

Important Information

2067 Hwy 4

MARCH-2017

Panora, IA 50216

The Lakeside Village Vine

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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

Lifenrichment@thelakesidevillage.com

Maintenance Coordinator:

Mark Hammer

641-757-0083

Maintenance@thelakesidevillage.com

Resident Birthdays

Francis K. 1st

Lorene S. 7th

Wendell M. 17th

Dot F. 26th

Connie W. 27th



Can you hear me now?

Beware

the scammers! If you answer your phone and

someone keeps asking if you can hear them, they are waiting to record you saying “yes”. They will then use that recording to order things online on your accounts. You can avoid this scam and others by contacting the National Do Not Call Registry. You can register both your cell phone and landlines, by calling 1-888-382-1222 or by visiting donotcall.gov on your email. Any residents who would like help in registering their phones, can also ask any of the employees. We will be more than happy to help!

WELCOME MARCH!!

A “Welcome Coffee” greets March at the Lakeside Village. The Coffee will be on Wednesday, March 1, from 10:00-11:00 a.m. in the lobby. It is a wonderful “excuse” to gather and enjoy each other! We invite all to join us—the more, the merrier! Speaking of welcoming—The Lakeside Village has lovely 1 and 2 bedroom apartments with immediate availability. The Village currently offers a generous move-in incentive, *and* wonderful neighbors, as well as a referral incentive for current residents. We welcome your questions and suggestions—it takes a Village! Thank you for being a part of it—we appreciate you! Nancy Johnson
Community Relations Coordinator welcome@thelakesidevillage.com 641-757-9800



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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ICE CREAM MACHINE UPDATE

We have raised close to \$200.00 for our soft serve ice cream machine. We still have a **LONG** way to go!! Please keep saving your cans and bottles—both plastic and glass. Thank you!

LIVE 2B HEALTHY AWARD RECIPIENTS FROM LEFT TO RIGHT. Dorothy M. Hazel F. instructor Shelease, and Bob F. Live 2B Healthy is open to the public and meets every Tuesday and Thursday mornings at 9:00 on the 1st floor. Come join in on the fun!



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Health Care Services:

Eating right and staying fit are important no matter what your age. As we get older our bodies have different needs, so certain nutrients become especially important for good health. **Calcium and Vitamin D** are needed to help maintain bone health. Three servings is the recommendation. Dark leafy green vegetables, low fat dairy products, fortified cereal or fruit juice and canned fish are great choices. **Vitamin B-12** is something many older adults do not get enough of. Fortified cereal, lean meat and some fish and seafood are good sources. Increasing **Potassium** along with decreasing sodium (salt) may lower your risk of high blood pressure. Fruits, vegetables and dairy have potassium. **Fiber** rich foods will help you feel full while also keeping you regular. Eating whole grain breads and cereal, beans and peas, along with fruits and vegetables also provide fiber.

Know your fats. Foods that are low in saturated and trans fats help reduce your risk of heart disease. Most of the fats you eat should be polyunsaturated and monounsaturated fats. Check the Nutrition Facts panel on food labels for total fat and saturated fat. Along with eating right, daily physical activity is also a key to a long and healthy life.

MARCH— Happenings at The Lakeside Village

- March 1— Trip to Dollar General in Guthrie Center 9:00
- March 1— Birthday Party for March birthdays 2:30
- March 8 — Music with Jerry Michaels 10:00
- March 12—Gospel Night—First Christian Church—The Christian Brothers
- March 15 — Trip to Panora
- March 22—Shopping at WalMart & Lunch out
- First and Third Thursdays—School Reading Buddies
- Every Wednesday—Music Speaks
- Every Tuesday and Thursday 9 am — Live to Be Healthy
- Every Thursday—Happy Hour