

# THE FRIDAY FLASH

A weekly newspaper for Laurel Lake Retirement Community • Hudson, Ohio • March 4, 2011



## ‘Extreme Mammals’ will amaze you!

Step right up, folks! The Cleveland Museum of Natural History’s remarkable exhibition, “**Extreme Mammals**,” boasts the biggest, smallest and most amazing animals of all time. The exhibition sounds a lot like a Ripley’s “Believe It or Not” show: A bee-sized bat! A beaver with horns! Whales with teeth as big as a slice of pizza!

And – *live!* – a colony of naked mole rats with long, sharp incisors that would be scary if the tiny rodents weighed more than an ounce. “They look like saber-toothed sausages,” Harvey Webster, director of wildlife resources for the Cleveland Museum of Natural History, recently told the *Plain Dealer*.

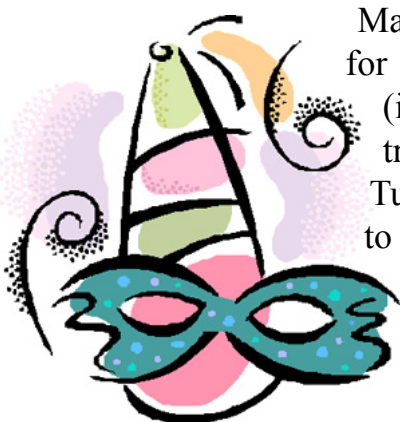
The naked mole rats are the only live specimens in an exhibition packed with fossils, skeletons and authentic casts. The traveling show was organized by the American Museum of Natural History in

New York, with Cleveland as a collaborator.

On Monday, March 7 at 3:30 p.m., Laurel Lake will present a special distance learning program with **Joe Hannibal, Ph.D.**, the museum’s Curator of Invertebrate Paleontology specializing in extreme arthropods. Hannibal researches some of the gigantic invertebrates that crept and crawled around our world before the reptiles and mammals got around to trying out extreme body sizes. Join Dr. Hannibal as he leads you through phases of gigantism seen in multiple species, and catch highlights of the “Extreme Mammals” exhibit.

On Wednesday, March 9 at 2 p.m., take a **Field Trip** to the Cleveland Museum of Natural History for a behind-the-scenes look at the Botany, Cultural Anthropology and Invertebrate Zoology collections, and the best of “Extreme Mammals.” Don’t miss out! Register at the Event Desk today.

## Chagrin Falls Swing group plays Fat Tuesday



Mardi Gras is French for “Fat Tuesday” (in ethnic English tradition, Shrove Tuesday) referring to the practice of the last night of eating rich, fatty foods before the ritual fasting of the Lenten season, which starts on Ash Wednesday.

On Tuesday, March 8 at 3:30 p.m., join us for a **Shrove Tuesday Appetizer Party** in the Community Room (Encore Chorale rehearses from 2:30 to 3:30 that day). Enjoy delicious appetizers as you learn about Laurel Lake spiritual programs during Lent. Then from 4 to 6 p.m., enjoy a rousing performance by the **Chagrin Falls Swing Ensemble** and **Happy Hour** in The Pub. Wear something purple, green or gold, throw on some beads and invite your friends for this fun celebration.

## The Triple Crown Restaurant rides again

On Tuesday, March 15 at 11 a.m., join the Lunch Bunch for a trip to **Triple Crown Restaurant** in Munroe Falls. Originally opened in 1983 by Ed Barr, the food, atmosphere and welcoming staff made Triple Crown a staple in Munroe Falls. After Ed’s death, the restaurant was run by his wife Patricia until 2007. Deborah Parz of Hudson purchased the restaurant in the fall of 2010. After meeting with the previous

owner and listening to the community’s fond memories of the Triple Crown, she was determined to bring the restaurant back the way people remembered it. The Triple Crown officially reopened its doors on Thanksgiving Day 2010. Register at the Event Desk today.

## Food Stations: Where the action is!

“Action stations”—attended by chefs preparing various meal courses—were recently re-introduced to the Laurel Lake dining experience. The Pasta and Stir Fry Stations have been so popular that they will now be featured on a monthly basis.

