



THE LAMOINE LEGEND

June
2019



SUMMER TIME FUN

Lamoine residents enjoyed some lovely sunny days during May. The picture above does a nice job of summarizing a beautiful day in Chandler Park at Macomb's first Farmer's Market of the season. Many residents also celebrated Memorial Day with a picnic in Chandler Park.

May 16 was western theme day. Residents and staff enjoyed wearing bandanas, cowboy hats and boots. We played western games, ate fireside chow, and cooled off with delicious root beer floats.

On Friday May 12 we hosted our first Mother's Day Tea. It was a lovely afternoon and many also enjoyed lunch together on Mother's Day. Nothing makes us happier than to see our residents surrounded by their family and friends.

It was an honor to host a dinner for Korean and Vietnam veterans and their guests on May 30. After dinner we enjoyed a piano concert by Hal Leath.

In appreciation of our veterans and their families, The Lamoine offers veterans and spouses a discount of \$100 off monthly rent, and no increase in rent during their first two years of residency. Contact us anytime to learn more.

Look to our updated website and follow us on Facebook to capture and download photos of your loved ones enjoying activities at The Lamoine.

Here's to a healthy and happy June!

~ Annette Carper, Executive Director

Website: www.thelamoine.com/

Facebook: www.facebook.com/thelamoine



Blueberry Upside Down Cake • Dish of the Month from Chef Jonathan

Topping

Butter 3 Tablespoons
 Brown Sugar 3/4 cup
 Blueberries 2 cups

Cake

Butter 1/2 cup
 Sugar 3/4 cup
 Vanilla 1 teaspoon
 Eggs 2
 Flour 1-1/2 cups
 Baking Powder 1-1/2 teaspoons
 Salt 1/4 teaspoon
 Milk 1/2 cup

1. Melt the 3 Tbsp. butter in a pan. Add the brown sugar and cook while stirring, until the sugar is melted and begins to bubble. Remove from heat, pour into a greased round cake pan. Pour in the blueberries and let cool.
2. To make the cake, preheat the oven to 350F.
3. Beat the 1/2 cup of butter and sugar until fluffy. Add the vanilla, then the eggs, one at a time, until smooth.
4. In a separate bowl, whisk together the flour, baking powder, and salt.
5. Stir in half of the flour mixture, then the milk, then the remaining dry ingredients. Do not overmix: stir just until the flour is barely incorporated into the batter.
6. Spread the batter over the fruit, then bake for 45 minutes to one hour (depending on the size of the pan, and the thickness of the batter.) The cake is ready when it begins to pull away from the sides of the pan and the center feels just set.
7. Remove from oven, let cool about 20 minutes, then place a cake plate on top and flip the cake out on to the plate, taking care, as there may be some hot caramel that might escape.

MEAL RESERVATIONS

Executive Chef, Jonathan Chu, asks that family members please make reservations for any meal 1 hour in advance so his team has time to prepare. Reservations can be made at the front desk or by calling (309) 575-3018. Thank you!

CELEBRATING SIX MONTHS

The Lamoine has now been open six months and our leadership team is very excited for the future of this community and continued care of our residents. Thank you to everyone who has supported The Lamoine!



front left-right: Kelly Shiraki, Jonathan Chu
 middle left-right: Sue Bride, Annette Carper
 back left-right: Chris Trotter, Tammy DeCounter

EMERGENCY PREPAREDNESS

The Lamoine staff take pride in the fact that we are always training for the unexpected. We conduct monthly fire drills with our team, even though The Lamoine has fire detection equipment which exceeds the recommended code requirements.

We monitor severe weather situations, for which we have had a lot of practice lately. When we do have a potential weather hazard, everyone pulls together to make sure our residents are out of harms way.

Evacuation procedures are in place in case we need to clear the building and shelter our residents somewhere other than The Lamoine and we maintain an emergency cache of food, water and other supplies.

The Lamoine also works with the McDonough County Health Department, McDonough County Emergency Services and Disaster Agency, and other first responder agencies by taking part in a county wide disaster drill exercise. At The Lamoine, the safety of our residents is a top priority.

~Sue Bride, Director of Nursing

AZER CLINIC IN THE LAMOINE

The Azer Clinic offers The Lamoine residents the convenience of in-house physical, occupational, and speech therapy.

Phone: (309) 344-3400

Email: businessdevelopment@azerclinic.com

Website: www.azerclinic.com

THE LAMOINE MISSION

The Lamoine Retirement Community is committed to providing innovative, quality care in an elegant, historic setting. Respectful, compassionate treatment of residents and staff, in a proud tradition of service, combine to create a culture of success, pride and fulfillment.

THE PURPLE ANGEL DEMENTIA AWARENESS CAMPAIGN

The Lamoine is partnering with an exciting campaign to improve the lives of people living with dementia and their carers/families. The Lamoine wants to make our community, businesses, and services more accessible and less discriminating to those living with dementia. Through small changes we can make a positive difference to the quality of life of people living with dementia and their care partners and help erase the stigma which surrounds diseases of the brain.

We are asking local businesses to join us and agree to one or more actions to improve the service and support for customers living with dementia. A simple action may be to raise awareness of dementia together with your staff so if they come into contact with someone, they can recognize the symptoms and know what support can be offered.

The Lamoine invites you to join us for a Care Partner Group that meets every Tuesday from 10:30-11:30 a.m. in the Community Room at The Lamoine, 203 North Randolph Street, Macomb. The meeting is open to all. For additional information visit <https://www.purpleangel-global.com/>.

~Kelly Shiraki, Director of Memory Care



JUNE 2019 LONG RANGE WEATHER FORECAST - HEARTLAND

June 1-7: T-storms, cool

June 8-11: Sunny, cool

June 12-15: T-storms, warm

June 16-22: Sunny, cool

June 23-27: Scattered t-storms, hot

June 28-30: Sunny, warm

Temperature average: 70° (2° below average)

Precipitation: 4.5" (average)

Resource: <https://www.almanac.com/weather/longrange/region/us/10>



5	4	1			2	7	9	6
	3	6	1	9	7	5	4	
9			6		4	1		
1		8				4	2	
4			2	7	8	3	6	1
2	6	3	5	4	1		7	
6		4	7					3
	1			8	6	9	5	7
7	8	9	3	2	5		1	4

SUDOKU PUZZLE

Fill in the missing numbers (from 1 to 9) to solve the Sudoku puzzle.

Each column, row, and 3x3 sub grid must only contain each number once.

Lacey - June 7

Alla - June 10

Ron V. - June 14

Marsha - June 17

Alex - June 21

Jennifer B. - June 22



COMMUNITY EVENTS AT THE LAMOINE

All events are free and open to the public!

Movie Matinee

Thursday, June 6

1:30 - 3:30 p.m. - Lamoine Theatre

Bingo

Tuesday, June 11

1:30 - 3:00 p.m. - Lamoine Dining Room

Card Club

Thursday, June 20

1:30 - 4 p.m. - Lamoine Dining Room

Billiards

Friday, June 28

1:30 - 3:30 p.m. - Lamoine Lounge