

IMPORTANT INFORMATION



THE LAKESIDE VILLAGE VINE

2067 HWY 4

MAY - 2018

PANORA, IA 50216

2067 HWY 4

MAY - 2018

PANORA, IA 50216

Contact Information

Manager:

Amanda Creen

641-757-9993

manager@thelakesidevillage.com

Community Relations Coordinator:

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

MAY—2018

22nd Dale G.



Melissa Case ~ Nurse's Notes

May is National Physical Fitness and Sports month. Regular physical activity is good for everyone's health, and people of all ages and body types can be physically active. This month is a great time to spread the word about the benefits of getting active. Physical activity can lower the risk of heart disease, type 2 diabetes and some types of cancer. It can also lower the risk of falls and improve cognitive functioning (like learning and judgement skills). During the month of May, we challenge everyone to get 30 minutes of physical activity everyday.

May is also Mental Health Awareness month. Taking a walk outside in the fresh air and sunshine helps to replenish your vitamin D levels. Visiting with friends and neighbors, joining a new activity, reading a funny or watching comedy can also help. If you find that these solutions are not working for you, find a trusted friend or a professional to talk about your feelings.

Dwayne went to visit the Aviation Museum in Greenfield, Iowa for their 21st annual fly-in/drive-in chili feed. He had a great day!



Your best memories are made on the lake...

Rolling out the red carpet for you!



641-755-3443

www.thelakesidevillage.com



THE LAKESIDE VILLAGE VINE

2067 HWY 4

MAY—2018

PANORA, IA 50216

Spring and Summer Activities

As the weather FINALLY warms up, we are planning several day trips and scenic drives. We would like to remind the residents, to sign up early if you plan to go. We are planning to catch an Iowa Cubs game, visit Reiman Gardens, and go shopping in Carroll. Also trips to Van Meter and Johnston. If you have an idea of someplace to go or something to see or do, please let Nancy know soon so we can add it to our list of activities!

DARE TO Dream

Dorothy Parker shared with The Lakeside Village and Kindred Hospice

representatives that one of her dreams was to visit the Veteran's Museum in Des Moines. As her care team, we know that traveling can be difficult for Dorothy so we partnered with the Veteran's Museum to bring the exhibits to her.

Representatives of the Guthrie County VFW and American Legion performed a flag ceremony presenting the flag to Dorothy to honor her service. Members of the Kindred Hospice Staff then pinned Dorothy thanking her for all she did to protect our freedom.

Mike Boight, from The Gold Star Military Museum gave a virtual tour of the exhibits and brought memorabilia specific to Dorothy's service. It was a wonderful day for veterans to come together to honor one of their own.



THE LAKESIDE VILLAGE VINE

2067 HWY 4

MAY - 2018

PANORA, IA 50216

Lakeside plans Mother's Day Tea



The Lakeside Village will be Celebrating Mother's Day on Friday, May 11th with a tea at 2:30 p.m. If you plan to attend, please let your mother, grandmother, aunt or sister know or R.S.V.P. to Marla or Nancy by Monday, May 7th. Thank you!

May Happenings at The Lakeside Village

Tuesday, 1st May Day fun with the 1st graders

Wednesday 2nd—trip to Dollar General 9:00 & May Birthday Party @ 2:00

Thursday 3rd—School Reading Buddies

Friday 4th—Therapy Dog

Saturday 5th—50th anniversary open house at G.C. Historical Museum

Wednesday 9th— Music with Jerry Michaels @ 10 A.M.

Friday 11th—Trip to Reiman Gardens & Lunch in Ames, & Mother's Day Tea

Sunday 13th Gospel Night at The First Christian Church

Wednesday 16th Scenic Drive

Thursday 17th— Last school reading buddies of the school year.

Friday 18th—Vitals Clinic (all day) and Therapy Dog

Tuesday 22nd —Trip to Van Meter for lunch

Every Wednesday—Music Speaks in the Memory Garden

Every Tuesday and Thursday 9 am —Live 2 Be Healthy (Open to the Public)

Every Thursday—Happy Hour at 3:00

Most Mondays and Wednesdays —Balance Exercises