

THE FRIDAY FLASH

A weekly newspaper for Laurel Lake Retirement Community ☺ Hudson, Ohio ☺ July 17, 2015

Eyes on the skies: Laurel Lakers to go stargazing



According to the World Atlas of Artificial Night Sky Brightness, 20% of Earth's inhabitants have lost the ability to see the Milky Way without a telescope—as of 2001. That same study suggested that two thirds of Americans and 50% of Europeans were particularly affected, and that 99% of the US and 66% of the world live in areas considered “polluted” by artificial light. Again, that study was done back in 2001.

On Friday, July 24 at 6 p.m., Laurel Lakers will board the bus to visit the new \$2.5 million **Observatory Park** in Montville, tucked away in one of the darkest corners of Northeast Ohio. At over 1100 acres, it's the largest park in the Geauga Park District. It boasts an observatory with a 25-inch telescope and a planetarium for those nights when clouds obscure the telescope's vision. Residents will first enjoy a special program, “**Exoplanets and How to Find Them**,” followed by telescope viewing.

The park offers some other unusual ways to explore the solar system on foot. There's just

enough lighting so you can safely stroll the paved walkways without interfering with the magnificent nighttime skies. There's a 12-foot high sundial, a sculpture of moon phases with photos of the moon in its various stages, one of two dozen seismometers in Ohio, and weather stations. There's also a 1.8 mile trail that takes you through the planets that encircle our earth. You can walk the trail to Neptune or Mercury in a matter of minutes instead of light years.

The park has been certified by the International Dark Skies Association (IDA) as a **Silver Tier, International Dark Sky Preserve**, making it one of only six in the country and nine in the world. They tend to be in remote locations but this park is unique: It's only 40 miles east of Cleveland, yet it has managed to retain a visual limiting magnitude of approximately 6.2 to 6.5 (Silver Tier requirements dictate 6.0 to 6.7).

Chris Mentrek, an Observatory Park naturalist, notes: “The International

Dark Sky Association, a group of scientists who seek out the darkest skies on earth, have given us a Silver rating. There are no Gold ratings east of the Mississippi River.”

Laurel Lakers will be amazed by the park's sophisticated Newtonian Reflector telescope with its universe-grabbing 25.5" mirror built by astronomer Norman Oberle. Next year, the park will add an adjacent property, Case Western Reserve University's Nassau Observatory with its giant 36" research telescope, to its offerings.

Register at the Event Desk today for this fascinating field trip. You'll leave at 6 p.m. and be back by 10 p.m. Dress comfortably and bring a jacket, insect repellent, snacks and beverages if you wish. Join us!



It's Garden Week!



Laurel Lake Garden Week, July 20-25, offers a fun new way to explore the

beauty of our campus. A **Self-Guided Garden Walk** will showcase the many beautiful patios, balconies, and public gardens of Laurel Lake. This is not a guided tour; rather, the Garden & Grounds Committee has created a **Garden Walk Map** to help you explore at your own pace. Go alone or with a group of friends, do it all in one day or at your leisure throughout the week—it's up to you! Garden Walk Maps are now available at the Front Desk.

KSU Faculty Series

The Kent State Faculty Series continues this week with not one, but TWO amazing performances at Ludwig Recital Hall on the KSU campus. The first 12 residents to sign up for each concert will get

free tickets; others will pay a discounted rate of \$10. Register at the Event Desk today.

In 2013, **Stanislav Khristenko** won First Prize in the Cleveland International Piano Competition. The bus will depart this Sunday, July 19 at 6:45 p.m. for his performance.

The Wednesday, July 22 concert will feature **Jung-Min Amy Lee**, violin; **Tanya Ell**, cello; **Daniel McKelway**, clarinet; **Berrick Stees**, bassoon; **Randall Fusco**, piano; and **Jerry Wong**, piano.

Bandstand gets tropical

If you like Jimmy Buffet's laid-back island sound, then you'll love **Gypsies in the Palace**, a tribute band scheduled to perform at the Hudson Bandstand next Sunday, July 26. Our Laurel Lake bus will depart at

6:15 p.m. Bring your own chair and snacks, or take advantage of the Hudson Firefighters' donation-based seats and nearby concession stands. Register at the Event Desk today for a taste of paradise.



