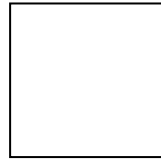


Lake Shore Assisted Living  
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# The Lake Shore Times

May 2012

211 Lake Shore Rd. Lake Ronkonkoma, NY 11779 (631) 585-8800

## Let's Talk Recreation

*There's a lot to celebrate in May; beautiful spring weather, budding flowers, Mother's Day and of course Memorial Day-the unofficial start to the summer of 2012! May has some of the year's most perfect weather for adventure and adventure here we come! Hop aboard the Lake Shore Bus for a winery tour, a day trip to Aqueduct Casino, a weekly sight seeing adventure, a tour of a horse farm, and a picnic with a round of mini golf after. The best things to do at Lake Shore are right at your fingertips, make sure you take advantage of the daily activities you will be glad you did. If there are any activities or trips you would like to see on your monthly recreation calendar please join us for our activity planning meeting which will be held on Thursday, May 3<sup>rd</sup> at 9:15am. Two exciting evening*

*events taking place this month will be our first Karaoke and Banana Split Social which will take place in our courtyard. . Bring your appetites and your voices!! Sure to be a fun evening... Towards the end of the month we will celebrate Memorial Day Weekend with a Kick-off Dance Party taking place on Thursday, May 24<sup>th</sup>. Let the good times roll!!  
Until Next Month,  
Your Recreation Department*

## Employee Spotlight/News

**\*\*Congratulations to Stamos in Lake Shore's Recreation Department for being voted Employee of the Month by the Resident Council. Stamos has been part of the Recreation Team since December 2011. Congrats!!**

## Happy Birthday to You

Eileen B-May 8<sup>th</sup>  
Raymond A-May 18<sup>th</sup>  
Chris G-May 28<sup>th</sup>  
Maria C-May 29<sup>th</sup>

**\*\*\*Employee Summer Fun!! Anyone interested in going to dinner and a show? If so join us on Friday, June 1<sup>st</sup> to see the hit musical "Next To Normal" and dinner in Port Jefferson. Cost is only \$20 per person. Sign up in the Main Office by May 24<sup>th</sup>.**



## Lake Shore's Staff

Steven Marcus-Administrator  
Christine Klein-Administrator  
Lori Brandt-Admissions Coordinator  
Denise Komnick-Bookkeeper  
Bill Klein-Recreation Director  
John Paul Kelly-Wellness Director  
Christopher Grzymala-Head Chef  
Sean Baksh-Maintenance Supervisor  
Donna Feuer-Housekeeping Supervisor

**Karaoke & Banana Split**  
May 3<sup>rd</sup>

**Concert:  
Mostly Broadway**  
May 6<sup>th</sup>

**Trip to Pickle  
Packin Papa**  
May 8<sup>th</sup>

**Happy  
Mother's Day**  
May 13<sup>th</sup>

**Trip to  
Aqueduct  
Casino**  
May 18<sup>th</sup>

**Mini-Golf &  
Picnic**  
May 24<sup>th</sup>

**Memorial Day  
Celebration**  
May 28<sup>th</sup>

**Gateway  
Playhouse  
"Cats"**  
May 30<sup>th</sup>

## Deltiologists Rejoice

Deltiologists everywhere rejoice from May 6-12. It is Postcard Week.

Deltiologists are postcard collectors. This hobby is the third most popular in the world after stamp and coin collecting. The postcard collecting craze reached its height between the years of 1907 and 1913. Luckily, many

antique postcards from this period remain. The most precious cards are often real photographs capturing real places, people, or events. The traditional way to celebrate Postcard Week is to create your own postcard. Be sure to include the words "Postcard Week" and the



date. Create an original work of art or print it on your computer. You can even add your own photograph. No matter how you create a postcard, your recipient is bound to smile when they receive it in the mail.



## Welcome to the Neighborhood

The Lake Shore staff is dedicated to making sure you feel at home. We've had several residents move in this month, and we'd like to extend a special welcome to those folks who are new to our community.

### Lake Shore's New Residents

Rachel D-Room 204  
Rosario D-Room 204  
Julia L-Room 220  
Frank F-Room 222

### New Resident Welcome Tea

Monday May 21<sup>st</sup> at 3:45pm in the 2<sup>nd</sup> Floor Cocktail Lounge. Come discover all about your new home.

### Refer a Friend Program

*Wouldn't you love to have your friends as your neighbors? So would we! And we'll reward you with \$300 off your next monthly payment for recommending Lake Shore. Make sure your friends list you as their referral and you'll see the savings when they join our community. Speak to Lori Brandt or Christine Klein for more information.*

### Notable Quotable

**"When April steps aside for May, Like diamonds all the rain-drops glisten; Fresh violets open every day: To some new bird each hour we listen."**  
~ Lucy Larcom



## Resident of the Month: Phyllis Oelbaum

Over the past 6 years I'm sure you have heard Phyllis Elaine Oelbaum's laughter through the halls of The Lake Shore...

