

# BROOKSIDE CHATTER

**Brookside Buzz**

5701 Brookside Circle, Lowville, New York, 13367

Office Telephone: 315-376-4333

Website: [www.brooksideseiorliving.org](http://www.brooksideseiorliving.org)

Email: [brooksideseiorliving.org](mailto:brooksideseiorliving.org)

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Editor: Karla Searl

No dates to celebrate this week!

## What's New This Week

### Monday, November 18th

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

2:00 pm ...Bingo

6:30 pm... Down Home

### Tuesday, November 19th

9:35 am... Walmart Shopping

2:00pm... Nolt's Shopping

### Wednesday, November 20th

9:00 am... Exercise Class

10:00 am.. Exercise Class

1:00 pm.. Pinochle

7:30 pm.. Euchre

### Thursday, November 21st

9:35am...Tops Shopping and Banking

7:00 pm...Dominoes

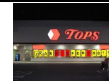
### Friday, November 22nd

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

10:00 am... Exercise Class ( Stronger Seniors– Strength Training)

### Saturday, November 23rd

6:30 pm...Don Henry music performance



Every day is a renewal, every morning the daily miracle. This joy you feel is life.

- Gertrude Stein-

**On call this week – Rob Harper** 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**, November 18th, is Family Volunteer Day! Inspire each other to see that the humble and kind efforts of volunteering for your community, serve a higher purpose, in serving others in need.

**Tuesday**, November 19th, is International Journalists' Day! They are the eyes and the ears of the public. This day was created in memory of the journalists that laid down their lives to give us access to credible news.

**Wednesday**, November 20th, is National Pay Back Your Parents Day! If you're a parent then you know how much love, support and money it takes to raise a family.

**Thursday**, November 21st, is National Gingerbread Cookie Day! Bake a giant batch of these popular spiced cookies to eat and share.

They are delicious and will go perfect with a hot drink.

**Friday**, November 22nd is Humane Society Anniversary Day! This is the world's largest animal protection agency. They strive to promote compassion, protect and rescue animals from cruelty.

**Saturday**, November 23rd, is National Cashew Day! These delicious versatile nuts are packed with protein and essential vitamins and minerals.

**Sunday**, November, 24th, is Flossing Day! Ancient humans used horse hair for dental floss. Lucky for us, we now have floss made from nylon. Oral health is very important.

Have a safe and happy week!



## Brookside Senior Living Community Activities Calendar For the Week of November 18th, 2024

<b>MONDAY</b> <b>November 18th</b>	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 6:30 PM...Down Home	  
<b>TUESDAY</b> <b>November 19th</b>	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 Country Store 7:00 PM ...Golf	  
<b>WEDNESDAY</b> <b>November 20th</b>	9:00 AM...Exercise Class (Stronger Seniors Chair Exercises) 10:00 AM...Exercise Class (Easy Does it w/Craig Maracci) 1:00 PM...Pinochle 7:30 PM.. Euchre	  
<b>THURSDAY</b> <b>November 21st</b>	<b>Beauty Salon...Call 315-523-5048 for an appointment</b> 9:35 AM...Tops Grocery Shopping and Banking 10:30 AM...Rosary in the 200 Wing Lounge 7:00 PM... Dominoes	 
<b>FRIDAY</b> <b>November 22nd</b>	<b>Beauty Salon...Call 315-523-5048 for an appointment</b> 9:00 AM...Exercise Class (Stronger Seniors) 10:00 AM...Exercise Class (Stronger Seniors, Stretch DVD w/Anne Pringle Burnell)	
<b>SATURDAY</b> <b>November 23rd</b>	3:00 PM...Social Hour 6:30 PM... Don Henry Music Performance	
<b>SUNDAY</b> <b>November 24th</b>	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	

# Brookside Dinner Menu

For the Week of November 18th, 2024

Alternate choice for this week is: Beef Barley Soup w/ Egg Salad Sandwich. Dressing is on the table.

