

BROOKSIDE CHATTER

Brookside Buzz

5701 Brookside Circle, Lowville, New York, 13367
Office Telephone: 315-376-4333
Website: www.brooksideseniorliving.org
Email: brookside@nnyemail.com
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Connie Kowalchyk on June 30th.

What's New This Week

Monday, June 24th

10:00 am...Tops Grocery Shopping & Banking
1:00 pm... Walking w/ Ease w/ Gwynne Myers
2:00 pm...Bingo

Tuesday, June 25th

9:35 am...Walmart Shopping
2:00 pm... Kinney's
2:30 PM...Aaron Karppala (Live Music)

Wednesday, June 26th

2:00 pm...Nolt's Country Store

Thursday, June 27th

9:35 am...Tops Grocery Shopping and Banking
2:30 pm...Resident Birthday Party

Friday, June 28th

9:00 am...Exercise Class(Stronger Seniors)
1:30 pm... Trip to Hopenhagen Lavender Farm For Ice Cream



A perfect summer day is when the sun is shining, the breeze is blowing , the birds are singing and the lawn mower is broken.

- James Dent-

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.

June 24th is National Upcycling Day! One man's trash is another man's creative project. Give old material a new lease on life.

June 25th is Let's Eat Right Day! This day is celebrated on the birthday of the famous nutritionist Adelle Davis who coined the phrase, "Eat Breakfast like a king, lunch like a prince and dinner like a pauper."

June 26th is National Beautician Day! Your hair dresser and manicurist deserve recognition today! They are dedicated, friendly professionals that make you feel confident about your appearance.

June 27th is National Onion Day! This crisp vegetable complements salads and enhances meals. They are high in vitamin C., full of antioxidants, fight cancer, type 2 diabetes and heart disease.

June 28th is National Insurance Awareness Day! Kinda like a spare tire, insurance is one of those things we forget about until we need it. Set aside some time today to check changing rates to secure the best deal.

June 29th is Hug Holiday! The warm fuzzy feeling you get from a hug is scientific. With each hug your body releases oxytocin. This strengthens our social bonds and mental health.

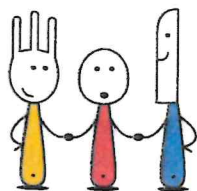
June 30th, is National Camera Day! Celebrate the invention that helps us tell our stories. Spend the day organizing your photo collections or out taking pictures of things that interest you!

Have a safe and happy week



Brookside Senior Living Community Activities Calendar For the Week of June 24, 2024

MONDAY June 24th	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 & Banking 2:00 PM...Bingo	  
TUESDAY June 25th	9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell) 9:35 AM...Walmart 2:00 PM...Kinney's, ride along or bring list to office 2:30 pm... Aaron Karppala (Live Music) 7:00 PM...Game Night	   
WEDNESDAY June 26th	9:00 AM...Exercise Class (Stronger Seniors Chair Exercises) 10:00 AM...Exercise Class (Easy Does it w/Craig Maracci) 10:00 AM.. Ride to Respite Café' 1:00 PM...Pinochle 1:30 pm... Nolt's 7:00 PM...Euchre	  
THURSDAY June 27th	Beauty Salon <u>Open</u>...call 315-523-5048 for appointment 9:35 AM...Tops Grocery Shopping and Banking 10:30 AM... Rosary in the 200 Wing Lounge 2:30 pm...Resident Birthday Party 7:00 PM...Dominoes	  
FRIDAY June 28th	Beauty Salon <u>Open</u>...call 315-523-5048 for appointment 9:00 AM...Exercise Class (Stronger Seniors) 10:00 AM...Exercise Class (Stronger Seniors, Stretch DVD w/Anne Pringle Burnell) 1:30 pm... Trip to Hopenhagen for Lavender Ice Cream	 
SATURDAY June 29th	3:00 PM...Social Hour	
SUNDAY June 30th	11:00 AM...Rev. Evan Zehr's Service, in the activity room 7:00 PM...Golf	



Brookside Dinner Menu

For the Week of June 24, 2024

Alternate choice for the week is: Ham Wrap w/ Chips. Dressing selections are on the tables.

