

# IMPORTANT INFORMATION

2067 HWY 4

**JANUARY 2022**

PANORA, IA 50216

## Contact Information

**Director:**  
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**Hospitality Coordinator:**  
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**Life Enrichment Coordinator:**  
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**Maintenance Coordinator:**  
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**Transportation Specialist:**  
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## Resident Birthdays

**The Lakeside Village would like to wish a very Happy Birthday to our residents celebrating during the month of January.**



**5th– Bob Carson**

**11th– Norma**

**20th– Shellie**

**26th– Ayleen**

**Refer a friend to The Lakeside Village and receive \$500 off your rent when they have lived here 30 days!**

# THE LAKESIDE VILLAGE VINE

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## TAKE A TRIP AROUND THE WORLD

Would you love to travel around the world, without the hassles of packing and airports? We have just the thing for you! Join the Lakeside staff and enjoy the flavors of world. Each floor will offer a sampling of food along with a stamp for your travel passport from different countries around the world. Maps and passports will be provided. Prizes will be awarded randomly to those who finish the tour with completed passports.



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## VALENTINE'S DAY DINNER

Romance will be filling the air on February 14th. Couples will be invited for a candlelit dinner in the Fireside Room. No significant other? That's okay too. Join your friends in the dining room for a lovely meal. Enjoy a refreshing beverage or sip on some coffee and let Lakeside take care of the rest. Dress up and let's have an enjoyable evening celebrating the season of Love.



## I-Spy at The Lakeside Village

I will be giving some clues to an item or location in the building. If you believe you have the correct answer, write it down and give it to me, or put it under my office door. Prizes may be awarded for correct answers. -Sarah

Here are your clues for the month of January:

- 1) You walk past me every day.
- 2) Sometimes I am full, sometimes I am empty.
- 3) I don't always get used, but I am ready at any hour.
- 4) A light would shine right through me.
- 5) I am not made for holding water.
- 6) To put in a request would be a letter of help.

Answer will be posted next month.



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## WINTER WEATHER COMES WITH RISKS

We soon will be seeing signs of the winter season and that means more chances for snow and icy conditions outside. Here are some tips to help keep you safe if you must be outdoors:

- Select proper footwear. No single shoe sole material is perfect under all conditions, however, footwear with rubber or neoprene composite soles provides better traction on ice and snow than leather or plastic.
- Walk consciously. Be alert to the possibility that you could quickly slip on an unseen patch of ice. Avoid the temptation to run outside. You can test your travel path by sliding your shoe or boot on it to see if it is slick.
- Walk cautiously. Your arms help keep you balanced, so keep hands out of pockets and avoid carrying heavy loads that may cause you to become off balance.
- Walk "small." Avoid an erect, marching posture. Look to see ahead of where you step. When you step on icy areas, take short, shuffling steps, curl your toes under and walk as flatfooted as possible. Spread your feet out slightly like a penguin. Walking like a penguin on ice increases your center of gravity.
- Many injuries occur when entering or exiting a vehicle. Be particularly careful and hold onto your vehicle to help support yourself.



Let's do our best to keep everyone safe this winter season.

## Upcoming Events at The Lakeside Village

- 7- Shopping Trip to Walmart/Dollar Tree- Leave at 1pm
- 10- Resident Meeting- 3pm
- 11- Trip to McDonald's for Lunch- Leave at 10:45am
- 13- Podiatry Day in Clinic Area
- 14-Trip Around the World
- 18- Resident Birthday Party-2pm in South Dining Room

**Hometown Grocery Orders are due by 2pm on Monday. Please have them turned in by then. Deliveries will be made Tuesday before noon.**