

Senior Olympics

On May 21 opening ceremonies for the 30th Anniversary of the St. Louis Senior Olympics were held at the Jewish Community Center. Len Sova was honored as the only participant to take part every year since its beginning in 1980. He was honored by carrying in the TORCH to start the games. He competed in 8 events and won 8 GOLD medals; 2 in bike races, 3 in weightlifting, 1 in horse shoes, 1 in bocce ball, and 1 in washer toss. Congratulations to our Lake St. Charles partner.



The Senior Olympics also have a tap-dancing presentation that was originally organized by the St. Louis Strutters. Betsy Miller performed with her group, "The Heritage Hoofers", from Lake St. Louis. They danced to their rendition of "Proud Mary." Betsy was surprised before the performance by a bus load of loyal fans from Lake St. Charles Retirement Community who arrived to cheer her on. "It was like my whole family was in the audience whooping and hollering when I came onstage. The residents here are so loving and loyal." Betsy said.



Cards!!! Cubs!!!

We Have The Winner!!!!

Who knows when the next time the Cubs will win the World Series?? Not too many people can say they were around when the Cubs won it all in 1908. Our very own Josephine Graf can!



Josephine moved here from Chicago, probably in hopes of seeing some "true champions" again, the St. Louis Cardinals. Ironically, 1908 was also the year when "Take Me Out to the Ball Game" debuted.

Nonsense aside, we are all honored to be around such a wonderful lady here at Lake St. Charles. Josephine Graf moved here in March of 1996, and in June she celebrated her 105th Birthday. Now that's a Winner!

Tie-Dyeing

Our Assisted Living residents enjoyed a day of tie-dyeing with the help of the 4H Club.



Lorene enjoys her green, white, purple, and gold shirt made with the help of 4H youngsters.

All-Star Fever Hits Lake St. Charles

I'm sure that anyone living around St. Louis has realized that All-Star Fever is highly contagious. It was only a matter of time before the outbreak hit Lake St. Charles. And boy, did it hit hard! Almost as hard as the Residents and Partners of Lake St. Charles were hitting baseballs at the home run derby on the Wii.

Marge Disper blasted 2 homers in the final round to win the Resident honors. Big Keith Mulderig, of our Maintenance Department, was crowned the home run king for the Partners of Lake St. Charles. Keith absolutely crushed 6 final round homers for a Lake St. Charles home run derby record of 15 home runs. Luckily, no major baseball scouts were in attendance to swipe Marge or Keith into the big leagues. Although, the Cardinals could use another big bat in the lineup.



Marge Disper



Keith Mulderig

All-Star Game...Lake St. Charles Style

Food Service 2008 Champions challenged the rest of our staff to the annual "Wiffle Ball All-Star" game. Quickly a team of "experienced" staff from various departments came together to form the "Experienced Misfits."

After one hour of play in the sunny backyard of Lake St. Charles, the Experienced Misfits took the trophy from their younger partners with a score of 3-2.

Lessons learned in that one hour: wiffle ball is more than just distance hitting, female employees (no matter what their age) can and do run, and disagreements still form over "was that 2 or 3 outs?"

Thanks to our residents for being a great audience and cheering all of us on! For those who missed the game, here are some details from Zach DeSalme, Food Service team:

I think I speak for the whole dining room staff when I say that the game was great fun. Though it was a smoldering day, everyone played to the best of their ability.

That being said, it seemed like we just couldn't catch a break. We had some easy plays destroyed by simple mistakes and a rocket of a hit by Chris Biechler that fell foul. But neither of those things can speak against the other team's great athleticism. Between Len Sova sprinting the bases with all he had, and Elaine Bastl falling on second base to ensure the force out, we knew a victory would be hard to come across.

All I can say is that we enjoyed the game, and look forward to getting another chance. And next time, we won't be as easy to defeat...Zach DeSalme.



**Experienced
Misfits**



**Food Service
Youngsters**

Happy Father's Day

On June 21st Lake St. Charles hosted our annual Father's Day Brunch. Our wonderful kitchen staff served a large assortment of foods, from homemade breads and muffins to scrambled eggs, sausage, bacon, biscuits and gravy, and a large fruit display!! All of our fathers and guests who are fathers were hand delivered a "BIG" chocolate chip cookie as our gift to them!!



From Your Food Service Team...

Thanks to everyone who joined us for our Father's Day Brunch. It's always a pleasure to provide an enjoyable atmosphere for you and your family.

Ice Cream Bars are now available in our Ice Cream Shoppe. If there's an ice cream bar we don't carry, just let Debi know, and we'll do our best to get them.

A "Lighter Menu" is now available in our dining room in addition to our larger menu and our daily specials. It does not include all the items in the "Economy Plan" but is designed for someone who does not want a full meal. Desserts are not included in the "Lighter Menu" but can be added for an additional cost.

