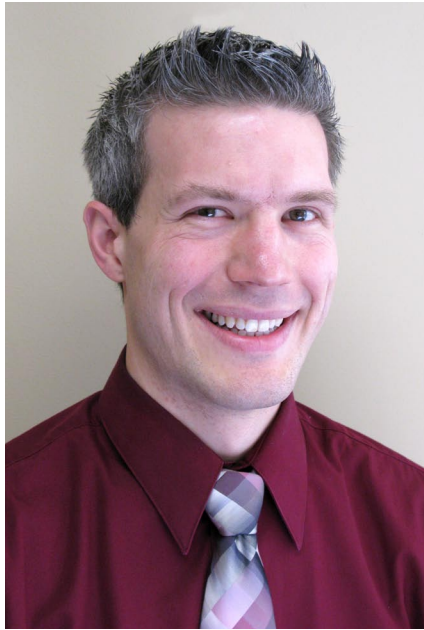


THE FRIDAY FLASH

A weekly newspaper for Laurel Lake Retirement Community ☽ Hudson, Ohio ☽ September 18, 2009

Dr. Matthew Chase named Laurel Lake Medical Director



Laurel Lake is pleased to introduce **J. Matthew Chase, M.D.** as the community's new Medical Director, succeeding Dr. Nancy Istenes.

A board-certified family practice physician with special interest in geriatrics, pediatrics and sports medicine, Dr. Chase received his MD from Northeast Ohio Universities College of Medicine (NEOUCOM) in Rootstown in 2003. He completed both his internship and residency at Summa Health Systems in

Akron, Ohio in 2006.

Dr. Chase joined Primary Care Associates of Northeast Ohio in July 2006, and sees patients in the Hudson office. He also serves as a clinical instructor in Family Medicine at NEOUCOM, and is a part-time faculty member at the Family Medicine Center at Summa Health Systems.

In his role as Medical Director for Laurel Lake, Dr. Chase will be the primary care provider for members who choose to take advantage of his professional

services. In addition, he will direct the community's health education and disease prevention programs, and oversee medical and quality assurance programs for temporary and long-term care services offered on campus. These services include therapy, home health care, assisted living in Greenwood, Alzheimer's/dementia care in Rosewood and nursing services at Crown Center, where members receive professional and compassionate nursing care 24 hours a day.



Ohio Mart, Stitchery Showcase to be held soon

Ohio Mart returns to the magnificent Stan Hywet Hall and Gardens on October 1-4. This favorite fall tradition features over 120 artisans and craftspeople, offering everything from one-of-a-kind sculptures and unique jewelry to tempting and freshly baked treats, including Stan Hywet's "secret recipe" gingerbread.

Needleworkers will love the **Stitchery Showcase**, a juried exhibit of the timeless art of stitchery presented by the Stan Hywet Needlework Guild. For more information, pick up a flyer at the Event Desk today.

Autumn Open House

Laurel Lake will host an **Autumn Open House** for prospective residents and their families on Tuesday, October 13 and Thursday, October 15 at 2 p.m.

Guests will get an up-close-and-personal look at Laurel Lake's campus in the height of fall color, and enjoy refreshments and a special presentation, "**Healthy and Wise: Investing in Your Future.**" Community tours will follow. Participants will learn more about Laurel Lake's active lifestyle, superb amenities and wellness options.

Seating is limited and reservations are required. Please call Julie Chihaya at 330-650-2100 to reserve seats.

Are you a fire buff?

Antique fire trucks, memorabilia and apparatus from area fire departments will be on display at the **Bill & Ida Varnes Memorial Fire Buffs Muster** from 10 a.m. to 4 p.m. at Barlow Farm Park on Sunday, September 20. A potluck lunch will be served at noon. The event is sponsored by the Western Reserve Fire Museum and Western Reserve Fire Buffs Association.

Learn flower arranging

At the Sept. 17 meeting of the Hudson Garden Club at Laurel Lake, floral designer **Aggie Goss** will use the works of Renoir, Van Gogh and Picasso as inspiration for the floral arrangements she will create. Social time is at 7 p.m., followed by the demonstration at 7:30 p.m. All are welcome to attend. Cleveland native Aggie Goss is a retired music teacher who studied floral design at the National Garden Club's Flower Show School. She is an accredited Master Flower show judge and member of the Chippewa Garden Club of Brecksville.

