

Lake Forest Park Lifestyle

Lake Forest Park
SENIOR LIVING AT EASE

Like Us 

Memory Care

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June 2015

Our Legacy Court Family



Helen



Norma



Joyce



Sarah

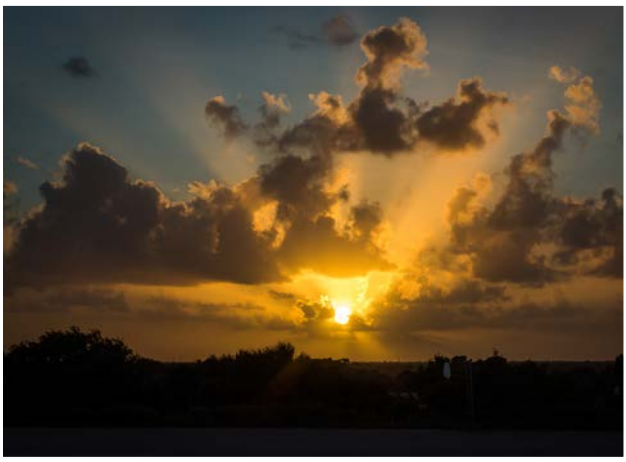
Employee of the Month

This month we decided to switch it up a little and present the first ever dynamic dietary duo for Employee of the Month. Carlene Senior and Yvonne Brown have been with Lake Forest Park for over five years, showing by example how their teamwork and dedication bring smiles to our dining room. We applaud them for going above and beyond in everything they do.



Florida Sunsets

Florida sunsets are extremely beautiful to watch. I took this picture at the top of Skyline Drive in Jensen Beach. What I like most is how the beams of light are piercing through the sky. If you haven't seen a Florida sunset lately, be sure to check one out — especially because the summer months are upon us. It has been my experience that the summer is the best time to watch the sun “going down” (or really, the earth rotating so we can no longer see it).



A Letter From the E.D.

Hello Everyone,

We are super excited about our upcoming events! Check out your monthly calendar to pick just the right activities to keep you healthy and active. With our beautiful and warm Florida sunshine, now is the perfect time to take a walk, picnic by the lake, or take a dip in the pool. Part of being a Floridian, native or transplanted, is being proactive with protecting your skin from the sun. Always wear sunscreen on exposed skin and a hat is helpful for the tender skin on the top of our head. Don't forget the sunglasses too! Sun damage can also happen while you are enjoying one of the shaded areas waterside, since the rays can bounce (reflect) off the water onto you! Remember to take along your water bottle to sip as you are strolling. We have many different outside activities, so venture out and make a new friend!

My door is always open so stop by.

— Tracy

The Origins of Wedding Traditions

Wedding bells ring for many couples during the month of June, and whether they say “I do” in a government office or an elaborate ceremony, there's likely to be an element of the event that stems from tradition. Take a look at these wedding customs and how they began.

The shower: The popular gift-giving party has roots in Holland when, centuries ago, a young woman's father refused to give her a dowry because he didn't approve of her fiancé. Friends stepped in and showered the couple with gifts to start their new home.

The ring: The circular shape of the wedding ring has symbolized everlasting love for thousands of years, but why is it worn on the third finger of the left hand? Ancient Romans believed a vein in that finger ran directly to the heart.

The cake: During the Roman Empire, wedding cakes were baked with wheat or barley and crumbled over the bride to symbolize fertility. Guests would rush for pieces to take home for luck. Later in Europe, the tradition of tiered cakes started when many small cakes were placed on top of each other with the newlyweds exchanging a kiss over the stack.

The bouquet: Before the use of flowers, brides' bouquets were made of aromatic herbs, such as garlic and thyme, which were meant to drive away evil spirits.