MONDAY- 6/24	TUESDAY- 6/25	WEDNESDAY- 6/26	THURSDAY- 6/27
<p>Honey Baked Chicken or Pulled Pork Sandwich</p> <p>Mixed Veggie Salad or Applesauce or Cottage Cheese</p> <p>Seasoned Potato Wedges Country Blend</p> <p>Fruited Jell-O or Mangos</p>	<p>French Toast w/ Baked Sausage or Beef Stew</p> <p>Cucumber Salad or Applesauce or Cottage Cheese</p> <p>Buttered Beets Wax Beans</p> <p>Watermelon or Lemon Bars</p>	<p>Mac 'n' Cheese or Chef Salad w/ Turkey</p> <p>Broccoli Salad or Applesauce or Cottage Cheese</p> <p>Prince Edward Mix Turnip</p> <p>Vanilla Ice Cream w/ Strawberries or Fresh Fruit</p>	<p>Tomato Soup w/ Ham & Cheese Sandwich or Cold Plate (w/ Egg Salad on a bed of Lettuce, w/ Fresh Veggies, Cheese & Banana Muffin)</p> <p>Grape Salad or Applesauce or Cottage Cheese</p> <p>Peas Fresh Veggies w/ Ranch</p> <p>Chef's Choice Cookie or Mandarin Oranges</p>
FRIDAY- 6/28	SATURDAY- 6/29	SUNDAY- 6/30	<i>Enjoy Your Meals!</i>
<p>Crab Alfredo or Kielbasa w/ Sauerkraut on a Bun</p> <p>Coleslaw or Applesauce or Cottage Cheese</p> <p>Calico Beans Mixed Veggies</p> <p>Molasses Cake or Fresh Fruit</p>	<p>Bacon Wrapped Pork or Mushroom Swiss Chicken</p> <p>Applesauce w/ Cinnamon or Applesauce or Cottage Cheese</p> <p>Mashed Potatoes w/ Gravy</p> <p>Brussels Sprouts Carrots</p> <p>Vanilla Pudding w/ Twix Topping or Pineapple</p>	<p>Meatloaf Stackers or Baked Ham w/ Raisin Sauce</p> <p>Tossed Salad or Applesauce or Cottage Cheese</p> <p>Baked Potato w/ SC</p> <p>Green Beans Corn</p> <p>Blackberry 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 tables.</i></p> 

Residents' Corner

Sign up For Cake Walk– We are planning to have a cake walk at the Brookside Carnival on July 31st. There will be a sign up sheet to anyone interested in making a cake, cupcakes or even cookies for the cake-walk prizes. If there are not enough people willing to make cakes than we will not have a cake walk.

Catholic Service– Ken Seymour is canceling Sunday services until further notice.

Resident Coffee Hour Menu for July 2nd– Sausage and Cheese Breakfast Casserole

Attention To All Euchre-holics – We will be starting a new Euchre tournament on Friday nights at 7:00pm in the activity room beginning Friday, July 5th. To Sign up... Show up!

Memorial Service– There will be a memorial service for David and Jean Puddington, It will be held on Friday June 28th at 1:00 pm at the Lowville Presbyterian church.

Monday, June 24th- At 10:00 am we will be going to Tops for grocery shopping & banking today. Ride along or bring a list to Karla. At 2:00pm we will have Bingo in the activity room.

Tuesday, June 25th- At 9:35 am we will go to Walmart shopping. Ride along or bring list to Karla. **At 2:00 pm**, we will go to Kinney's. Ride along or bring list to Karla.

Wednesday, June 26th– At 10:00 am we will transport Residents to the Respite Café. At 2:00 pm, we will go to Nolt's, ride along or bring list to Karla. At 7:00 pm we will play Euchre.

Thursday, June 27th– At 9:35 am, we will go to Tops for grocery shopping & banking. At 2:30pm we will have the monthly resident Birthday Party!

Friday, June 28th, At 1:30 pm we will ride out to the Hopenhagen Lavender Farm for a taste of lavender ice cream.

Plan Ahead, Mark Your Calendar... Tuesday, July 2nd...Resident Coffee Hour
Wednesday, July 3rd...Peg Nuspliger and Chorus
Tuesday, July 9th... Resident Council

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 sometimes 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 Dyer, in his book, "Your Sacred Self," talks about taking time to focus on the soul and shutting down the "inner chatter." Call it meditation, 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 said, pulling a small pack of bird seed from his pocket, "I carry a bag of these seeds in each of my jackets. That's so 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 Lois Mihalyi... He sure knew how to live.