Educational "Encore"

In addition to free, college-level **Keys to a Sharp Mind** courses right here at Laurel Lake, you can also take advantage of **Encore Campus** programs to be offered Tuesdays, Oct. 6 thru Nov. 17 at Christ Church Episcopal in Hudson. Sponsored by Cuyahoga Community College, the 7-week program offers a variety of classes on the arts, business, history, politics, wellness, religion and more. Several are taught by our very own resident Laurel Lake experts!

A flat fee of \$80 enables students 55 and older to select up to six courses throughout the day. Curriculum guides with registration forms are available at the Event Desk.



Fall Frolic 2009

What's better than a fall weekend drive? One that includes some of Ohio's finest wineries! **Fall Frolic 2009** is a self-guided tour along the Canal Country Trail with stops at 13 wineries in the Akron/Canton area. Sample wines and a free appetizer at each stop (make sure you have a designated driver!). You'll also get a Schott Zwiesel crystal wine glass and a wine tasting kit. **When:** Friday, Sept. 18, and Saturday, Sept. 19 (then again Sept. 25-26). **Cost:** Individuals \$35, couples \$45. For reservations, call 800-227-6972 or visit www.ohiowines.org. **Wineries:** Cortland Wine Cellar, Cortland; Al-Bi Winery, Dellroy; Candlelight Winery, Garrettsville; Grape & Granary, Akron; Jilbert Winery, Valley City; Maize Valley Winery, Hartville; Mastropietro & Myrddin Wineries, Berlin Center; Sarah's Vineyard, Cuy. Falls; Breitenbach Wine Cellar, Silver Moon & Swiss Heritage Wineries, Dover; Viking Vineyards, Kent.

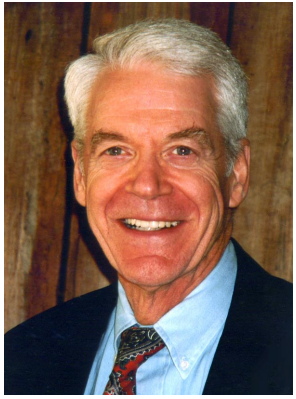


Friday morning chats @ 10:00 AM
with David Oster, Executive Director.

No other Coffees planned in September.

YOUR HEALTH

MAKE YOURSELF HEART ATTACK PROOF



Over 61 million Americans live with cardiovascular disease, which causes over 40% of all deaths.

But, as **Dr. Caldwell B. Esselstyn, Jr.**,

a retired Cleveland Clinic surgeon, researcher and author explains, heart disease can be prevented, reversed, and even abolished. Dr. Esselstyn speaks at Laurel Lake on Saturday, Oct. 3 at 2pm.

Dr. Esselstyn argues in his 2007 book, "Prevent and Reverse Heart Disease,"

that conventional cardiology has failed patients by developing treatments that focus only on the symptoms of heart disease, not the cause. Relying on pills and surgical procedures despite their side effects and risks does nothing to prevent disease. This is particularly frustrating given that research studies have already suggested an obvious culprit. The typical American diet, Esselstyn believes, is responsible for heart disease and many Western cancers, which are rarely seen in parts of the world where people eat a different diet. A plant-based, oil-free diet can not only prevent and stop the progression of heart disease, but also reverse its effects.

Dr. Esselstyn's research indicates the reperfusion of blood and oxygen to an ailing heart may occur as early as 3-6 weeks in patients who follow his recommendations. Frequently, the need for angioplasty, stenting or bypass surgery can be avoided.

Fair Trade Boutique returns October 2

On Friday, October 2 from noon to 4 p.m. in the Community Room, Laurel Lake hosts its 3rd annual **Fair Trade Boutique**. Shop for coffee, olive oil and a fascinating array of handcrafted jewelry, toys, sculpture, clothing and other gift items, all produced by world artisans who are fairly compensated for their labor.

Holiday Card contest announced

Laurel Lake seeks original paintings, drawings, photographs and other artwork which can be turned into Laurel Lake's annual Holiday Card. To submit an entry to be voted on by residents, please get the piece to Susan Busko by Friday, Sept. 25. The winner will be announced in an upcoming Friday Flash.

See your family story on the stage

Actors Summit Theater seeks family stories for an upcoming production. Submit short stories (300 words or less) about any event in your life – growing up, grandparenting, etc. Select stories will be presented Oct. 1-18. Email your submissions to thackaberryn@actorssummit.org, or mail them to the theater at 86 Owen Brown Street, Hudson OH 44236.

