

BROOKSIDE CHATTER

Brookside Buzz

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Jack Gormley on November 11th

What's New This Week

Monday, November 4th

9:00am... Tops Grocery Shopping and Banking

1:00 pm.. Walking Class

2:00 pm ...Bingo

Tuesday, November 5th

8:30 am... Resident Coffee Hour

9:35 am... Walmart Shopping

2:00pm... Kinney's Shopping

Wednesday, November 6th

1:00 pm... Walking Class

2:00 pm... Shopping at Marshalls

7:30 pm... Crystal Light Mennonite Choir

(Euchre Postponed until Friday)

Thursday, November 7th

9:35am...Tops Shopping and Banking

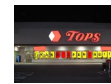
7:00 pm...Dominoes

Friday, November 8th

9:35am... Tops Shopping and Banking

1:00 pm... Walking Class

2:00 pm...Aaron Karppala



"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart." - Helen Keller

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, November 4th, is Job Action Day! This holiday was created to inspire hard workers to fulfill their dreams. Find the job that you are passionate about. Empower yourself or those you love to do whatever it is they want to do.

Tuesday, November 5th, is Election Day! Today we cast our ballots to select public officials from local to national government. We must vote to protect our rights.

Wednesday, November 6th, is National Nachos Day! Crispy tortilla chips smothered in cheese and whatever else you want to top them with. Today is a great day to create the perfect loaded nacho snack.

Thursday, November 7th, Notary Public Day! Today we recognize the important tasks of a notary. They are trusted public officials that sign important documents and attest to the identity of other people signing documents.










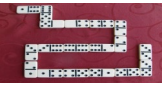





Friday, November 8th, National Parents and Teachers Day! The involvement of parents in the education of their kids is crucial to their development and ability to learn new skills.

Saturday, November 9th, National Escape Chaos Day! It seems like there is no way to escape the day-to-day crazy! Take a nap, go for a walk and give yourself some extra self care. Make the most of these fleeting moments of serenity.

Sunday, November 10th is National Vanilla Cupcake Day! Celebrate the world's first perfect portioned snack cake. Topped with your favorite frosting makes this a perfect treat.




Brookside Senior Living Community Activities Calendar For the Week of November 4th, 2024

<p>MONDAY November 4th</p>	<p>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 1:00 PM...Walking Class 2:00 PM... Bingo</p>	 
<p>TUESDAY November 5th</p>	<p>8:30 AM...Resident Coffee Hour 9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell) 9:35 AM... Walmart Shopping 2:00 PM...Kinney's, ride along or bring list to Karla 7:00 PM ...Golf</p>	  
<p>WEDNESDAY November 6th</p>	<p>8:00 AM-3:00 PM... Test your Life Net System 9:00 AM...Exercise Class (Stronger Seniors Chair Exercises) 10:00 AM...Exercise Class (Easy Does it w/Craig Maracci) 1:00 PM... Walking Class 1:00 PM...Pinochle 2:00 PM... Shopping at Marshalls 7:30 PM... Crystal Light Mennonite Choir</p>	  
<p>THURSDAY November 7th</p>	<p>Beauty Salon...Call 315-523-5048 for an appointment 9:35 AM...Tops Grocery Shopping and Banking 10:30 AM...Rosary in the 200 Wing Lounge 7:00 PM... Dominoes</p>	 
<p>FRIDAY November 8th</p>	<p>Beauty Salon...Call 315-523-5048 for an appointment 9:00 AM...Exercise Class (Stronger Seniors) 9:35 AM... Shopping and Banking at Tops 10:00 AM...Exercise Class (Stronger Seniors, Stretch DVD w/Anne Pringle Burnell) 1:00 PM...Walking Class 2:00 PM...Aaron Karppala Music Performance</p>	  
<p>SATURDAY November 9th</p>	<p>3:00 PM...Social Hour</p>	
<p>SUNDAY November 3rd</p>	<p>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</p>	

Brookside Dinner Menu

For the Week of November 4th, 2024

Alternate choice for this week is : Potato Soup w/ Ham & Cheese Sandwich Dressing is on the table.