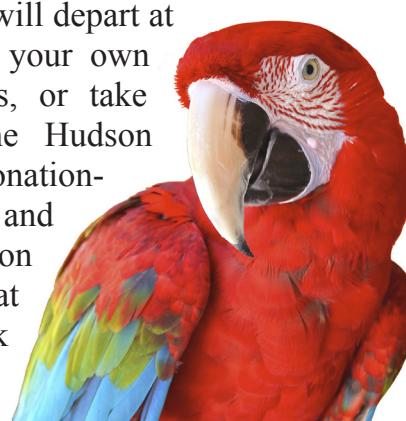
KSU Piano Institute

Tonight at 7 p.m. in the Community Room, gifted young artists from around the world will converge on Laurel Lake to present a free concert. The 10th annual **Piano Institute at Kent State** is a highly intensive festival for talented young artists (grades 7-12). Let's help them prepare for their final gala performance at Severance Hall's Reinberger Hall. See you tonight!

COFFEE with David

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

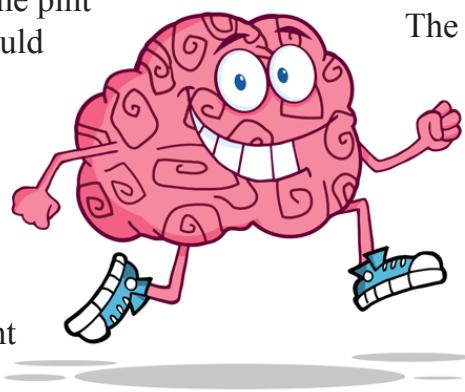
August 7 – “Transitioning Levels of Care” with Stephanie Covas, Jude Held.



YOUR HEALTH

YOU COULD BE A LIFESAVER! DONATE BLOOD SEPT. 4

The American Red Cross will return to Laurel Lake for another **Blood Drive** on Friday, Sept. 4 from 1 to 7 p.m. in the Community Room. One pint of your precious blood could save three lives! You are eligible to donate blood if you do NOT give blood between July 10 and September 9. Other restrictions may apply. To schedule your appointment to donate, visit www.redcrossblood.org or call Mary Nichols-Rhodes at #1484.



STIMULATE THOSE SYNAPSES

Mind Menders, the brain fitness training program developed by Laurel Lake's Wellness Team, will offer two new sessions starting in August. Participants will learn about the latest news from neuroscientists, and learn a series of fun new games and exercises designed to challenge their brains, enhance memory,

BASIC MEDITATION 101

The Hudson Library will welcome meditation expert **Matt Lerner** on Monday, July 20 at 7 p.m. Come learn about the basic theory and practice of meditation, a simple yet powerful practice that can lead to freedom from stress, enhanced well-being, and

self-connection. Lerner is director of yoga teacher training at the Spiritual Life Society and Yoga Center of Hudson.

Meditation can easily be practiced sitting in a chair, but participants who prefer to sit on the floor may bring a blanket or a firm pillow. To register for this free program, call 330.653.6658 x 1010. Laurel Lake residents must provide their own transportation.

'Gifts from the Heart' a success

This year's "Gifts from the Heart" Celebration was held in the Greenwood Courtyard on a beautiful, sunny day. After the kick-off, the Laurel Lake Family Tree in our Art Gallery "bloomed" vigorously with the names of over 100 loved ones honored by caring donors in support of the campaign! Over \$19,000 was raised to make a difference in the lives of residents and their families now and for years to come.

Since it began, the caring benevolence of others has enabled the Laurel Lake Foundation to provide nearly \$6 million in vital funding for hundreds of campus-enriching projects.

The future is filled with promise and excitement as Laurel Lake Retirement Community begins the construction of its new Bistro, Pub & Colony Shop this summer. In order to maintain our community's sterling reputation and legacy of excellence in retirement living and resident care, new and greater campus enrichment needs are on the horizon. The Laurel Lake Foundation is committed to providing support as a part of it all. The Foundation is deeply grateful for the generosity of all of our donors, especially those who honored loved ones with a Gift from the Heart this year.



