Laribee will lead the Catholic church service on June 22nd and June 29th @ 10:00 AM. Please take note of the time change for those weeks.

Lost Key— A key has been found by the side door entering the activity room area and the 400 wing of the congregate building. It has a purple, plastic hook on the key chain. If this key belongs to you, contact Karla.

North Country Library Outreach Department— On Wednesday, June 4th at 2:00 pm, Kathy Van Ness from the North Country Library System would like to come and talk to Brookside about what they can offer you through their outreach system.

Miller's Meat Market- Brookside will go to Miller's Meat Market on Friday, May 30th @ 2:00 pm. We have heard wonderful things about the new store and all the new items for sale! Come check it out! Maybe we can also sneak over to Mary's Dairy and get ice cream!!

Menu for next Resident Coffee Hour—Bagels w/ Assorted Cream Cheese

Plan Ahead, Mark Your Calendar... Tuesday, June 3rd...Resident Coffee Hour
Tuesday, June 3rd...Friends of God

Welcome to Allen's Alley

Life from a bag of seeds.

Have you ever found yourself so busy you talk to yourself ? At least, if not verbally, you maintain a constant mental dialogue. Going to sleep can be a project. Details and decisions of the day remain to be processed. The conversations or chatter in your head can keep you awake for hours. At the end of sleep, when you awake in the morning, your mind is working on the day ahead before your feet hit the floor.

Dr. Wayne Dryer, in his book, "Your Sacred Self," talks about time to focus on the soul and shutting down the "inner Chatter." Call it meditation, if you want, it's a great way to start the day.

If I can get up early enough, I give myself quiet time in the morning. I shut down the dialogue in my head and focus on what is really important.

The late Louis Mihalyi often used to stop by my office to chat. Once, he was telling me how busy he was after he retired from teaching at South Lewis Central.

"Hey, I've got lists upon lists of things I've got to do," he said. "You know I've got these two chairs out by my garden where I can sit and enjoy the quiet.

"In fact," he says, pulling a small pack of bird seed from his pocket, "I carry a bag of these seeds in each of my jacket when I'm out there, I can feed the chickadees. They gather as soon as they see me coming. And I just sit there and while I'm being very quiet, they eat out of my hand."

The late Louis Mihalyi...he sure knew how to live.