Good eating and hope to see you soon in our dining room or Bistro Cafe.

Debi Hendricks, Director of Food Service

Patio Gardening

Len Sova enjoys the sunflower garden just off our dining room patio. This garden was home to our family of ducks until Mother duck taught them to fly. The bird feeder still keeps a good supply of bird visitors to this garden.

If tomatoes are your summer wish, you can see them being grown on residents' patios around the building. Still green, but just a couple of weeks away from good eating.



Eyeglass Recycling

How many old pairs of glasses do you have lying around in your "junk drawer?"

Just bring them by our receptionist desk.

We deliver them to the local Lions Club to help them meet their club's service project.

What Is National Camping Week?

It's a celebration of camping and outdoor activities. It can bring you back to the simplicity of nature, as well as increasing the awareness of your surroundings. Camping can be a wonderful adventure.

On Tuesday, June 23, Lake St. Charles hosted a campout party to celebrate National Camping Week. The first rule in planning a camping trip is to be flexible. So when our adventure started with the heat index soaring over 110 degrees, we decided to set up camp in the Social Center. Food Service provided us with Rice Crispy Treats and a special Lake St. Charles Campers iced tea punch. Since it was hot, we also provided everyone with plenty of water, soda, and beer.

We had various camping activities going on like making your own trail mix, making indoor smores, and making ice cream in a Ziploc bag. Many camping stories were told and we also had our own sing-a-long. The party got extra sweet when we broke out the homemade ice cream made earlier in the day by Recreation. It was tough to decide which flavor was best between chocolate, strawberry or vanilla.

As the indoor party came to a conclusion, the courageous Recreation Department took on the heat and spent the night outside. In fact, this was Len's first campout. After surviving the night, we had a big pancake breakfast for our Residents at the pavilion. Overall, the campout met our 2 main goals of having fun and creating memories.

Indoor camping beats the heat!



Outdoor campout creates memories. Left to right: Len, Donna, Yvonne, and Chris in front of one of their tents.

Campsite wouldn't be complete without the traditional "clothesline."



4th of July Celebration

The residents and staff of Lake St. Charles did not allow the rain to dampen their spirits during the Independence Day Parade. We were decked out in red, white and blue from head to toe. Even Donna's dog Nikki joined in the festivities. The bus was decorated to show its patriotic colors.

Everyone enjoyed a snack of blueberry and orange muffins along with lively conversation on the bus. The highlight of the parade was watching the floats go by and seeing the smiling children catch tossed candy in their bags and umbrellas.

After the parade, residents enjoyed a dinner of barbecue chicken, baked beans and corn. What a perfect way to bring the 4th of July Celebration to a close.



Horse Hooky Tuesdays at Fairmount

Lake St. Charles and Fairmount Park have teamed up to offer a great day of food, fun and horse racing. This great trip starts off with a scenic bus ride to Collinsville, Illinois. Upon arrival at Fairmount Park, we headed directly to the Black Stallion Buffet. This scrumptious buffet included Chef's entrée selections of beef and chicken, signature side dishes, fresh bread, mouthwatering dessert table and a beverage station with unlimited refills of coffee, iced tea and soft drinks.

Then came the horse racing. Minimum bets were \$2.00 for these action packed races. You didn't have to be an expert or you didn't even have to place a bet to enjoy the action.

On our first horse hooky Tuesday on July 7 we took 26 people. Our next horse hooky Tuesday trip to Fairmount Park is September 1st. The cost of the trip is \$15.00 and then whatever you might want to wager. We hope to see you then.



Ceil Wilson and daughters enjoyed our trip to Fairmount Race Track.



Marge Disper holds souvenir booklet from Fairmount Race Track.

Summer Concerts in Our Park

Our pavilion and backyard was graced with the sounds of the Gateway Jazz Quartet in June.

On Thursday, August 20, 7 p.m., Michael Chrismer will present a "Vegas Show." Michael entertained for 5 years on the Carnival Cruise Ships and was voted #1 vocalist among their 22 ships. Bring your lawn chairs. If it rains, we'll move inside.

Refreshments will be for sale. Proceeds go to the Foundation for Geriatric Education, which purchases textbooks for nursing students here in St. Charles.

Preventing Type 2 Diabetes

Linda Rellergert, Nutrition and Health Education Specialist for the University of Missouri Extension, presented a current information seminar on preventing and coping with diabetes on a daily basis.

She dispelled the myth that eating too much sugar causes diabetes. Eating too much sugar causes weight gain and makes the body work harder to use all that sugar, but it does not cause diabetes.

Everything we eat turns into sugar so it's the amount of food as well as high fat foods that are the bigger culprits.