The story of Phyllis begins on December 15<sup>th</sup> 1933 in a small hospital in the Bronx where she was born to parents Bertha & Jerry Oelbaum. Phyllis's mom worked as a dress designer in Austria. When her mother came to New York she continued designing clothes. While working, Phyllis's mom met her soul mate Jerry. Jerry was an elevator man in New York City. Phyllis has an older brother David. David of course was the good child ☺. Phyllis enjoyed growing up in the Bronx. She has many wonderful memories of time spent with her family. One of her favorite childhood memories was going on vacation to the country with her family. She loved to swim and ice skate while in the country.

In school Phyllis's favorite time of day was recess! That's when she was able to spend time outdoors playing sports. Baseball was one of Phyllis's favorite.

Phyllis's first job was a senior clerk for New York City. Phyllis later worked as a bookkeeper in the city hall; there she met President Ronald Reagan.

Phyllis loves listening to Frank Sinatra. She once skipped school to go see Frank Sinatra sing. At the Lake Shore Phyllis can be found participating in all types of activities. Some of her favorite include volleyball, shuffle board, and horse racing. Phyllis also enjoys playing with her favorite pet Benny! You can also find Phyllis pampering herself at Lake Shore's Beauty Parlor. With Phyllis uplifting personality she has made many friends here and is happy to call Lake Shore home!

## Celebrate Mother's Day: Sunday May 13<sup>th</sup>

Mothers are everything for us when we are small...our lives revolve around her. For everything that we need we call mother. For a warm hug and love we look for her. She is the focal point of our lives, the greatest human being in the world or should we say divinity on earth. Mothers Day is the perfect day to celebrate the joys of having a

mother. It is the time to make amends for not being able to spend quality time with her. So turn your wrongs right by making all efforts to give a perfect Mothers Day to your mother. Think about her likes and dislikes about gifts and idea on celebration and act accordingly. Pamper her a little on this special day of hers just as she pampers you all the year round.

Give her a warm hug and a big kiss as you wish her a Happy Mothers Day!

**Sunday May 13<sup>th</sup>** is Mother's Day! At Lake Shore we have planned a special Lunch to celebrate all Mother's. Families are welcome to join us for Cinnamon Rolls and Coffee in the Main Dining Room at 2:30.



## Celebrate Lake Shore's May Birthdays

People born between May 1<sup>st</sup>- 20<sup>th</sup> fall under the sign of Taurus, the Bull. Taurans are practical and determined types who value stability and keep the peace. They are faithful friends and gifted workers who like to use their hands. Those born from May 21<sup>st</sup>- 31<sup>st</sup> are Gemini, the Twins. Gemini are extremely independent and like to experience the world on their own. Full of energy, they are true social butterflies.

**Happy Birthday To:**  
Gerald L-May 2<sup>nd</sup>  
Phyllis W-May 2<sup>nd</sup>  
Antoinette S-May 5<sup>th</sup>  
Robert D-May 7<sup>th</sup>  
James M-May 12<sup>th</sup>

Richard M-May 12<sup>th</sup>  
Bertha S-May 12<sup>th</sup>  
Mary O-May 13<sup>th</sup>  
Henry H-May 18<sup>th</sup>  
Paul S-May 18<sup>th</sup>  
Patricia D-May 20<sup>th</sup>  
Julia L-May 22<sup>nd</sup>  
Wallace D-May 23<sup>rd</sup>  
Etta L-May 24<sup>th</sup>  
Joseph C-May 27<sup>th</sup>

### Show Your Birthday Colors!

**May 1-14 - Blue**  
You are a very creative and artistic person who loves having a fun project to work on. You might not always think highly of yourself, but those around you certainly do - you are charismatic and others enjoy your company.

**May 15-24 - Gold**  
Ever cheerful, you always have a smile on your face. Your outgoing nature makes you fun to be around. You are a very loyal friend, and you have good common sense; you know the difference between right and wrong.

**May 25-31 - Cream**  
Though you have a competitive personality, you don't let it get the best of you or stand in the way of having a good time. You have a warm and friendly way of approaching others, and people find you very easy to trust.

### What's Lucky in May?

**Lucky Color:** Light Green  
**Lucky Day:** Tuesday  
**Lucky Number:** 5  
**Lucky Letter:** "M"  
**Lucky Bird:** Nightingale





### Grandma Glo's Joke Corner:

#### The Italian Secret to a Long Marriage

At St. Peter's Catholic Church in Toronto, they have weekly husbands' marriage seminars. At the session last week, the priest asked Giuseppe, who said he was approaching his 50<sup>th</sup> wedding anniversary, to take a few minutes and share some insight into how he had managed to stay married to the same woman all these years.