Volunteers needed for English Language Institute

Western Reserve Academy's **English Language Institute (ELI)** is a great summer opportunity for students ages 13-17 for whom English is not their native language. The program helps students improve all aspects of their English knowledge: reading, writing, listening and speaking. Laurel Lake seeks 12 volunteers for this intergenerational, international program. Meet with students three times. On July 24 at 2 p.m. (Mixing Place), you'll hear them share personal stories with maps and postcards. On Aug. 10 at 2 p.m. (Mixing Place) you'll play games together. On Aug. 13, 9:30 a.m. to 12:30 noon at Western Reserve Academy, join the students for presentations and lunch. Register at the Event Desk.

Oops! We goofed...

In last week's article, "Residents Beautify Rosewood Courtyard," we incorrectly reported that the flowers were donated by Dick Leppo. Rather, they were purchased using funds allocated by the Resident Association to the Garden & Grounds Committee to support Laurel Lake's Adopt-A-Spot programs. We apologize for the error.

focus, and brain speed, and build cognitive reserve.

Series I kicks off on Thursday, Aug. 20 at 11:30 a.m. and will run through Sept. 17. Series II kicks off Friday, Aug. 21 at 3 p.m. and will run through Sept. 18. All sessions will be held in the Mixing Place. Don't delay—register today at the Event Desk to improve your mental fitness.

SPIRIT-FILLED LIVING

■ SUNDAY VESPER SERVICE

Sunday, July 19 at 4:00 PM in Serenity Chapel. Dr. Euriel Merrick, Christ Community Chapel. R. Walker, Imogene Waddle, K. Lambacher, hosts.

■ SERVICES AND PROGRAMS

Episcopal Communion – Sunday 10AM Serenity Chapel. **Morning Prayer** – Tuesday and Thursday, 9:30 AM in the Hive Chapel.

Spiritual Luncheons – Details at Event Desk.

■ CATHOLIC SERVICES

Sunday Communion - 11AM Serenity Chapel.

Rosary - Mon. 4PM Hive. Wed. 4PM Serenity.

Friday Mass – 4:00 PM in Serenity Chapel. *July 17* - Rev. Rathfon. *July 24* - Rev. Yahner.

■ CHAT WITH THE CHAPLAIN

Monday @ 1:30PM. Topic: "Virtues."

Caregivers to meet

The **Caregivers Support Group** meets Wed. July 22 at 2 p.m. in the Gathering Spot. Come share the challenges and joys of being a Caregiver.



Christmas in July!

Next week, July 23-24, the Colony Shop will be having a **Christmas in July Sale!** Featured will be LOTS of Christmas items at CLEARANCE prices. There will also be a section of non-seasonal clearance. We're cleaning out and preparing to move!

Rider Lake Golf report

On Saturday, July 4, Fid Crowe had a low score of 11 and Dick Leppo and Dick Haas tied for 2nd with 12. On Saturday, July 11, we had 30 golfers! Three had the low score of 12—George Blozis, Dave Walker and Bill Elms. Five golfers tied for 2nd with 13. Of the women golfers, Ruth Walker had low score of 13.

iPad for Beginners

Back by popular demand, the Hudson Library will hold "**iPad for Beginners**" workshops on Thursday, July 30 at 7 p.m. Learn the basics of using your iPad, including navigating, downloading and deleting apps, and accessing the internet. Please bring your iPad, Apple ID and Apple ID password. Registration is required; call 330.653.6658 x1010. Laurel Lake residents must provide their own transportation.

On a personal note...

"What a beautiful 100th birthday party! Many thanks to all the Second Wind Dreams folks for the cake and flowers, and to all the Activities friends for the decorations and all everyone did to make such a lovely party. To Kathy Marged, I send special thanks for planning this great party. It will long be remembered." —*Rhea Bowen & Family*

"The family of Jeanne Lutz is thankful for all the prayers and good wishes we received. We are blessed to have many, many friends who expressed their love of Jeanne to me." —*Ed Lutz & Family*

Weekend Managers on Duty — *Saturday*: Lisa Heltebran, #1431. *Sunday*: Stephanie Covas, #1402.

