

Important Information

2067 Hwy 4 **FEBRUARY-2017** Panora, IA 50216

Contact Information

Manager:

Brenda Johnson
641-757-9993
manager@thelakesidevillage.com

Community Relations Coordinator:

Nancy Johnson
641-757-9800
Welcome@thelakesidevillage.com

Health Care Coordinator:

Melissa Case
641-757-2928
Nurse@thelakesidevillage.com

Culinary Coordinator:

Marla Hammer
Culinary@thelakesidevillage.com

Life Enrichment Coordinator:

Nancy Marks
Lifeenrichment@thelakesidevillage.com

Maintenance Coordinator:

Mark Hammer
641-757-0083
Maintenance@thelakesidevillage.com

Resident Birthdays

Leland V. 4th

Eileen P. 14th

Lila K. 25th



The Lakeside Village Vine

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Nancy Johnson ~ Community Relations Coordinator

Welcome to new residents Francis and Lila Kastner from Yale, and Dorothy Parker from Linden. We are so glad you have chosen The Lakeside Village as your home! We would also like to welcome back Dorothy Neel for the winter months and Dwayne Fiscus had also moved back in. We are excited to see both of you as well! We remember Rosie Hunter, who passed away in January. We are grateful for the time she was our neighbor and the opportunity to know her. She will be missed.

The Lakeside Village is offering a move-in special. If there is someone you know who would benefit from living at The Lakeside Village, please have them stop in, anytime for a tour. They can also contact me via email welcome@thelakesidevillage.com or 641-757-9800 or 641-755-3443.

Therapy Dogs visit The Lakeside Village



In the past three decades, pet therapy programs have made significant advancements and have grown in popularity. Research has found that residents are happier, more alert, active and less anxious when a pooch pops by. Some studies have shown that cortisol levels, also known as the stress hormone, drop significantly when a resident has contact with a dog. The residents can hold the smaller dogs if they wish, just pet them or watch them play with their favorite toy.



Your best memories are made on the lake...
Rolling out the red carpet for you!



641-755-3443

www.thelakesidevillage.com



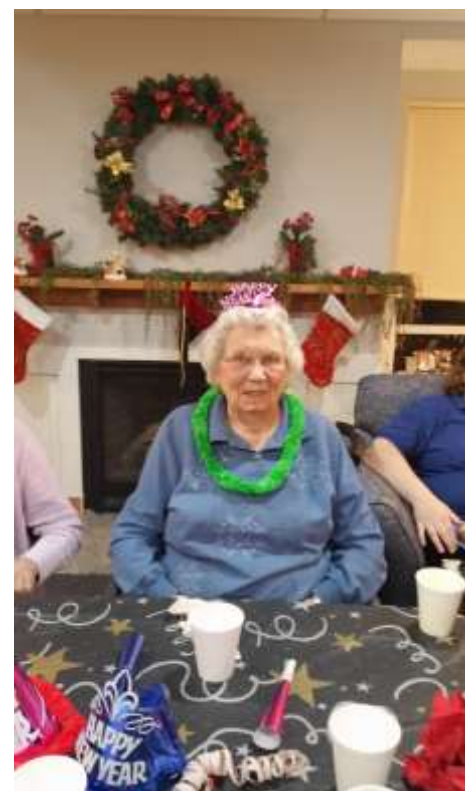
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Benefits of Massage Therapy

Gayla Wasson, Licensed Massage Therapist, comes to The Lakeside Village once every month for resident relaxation and therapy. She says that most people experience reduced blood pressure and heart rates, a release of endorphins (the body's natural pain killers), slower, deeper breathing and a reduction of muscular tension. If you would like your loved one to have a massage on a monthly basis, or as a special birthday gift, please call Nancy Marks, Life Enrichment Coordinator at The Lakeside Village or Gayla at 641-755-4499 or 515-360-3454. She welcomes new clients and works out of her home in Panora.

New Years Eve Party was a huge success we had a 99% turn out, everyone had a great time.



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Health Care Services:

February is American Heart Month. Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day! Prevention starts with everyone. Protect yourself and your loved ones from heart disease and stroke by understanding the risks and taking these steps.

*Get up and get active for at least 30 minutes on most days of the week

* Make your calories count by eating a heart-healthy diet high in fruits and vegetables and low sodium and trans fat.

To learn more, visit <http://millionhearts.hhs.gov>



FEBRUARY— Happenings at The Lakeside Village

February 1— Trip to Dollar General in Guthrie Center

February 1— Birthday Party for February's birthdays 2:30

February 5— Super Bowl Party

February 12— Gospel Night at The First Christian Church

February 14— Valentine's Day Party

February 16— Music with Bill Tillman

February 15 — Trip to Panora

Every Wednesday— Music Speaks

Every Tuesday and Thursday 9 am — Live 2 Be Healthy

Every Thursday— Happy Hour