For a few diners who found the Stir Fry a little salty for their taste, Laurel Lake’s chefs offer this suggestion: Request less soy or teryaki sauce in the preparation of your dish – or none at all. We promise, the meal will still be very tasty!

Please keep those comment cards coming. Your Dining Services Committee welcomes your compliments and suggestions.



## CityMusic Cleveland presents Dylana Jenson



Critically acclaimed but reclusive violinist **Dylana Jenson** captured hearts in the classical music world as the first female and youngest violinist to win the Silver

Medal at the Tchaikovsky Competition. After disappearing from the public eye for decades, Dylana Jenson is once again performing – selectively – with a mature sound. CityMusic Cleveland is proud to have the honor to present her musical talents to audiences, as always, for free.

On Wednesday, March 16 at 6 p.m., Laurel Lakers will board the bus to attend this free concert at Fairmont Presbyterian Church in Cleveland Heights. Jenson will once again play the music of Tchaikovsky and Bizet. Register at the Event Desk today!

## COFFEE

*with David*

Friday chats at 10:00 AM with David Oster, Executive Director

March 4 – “Capital Projects,” “Security” and “Therapy Services.”

# YOUR HEALTH

## FALLS ARE TAKING A STAGGERING TOLL

*Did you know?* Falls are the leading cause of injury deaths among older adults in the U.S. today. According to the Centers for Disease Control, an older adult is treated in a hospital emergency room for injuries resulting from a fall every 18 seconds!

Laurel Lake is proud to offer one of the nation's leading balance and mobility training programs, called **FallProof**. It is a structured, progressive exercise program designed to give you the tools, in a safe environment, to reduce your risk of falling. This program has been recognized by the National Council on Aging as one of the "seven exemplary model programs in the United States

promoting healthy aging and improved quality of life."

Laurel Lake residents can take this specialized FallProof training without having to leave the campus! Classes last for 10 weeks and meet on Wednesday and Friday afternoons for an hour each day. The next 10-week session begins on April 13 and will last until June 24.

A **FallProof Open House** will be held on Friday, March 11 in the Balance Studio, located in apartment E272. You will be able to ask questions and then observe a 15-minute portion of a class. Because space is limited and will be standing-room only, please sign up at the Event Desk as soon as possible. You may sign up to attend from 1:15-1:45 or from 2:30-3:00. Light refreshments will be served.

For more information on FallProof, please pick up a brochure at the Front Desk, Event Desk, or Fitness Center.

## Two days, two great distance learning programs!

■ **David Brooks, Op-Ed Columnist for The New York Times** – *March 14 @ 1:00 PM*. Town Hall of Cleveland and Case Western Reserve University speaker David Brooks comes to you via live videoconference to talk about "**The Social Animal: Hidden Sources of Love, Character, and Achievement**." Each day brings new findings from the world of brain research, behavioral economics, psychology and the study of the human mind. Brooks has synthesized recent findings in the field of neuroanthropology and pinpoints the attributes leading to character, accomplishment and success in his new book. Brooks is a bi-weekly Op-Ed columnist for *The New York Times*, a regular analyst on *NewsHour with Jim Lehrer* and NPR's *All Things Considered*, and a former senior editor of *The Weekly Standard*. He has been a contributing editor at *Newsweek* and *The Atlantic Monthly*, has written for *The New Yorker*, *Forbes*, *The Washington Post* and other periodicals. He has authored two books.

■ **The Big Triangle: Russia, EU and the US** – *March 15 @ 1:00 PM*. **Peter B. Doran** is Senior Policy Analyst at the Center for European Policy Analysis (CEPA) in Washington D.C. He specializes in the geopolitics of energy and security and conducts original research and writing on transatlantic relations and the U.S.-Europe-Russia triangle. He has written extensively on the dynamics of oil and gas, energy security and global politics, contributing articles for *The Guardian*, *Foreign Policy*, the *Journal of Energy Security* and *World Politics Review*. He has also served as a Foreign Affairs Fellow in the U.S. Congress and as a William H. Donner Fellow at the Organization of American States. He holds a master's degree from Georgetown University's Edmund A. Walsh School of Foreign Service in the Center for Eurasian, Russian, and East European Studies. He received undergraduate degrees from Arizona State University's Barrett Honors College in History and Russian language.

