IMPORTANT INFORMATION

2067 Hwy 4

JANUARY 2022

PANORA, IA 50216

Contact Information

Director: Amanda Creen 641-757-9993 Director@thelakesidevillage.com

Health Care Coordinator: Kris Marlow, BSN 641-757-2928 Nurse@thelakesidevillage.com

Hospitality Coordinator: Marla Hammer 641-757-9800 Culinary@thelakesidevillage.com

Life Enrichment Coordinator: Sarah Wurr Lifeenrichment@thelakesidevillage.com

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

Transportation Specialist: Julie Hathaway 641-757-2785 Transport@thelakesidevillage.com

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**

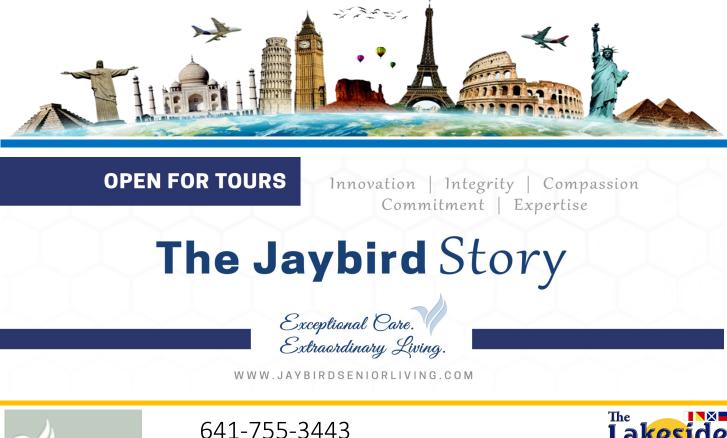
Refer a friend to The Lakeside Village and receive \$500 off your rent when they have lived here 30 days!



2067 Hwy 4

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.





Your best memories are made on the

lake...





www.thelakesidevillage.com

THE LAKESIDE VILLAGE VINE

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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, ice and snow than leather or plastic.
- •Walk consciously. Be alert to the possibility that you could quickly slip on an unseen sliding your shoe or boot on it to see if it is slick.
- 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 our slightly like a penguin. Walking like a penguin on ice increases your center of gravity.
- onto you 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



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however, footwear with rubber or neoprene composite soles provides better traction on

patch of ice. Avoid the temptation to run outside. You can test your travel path by

•Walk cautiously. Your arms help keep you balanced, so keep hands out of pockets and



•Many injuries occur when entering or exiting a vehicle. Be particularly careful and hold

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