MONDAY- 11/4	TUESDAY- 11/5	WEDNESDAY- 11/6	THURSDAY- 11/7
Chicken Alfredo Stuffed Shells Or Beef Pot Pie Honey Crisp Apple Broccoli Salad Applesauce Or Cottage Cheese Beets Broccoli . Salted Caramel Brownies Or Mixed Fruit	Chef Salad w/ Turkey Or Baked French Toast w/ Sausage Strawberry Spinach Salad Applesauce Or Cottage Cheese Baked Apples Fried Potatoes Rice Krispie Treat Or Mangos	Ham Casserole w/ Broccoli and Rice Or Sloppy Joe w/ Coleslaw on a Bun Cinnamon Apple Sauce Or Applesauce Or Cottage Cheese French Fries Lima Beans Corn Banana Pudding Or Pears	Italian Sausage w/ Onions & Peppers on a Roll Or Brown Sugar Glazed Salmon Tossed Salad Applesauce or Cottage Cheese Sweet Potato Curried Cauliflower Brussel Sprouts Death by Chocolate Poke Cake Or Apricots
FRIDAY- 11/8	SATURDAY- 11/9	SUNDAY- 11/10	<i>Enjoy Your Meals!</i>
Shrimp Scampi over Buttered Noodles Or Chicken Cordon Bleu Coleslaw or Applesauce or Cottage Cheese French Style Green Beans w/ Almonds Stewed Tomatoes Buttered Noodles Peanut Butter Lush Or Citrus Fruit	Turkey, Bacon, Swiss Sliders w/ Potato Wedges Or Sweet & Sour Pork over Rice Pilaf Mandarin Orange Fluff Salad Applesauce or Cottage Cheese Carrots Prince Edward Blend Hot Fudge Sundae Or Pineapple	Steak w/ Mushrooms & Onions Or Stuffed Sole Pasta Salad Applesauce Or Cottage Cheese Mashed Potatoes w/ Gravy Corn Casserole Green Beans Cherry Cheesecake Or Mandarin Oranges	<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 tables.</i></p> 

Residents' Corner

Brookside Residents Take Care of Each Other! — October 13th, 2024 at 6:00 pm— I go to the laundry room to check the washers every evening to see that everything is as it should be. One of the washers is sounding strange. I opened the washer to find a photo floating around. I turned off the washer and took the photo out, shook off the water and recognized the person in the photo. The person in the photo was someone in the wing that is gradually losing her eyesight. I took it to her and she laughed so I laughed with her. I know about blindness because I have a precious daughter-in-law who is blind. On October 14th at 6:00 pm, I am eating dinner when I hear a slight knock sound on my door. It was my neighbor Cindy. She came to thank me for returning her picture. She told me how much she loves me and how beautiful my door and my shelf outside always look. Needless to say, this brought tears to my eyes. Thank you Cindy! Now is a good time for me to thank everyone who has helped me since I fell on 7/5/23 and broke a bone in my leg. Also, a couple of months ago when my recliner took a bite out of my other leg, which has not completely healed yet. I am so thankful for all the help to me from everybody here at Brookside. May God bless all of you!

Love, Audrey

Warm Welcome !!– Brookside gives a warm welcome to our new residents, Walter and Maurine Sugrue!

Monday, November 4th 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.

Tuesday, November 5th, At 8:30 am we will have our Resident Coffee Hour in the activity room. At 9:35 am we will go to Walmart. Ride along or bring list to Karla. At 2:00pm we will be going to Kinney's. Ride along or bring a list.

Wednesday, November 6th at 2:00 pm we will go shopping at Marshalls.

Thursday, November 7th, At 9:35am we will go to Tops Plaza for Shopping and Banking.

Friday, November 8th at 9:35 am, We will be going to Tops Grocery Store. At 2:00 pm, Aaron Karppala will be playing music in the activity room.

Resident Coffee Hour Menu for Tuesday....Egg, Ham and Cheese on an English Muffin

Plan Ahead, Mark Your Calendar... Tuesday, November 12th...Resident Council Meeting

Welcome to Allen's Alley

Celebrations of life.

The changing of the seasons is a good time to examine where you've been and where you are going. A legacy letter can do this for you and also be a celebration of life. It is a way to share your values, blessings, life lessons, hopes and dreams for the future, love and forgiveness with your family, friends and community. It's a way to reach out and touch those family members you may have never gotten to know or a conversation you never had a chance to have.

A legacy letter is not a legal document; it does not distribute your material wealth. It is a heartfelt expression of what truly matters most in your life.

Legacy letters are not new. References to this tradition are found in both the Hebrew Bible and the Christian Bible. (Genesis CH. 49, John CH. 15-18) and in other cultures. Today, ethical wills are being written by people at turning points and transitions in their lives and when facing challenging situations. They are usually shared with family and community while the writer is still alive.

Your "celebration of life" may be one of the most cherished and meaningful gifts you can leave your family.

A legacy letter helps us identify what we value most and what we stand for. By articulating what we value now, we can take steps to ensure the continuation of those values for future generations.

We can learn a lot about ourselves in the process of writing an ethical will. It can help us come to terms with our morality by creating something of meaning that will live on after we are gone. Writing a legacy letter can provide a sense of completion in our lives. If we don't tell our stories from whom we come, no one else will, and they will be lost forever. We all want to be remembered, and we all will leave something behind.

Historically, ethical wills have contained blessings, personal spiritual values and burial instructions. Common themes include hopes and blessings for future generations, life lessons, forgiving others and asking forgiveness.

This can be a do-it-yourself project, ask someone to help or look up the website... celebrationoflife.net