Giuseppe replied to the assembled husbands, 'Wella, I've tried to treat her nicea, spenda da

money on her, besta of all is, I took her to Italy for the 25<sup>th</sup> anniversary!'

The priest responded, 'Giuseppe, you are an amazing inspiration to all the husbands here! Please tell us what you are planning for your wife for your 50<sup>th</sup> anniversary?'

Giuseppe proudly replied, "I gonna go pick her up!"

~Grandma Glo

### Notable Quotable

"I have never met a vampire personally, but I don't know what might happen tomorrow."

~ Bela Lugosi

### Lake Ronkonkoma's 28<sup>th</sup> Annual "Run Around the Lake"

On Saturday June 23<sup>rd</sup> join fellow Staff Members and Residents for the annual 4 mile:

"Run Around the Lake."

Registration is \$25 per person.

There is a pre-race Pasta Dinner on Friday June 22<sup>nd</sup> from 5-7pm at Windows on the Lake which is FREE to all registered runners. If you are interested in Running or Walking you must register in the

Main Office before June 12<sup>th</sup>.  
Good Luck to All Participants!!



### Modern Marvels

Two of the most famous bridges in the world were opened in the month of May. On May 24, 1883, the Brooklyn Bridge opened in New York City. At the time, it was the longest suspension bridge in the world. Rumors swirled that it was bound to collapse. Ever the showman, P.T. Barnum helped to squelch such doubt by leading a parade of elephants, led by Jumbo, over its span.

The Golden Gate Bridge in San Francisco opened with a week-long celebration on May 27, 1937. Amazingly, the weight of the entire roadway is suspended from two cables fixed in concrete at both ends. Each cable is made up of 27,572 strands of wire. These wires, if they were laid end-to-end, would stretch for 80,000 miles.



## Health & Fitness: Free Your Feet

May 8 is No Socks Day, a day to give your feet a breath of fresh air (although your nose might object).

Researchers have concluded that our feet were much healthier before the invention of socks and shoes, back when we roamed barefoot.

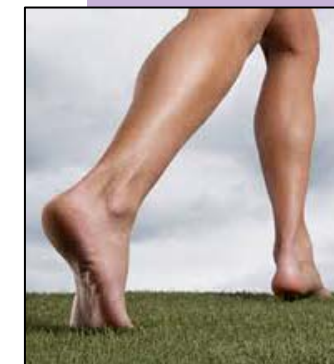
Scientists explain that it took 4 million years for

our feet and our unique gait to evolve. Since the advent of the shoe, our walking has worsened and we now suffer a greater number of foot stresses, pains, and ailments. The solution? Remove the socks and shoes and walk barefoot.

Really? The Society for Barefoot Living suggests that we walk barefoot everywhere, allowing our feet to work the way they

were designed to. Walking barefoot strengthens our arches and allows our toes the freedom to spread open and support our weight.

If you would rather not ditch the shoes, then studies find that the cheaper the shoes the better. The costs that come with fancy shoe cushioning can actually lead you to a higher rate of injury.



### Notable Quotable

"I still have my feet on the ground; I just wear better shoes."

~ Oprah Winfrey

## Tulip Mania

Is it just a coincidence that Tulip Day coincides with Mother's Day on May 13? Today, we take for granted how easy it is to buy a bouquet of these beautiful flowers for mom. Can you believe that, in the 1600s, one tulip bulb cost as much as a house?

People have long been fanatical about tulips. In the time of the Ottoman Empire in Turkey, tulips were cultivated especially for the Sultan as symbols of power and prestige. It was forbidden to buy or sell tulips outside of the capital. The punishment for breaking this law was exile. This time period in Turkey's

history is now remembered as the "Tulip Age."

The country best known for its tulips may be the Netherlands. During the 1600s, only the wealthiest Dutch people enjoyed these rare flowers. The tulips eventually contracted a virus, but instead of destroying the flowers, this virus made them even more beautiful, causing "flames" of color to appear on the petals. As a result, these already rare flowers became even rarer, and therefore more valuable, than ever before. Due to their rarity and their association with wealth and prosperity, tulips became ridiculously expensive. Many Dutch began to hoard great stores of tulips

thinking that this would make them rich. "Tulip Mania" spread throughout the Netherlands, and the price of tulips skyrocketed. People paid the equivalent of 15 years of wages for a single bulb. Some even traded their land or their life savings for one flower.

Needless to say, tulips were not truly worth this much money. When this tulip bubble burst, the Netherlands experienced an economic crash.

On Mother's Day, whether you give or receive a bunch of tulips, consider how this fabulous bouquet would once have been worth its weight in gold. And let us all be thankful that we don't have to be wealthy to enjoy the beautiful blooms.