Laurel Lakers head back to school

World Hot Spots: The Great Power Rivalries, Russia and China – September 18 & 25, 10:00 a.m. Two-part series. *Please note:* Franklin Lebo, Esq., Adjunct Professor of Political Studies at Baldwin Wallace College will teach these classes.

Why Energy Is Limited: Understanding Energy Shortages – September 18, 1:30 p.m. Doris Simonis, Ph.D., Kent State University Professor Emeritus.

Changing Patterns of Energy Use – October 9, 1:30 p.m. Doris Simonis, Ph.D., Kent State University Professor Emeritus.

Creative Writing: Guided Reminiscence – Starts Sept. 25, 1:00 p.m. Four-part series with Kent State University English Instructor Katherine Blackbird. Class size limited; call 330-650-2100 to check availability.

The Art of Leonardo DaVinci – Sept. 24, 4:30 p.m. M.J. Albacete, Executive Director, Canton Museum of Art.

The Incredible Life of Leonardo DaVinci – October 1, 6:30 p.m. A one-act musical play by M.J. Albacete and John Capocci; produced by The Actors of Farinella's Ghost and performed by James GraySmith.

Celebrating Watercolor: Collections from Area Museums – October 15, 4:00 p.m. M.J. Albacete, Executive Director, Canton Museum of Art.

Celebrating Ceramics: Collections from Area Museums – October 29, 4:00 p.m. M.J. Albacete, Executive Director, Canton Museum of Art.

Managers on Duty: Saturday: Diane Rood, Clinic Coordinator - #1484. **Sunday:** Shelly Bacon, Clinical Services Manager - #1461.

A WARM WELCOME
TO OUR NEW NEIGHBOR!

Bob Conger
Aurora, Ohio
Westwood 200 / 655-4166

SPIRIT-FILLED LIVING

All are welcome to the services listed below.

■ SUNDAY VESPERS

Sunday September 20, 4:00 PM in Serenity Chapel. Deacon Forrest Norman, Hudson Presbyterian Church. Elizabeth Kosnik, host.

■ SPIRITUAL PROGRAMS

Centering Prayer – Saturday 10:00 AM, Mixing Place.

Morning Prayer – Tuesday 9:30 AM, Hive Chapel. Led by Charlie Haake.

Congregational Conversations – Tuesday 1:30 PM, Mixing Place. Rev. Dick Hasler. Topic: "What Is the Bible's Central Message?"

Bad Girls of the Bible – Wednesday, September 9, 3:30 PM in Mixing Place. Bob Brantsch, Gloria Dei Church.

The Old Testament Prophets – Thursday 11:00 AM, Boardroom with Helen Mainelli.

■ CATHOLIC SERVICES

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

Rosary - Monday at 4:00 PM, Hive Chapel.

Friday Mass – 4:00 PM, Serenity Chapel.

September 18 - Rev. King.

September 25 - Rev. Terzano.

Caregivers Support Group

The Caregivers Support Group meets Wednesday, Sept. 23 at 2 p.m. in Mixing Place. CWRU Medical School researchers will present the latest findings on "Memory Loss."

Rosh Hashanah

Rosh Hashanah begins today. Laurel Lake wishes our Jewish residents a Happy New Year!

Prayer Quilters

The Prayer Quilters will meet on Thursday Sept. 24 at 1:30 p.m. in the Greenwood 2nd floor kitchen. If you like to sew or work with fabric, join us!

Recruiting TLC Caregivers

Are you a people person? Would you like to become a TLC Caregiver? Join Chaplain Mary Tatman on September 22 at 1 p.m. in the Hive Chapel for a training session. This is a group of residents who visit other residents one-on-one.

Resident Town Hall

The next Resident Town Hall is scheduled for Thursday, September 24 at 3 p.m. Come and learn more about Laurel Lake's Ethics Committee and get results of the recent ethics survey.

Calling all football fans!

Contribute memorabilia from your favorite football team – ANY football team – to help decorate the Laurel Lake Pub! Items can be given to Caroll Comeau. Use tape to put your name on the back of each item, please.

Questions or comments? Contact editor Donna Anderson at 330-655-1436 or info@laurellake.org. To request the Flash in glorious Technicolor via email for yourself or a family member, call Donna.