MONDAY- 11/18	TUESDAY- 11/19	WEDNESDAY- 11/20	THURSDAY- 11/21
<p>Honey Pepper Chicken Mac &amp; Cheese Or Pineapple Pork Loin w/ Rice Pilaf</p> <p>Fruit Salad Applesauce Or Cottage Cheese</p> <p>Prince Edward Veggie Blend Peas .</p> <p>Coffee Cake Or Fresh Fruit</p>	<p>Scalloped Potatoes w/ Ham Or Taco Salad w/ SC &amp; Salsa</p> <p>Mandarin Orange Jell-O Salad Applesauce Or Cottage Cheese</p> <p>Corn Brussel Sprouts</p> <p>Homemade Cream Puff Or Pears</p>	<p>Olive Garden Chicken Pasta Or Western Egg Quiche w/ Fried Potatoes</p> <p>Tossed Salad Applesauce Cottage Cheese</p> <p>Cauliflower Stewed Tomatoes</p> <p>Andes Mint Cheesecake Or Mixed Fruit</p>	<p>Cowboy Casserole Or Steak Alfredo</p> <p>Apple Salad Applesauce or Cottage Cheese</p> <p>Fresh Veggies w/ Ranch Squash</p> <p>Brownie Sundae Or Fresh Fruit</p>
FRIDAY- 11/22	SATURDAY- 11/23	SUNDAY- 11/24	<i>Enjoy Your Meals!</i>
<p>Battered Haddock Or BBQ Ribs</p> <p>Coleslaw or Applesauce or Cottage Cheese</p> <p>Party Potatoes Buttered Beets Baked Beans</p> <p>Smores Cookie Bar Or Peaches</p>	<p>Breakfast Sliders w/ Hash Browns Or Spanish Rice</p> <p>Raspberry Fluff Salad Applesauce or Cottage Cheese</p> <p>Pineapple Upside-down Cake Or Mandarin Oranges</p>	<p>Lemon Basil Chicken Or Ham w/ Pineapple Rings</p> <p>Spring Mix Salad Applesauce Or Cottage Cheese</p> <p>Mashed Potatoes w/ Gravy Glazed Carrots</p> <p>Pecan Pie Or Citrus Fruit</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

**Attn. Brookside!!!-** There will be an important change on the normal day-to-day activities schedule in the Brookside Chatter. Observations have been made for low turn out for certain activities. This block of time can be allocated to serve other activities and/or specific tasks. The shopping trip to Kinney's on Tuesday at 2:00 pm will be cancelled . In it's place, we will go to Nolt's. This will assure that everyone will continue to shop at Nolt's every week. The original time for our Nolt's trip on Wednesday at 2:00 will be canceled indefinitely. If someone needs an emergency prescription picked up from Kinney's, please contact the office and we will find a way to help. If you have any questions, please contact Karla.

**Monday, November 18th** At 10:00am we will be going to Tops grocery for shopping and banking. Ride along or bring a list to Karla. At 2:00 pm, Bingo will be played in the activity room. At 6:30 pm, Down Home will be in the activity room.

**Tuesday, November 19th,** At 9:35 am we will go to Walmart. Ride along or bring list to Karla. At 1:30 pm, we will have our Resident Council meeting. At 2:00pm we will be going to Nolt's. Ride along or bring a list to Karla.

**Wednesday, November 20th at 7:30 pm,** we have Euchre in the activity room.

**Thursday , November 21st,** At 9:35am we will go to Tops Plaza for Shopping and Banking. Ride along or bring a list to Karla.

**Friday, November 22nd** At 9:00am, we have exercise class w/ ( Stronger Seniors). At 10:00 am we will have exercise class w/ the (Stronger Senior Stretching).

**Saturday, November 23rd,** At 6:30 pm we have Don Henry playing music in the activity room.

**Attn. Brookside-** On December 5th at 10:30 in the activity room, we will have resident CPR and AED training for free. The sign up sheet is by the main office . The deadline to sign up will be on November 27th.

### **Welcome to Allen's Alley**

When you and your doctor talk...

My wife and I recently returned from my semi-annual cancer check. I have no cancer. I was last operated on four years ago. I go for my next check up this summer, and that will be followed by annual check ups after that. I'm a lucky person. I mentioned this piece of information only to encourage others not to put off taking care of yourselves. My wife and I have lost some good friends because they dreaded and put off being checked out. If it's determined you have a problem and you need further consultation with a doctor or a specialist- - - take someone with you.

Thirteen years ago when my doctor told me I had cancer , I went "into shock. "For the next few moments, as he explained my prognosis and treatment I became distracted by fear and terror and found it difficult to catch-up with his conversation. Fortunately for me , my wife and daughter were there. Days later, as my treatment began to unfold, I had questions they could answer. They had better recollections of that critical visit with the doctor and exactly what he had said.

Being told by a physician that you are sick can be a frightening experience. It can be a great help, at times like this, to have your spouse, another family member or a friend with you. A second person can often focus on what is being discussed.

In past years my wife or I would accompany our aging parents when they had a doctor's appointment. As they grew older and approached the final years of their lives, some of the visits became more critical. We found our parents were often intimidated by medical personnel and sometimes uncomfortable or shy about asking questions. We discovered that once we got home they would have questions that should have been asked during the doctor's visit.

According to the Institute of Medicine, over 90 million people have trouble understanding and using health information. The report says today's complicated nature of medicine is at least part of the problem. Complex procedures, innumerable medications and a cryptic health care delivery system all make understanding the system and interacting with doctors more difficult for the average person.

From experience, I can attest that listening and asking questions is crucial to good medical care- - - listening by the doctor to the patient and listening by the patient to the doctor.

The human body is so complex. So too is the human mind and the human spirit. When it comes to getting good medical care you can't look at one without the others. Too many of us are willing to put the total responsibility of our health on our doctor. Patients need to take responsibility for their health.

I do remember one thing my urologist told me as he finished delivering his "You have cancer" discussion.

" We can fix this," he said. "You take care of your head- - - and I'll take care of your body." And he did.