## Foundation fast fact

The **Veraar Campus Maintenance Endowment** supports Laurel Lake's master landscaping plan and ensures that all campus memorials and honorariums are properly maintained. This fund is very important to helping maintain the standard of beauty of our campus. We thank the donors who support this worthwhile fund.

## Recycling: When in doubt, throw it out!

There are times when making the effort to recycle may be more than some of us are able to do. If you're in doubt about what to recycle or just don't feel up to it, PLEASE don't recycle. Just put everything down the compactor chute in the Compactor Room.

Laurel Lake's new **Apartment Recycling** program is working extremely well and we never expected that everyone would be able to comply. Our floor monitors are working hard to make sure only specific plastics, metal and glass go in the Green bins and paper into the Blue bins. Both bins are located in the Recycle Room. The problem arises when residents get mixed up about what goes where. To save that from happening, "when in doubt, throw it out" in the compactor. Thanks to all for your excellent work so far! – *Your Green Team*

## SPIRIT-FILLED LIVING

### ■ SUNDAY VESPERS & COMMUNION

Sunday March 6, 4:00 PM in Serenity Chapel. Rev. Ken Bieber, Crossroads Hospice. John Hormel, Host.

### ■ SERVICES AND PROGRAMS

**Episcopal Communion** – Every Sunday

10:30AM Hive Chapel, led by Charlie Haake.

**Morning Prayer** – Tues. 9:30am, Hive Chapel.

**Congregational Conversations** – Tuesday at 1:30 PM, Mixing Place with Rev. Lou Diehl.

**Ash Wednesday** – Ashes will be distributed on March 9 at 11:00AM in Serenity Chapel and at the 4:00PM Mass.

**Women's Spirituality Luncheon** – Thursday at 11:30AM, Small Dining Room. Call Valerie (6200) to attend. Cost \$5.

**Men's Spirituality Luncheon** – Friday at 11:30, Greenwood Private Dining Room. Call Bill Fissinger (6105) to attend. Cost \$5.

**Scripture, Prayer & Music** – Saturday, 10:00 AM in Boardroom. Led by Helen Mainelli.

### ■ CATHOLIC SERVICES

**Communion** - Sunday at 11:00AM in Serenity Chapel.

**Rosary** - Monday at 4:00 PM, Hive Chapel with Tom Cracolici.

**Ash Wednesday Mass** – 4:00PM Serenity Chapel.

**Friday Mass** – 4:00 PM in Serenity Chapel. *March 4:* Rev. Yahner. *March 11:* Rev. Kordas.

### ■ CHAT WITH THE CHAPLAIN

Monday at 1:30 PM in Mixing Place. Topic: *The Ten Commandments*.

## Vision Advocacy Group

The **Vision Advocacy Group** meets Wednesday, March 9 at 2 p.m. in Mixing Place II.

## March Pub Nights

A Pub Night will be held on Tuesday, March 8 (Mardi Gras) from 4 to 6 p.m. The Pub will be closed March 9 and 16. The next Pub Night will be Thursday, March 17 (St. Patrick's Day) from 4 to 6 p.m. Come and enjoy a social time with friends!

## Puzzle afterglow

Puzzle enthusiasts at Laurel Lake have a special request: When the puzzle by the Fireplace Area is finally assembled, please leave it there for a few days. Allow the puzzle participants to "bask in the afterglow" of their creation...and then disassemble it to start on the next one. Your fellow puzzlers will be grateful.

## On a personal note...

"This is an overdue but most sincere 'thank you' to those of you (and there were so many!) whose notes and calls and comments buoyed my spirits and I'm sure hastened my recovery. You proved the truism that Laurel Lake is all heart!" – *Ellen Rankin*

**Weekend Manager on Duty** – Chris Syphrit, Maintenance Manager – #1419.

**Questions or comments?** Contact editor Donna Anderson at #1436 or [info@laurellake.org](mailto:info@laurellake.org). To receive the Flash via email, contact Donna.