Even if diabetes "runs" in your family, you can control it. First of all, lose weight, eat a healthy diet (a little sugar is fine...it's the carbs to watch), get regular physical activity, see your health care provider regularly, monitor your blood sugar closely, and take medications as prescribed.

Debi in Food Service has flyers from our speaker which will help you know which foods to avoid.

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We offer pampering from head to toe. We pride ourselves in an array of wonderful services. Gift certificates are available in varied amounts as well as service-based amounts. Please consider giving Lake St. Charles gift certificates when you need that special something. They keep on giving.

Enjoy a relaxing **MASSAGE** given by our licensed massage therapist/registered nurse. Choose from Swedish, Head/Neck/Shoulder, Foot Reflexology. Times available range from as little as 15 minutes for \$18.00 to 1-1/2 hours for \$70.00.

Pamper someone in the **BEAUTY SHOP** when you choose a Shampoo and Set for just \$16.00, haircuts for men and women for \$15.00, and many other services including hair coloring and eyebrow arching, for as little as \$7.00.

If good food appeals to your senses, then may we suggest gift certificates for our **RESTAURANT** services. These are available in any denomination and may be used in The Colonnade Dining Room, The Bistro, or the Ice Cream Shoppe.

Need a quick gift or greeting card for that special someone? Visit our **VARIETY STORE**. We also offer a nice selection of breakfast cereals, milk and juices as well as snacks and toiletry items. Any denomination available.

For those who could use a little extra help we offer a **WELLNESS** program. Our assisted living staff can assist with various things such as bathing and dressing, washing dishes, writing letters and many other tasks. Prices start at \$5.00 for 15 minutes, up to \$15.00 for one hour.

A **PERSONAL TRAINER** is available to custom-tailor a program for you which may include exercises, walking, exercise equipment, or strength and balance training. Charges follow our Wellness schedule and range from \$5.00 to \$15.00. Monday thru Friday 8:00 - Noon.

Gift certificates may be purchased from Trish or Sophie in the Bookkeeping Department between 8:00 a.m. and 4:30 p.m., Monday thru Friday.

Presidential Greetings

Greetings from the President are available for anyone 80 or older or a couple celebrating a 50th (or higher) anniversary. Send request at least one month in advance. The address is:

The White House Greetings Office
Room 39
Washington, D.C. 20502-0039
Fax: (202) 395-1232

“NO CALL” List for Cell Phones

If you would like your cell phone number to be placed on the national “NO CALL” list, using your cell phone, call:

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That’s it! It will be good for 5 years.

Cell Phone Recycling

Do you have an old cell phone?

Drop it in one of our boxes
and we will recycle it for you.

Proceeds go to
The Foundation for Geriatric Education
which purchases books for nursing students.

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Troy, MO 63379

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Family Email Address Request

As an additional communications tool, we are collecting email addresses for family members of residents. This will only be used for special information, such as holiday events, etc.

Just call Pat at 636-947-1100 and let her know your email address. Obviously these are considered confidential information.

Join Us For These Events...

August 19, 11 a.m.: Senior Day Speaker on New Transportation Service for St. Charles County Seniors.

August. 20, 7 p.m.: Outdoor Concert featuring Michael Chrismer, voted #1 vocalist for Carnival Cruise Lines.

August. 24, 10 a.m.: Antique Jewelry Roadshow. Seminar, bring your jewelry items for valuing, discuss selling your jewelry items, get watch batteries replaced for \$1.99.

September 7, Labor Day Barbecue

Lunch for Seniors

Our Senior Lunch is usually held the 3rd Wednesday of every month. Area residents as well as those who live here can enjoy a wonderful lunch for under \$6, followed by 10 games of bingo with prizes.

While you’re here, stop by our Estate Sale on the 3rd floor; just follow the signs. The Estate Sale is open from 1 - 3 p.m.

Lunch reservations can be made about a week or several days prior to the lunch by calling 636-947-1100.

Share our newsletter...

Visit our website at
www.lakestcharlesretirement.com
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St. Charles, MO 63303

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YOUR NEWSLETTER TEAM

"Lake Front News" is produced and published
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***Has your phone number or address changed?
If you have a change of address, phone
number or if you no longer wish to receive
our newsletter please contact Pat Finferd.
at 636-947-1100.***

FREE MEMORY TESTS

Our geriatric physicians will administer memory tests to any resident or family member free of charge. Dr. Hajjar and nurse practitioner Christina Traber will perform these tests from 3:30 to 4:30 every Tuesday in our Doctor's Office (on the second floor). Please make an appointment at our receptionist desk. The tests only take about 15 minutes.

Our medical staff is part of St. Louis University, Geriatrics Department, which ranks number eight in the nation. How fortunate we are to have one of their offices right here in our building for your convenience.