

# ONE LAKEWOOD LINK

1900 Lauderdale Drive, Henrico, VA 23238 [www.lakewoodwestend.org](http://www.lakewoodwestend.org) Phone: (804) 740-2900

April 2024 Issue 4 Volume 49

## Welcome April

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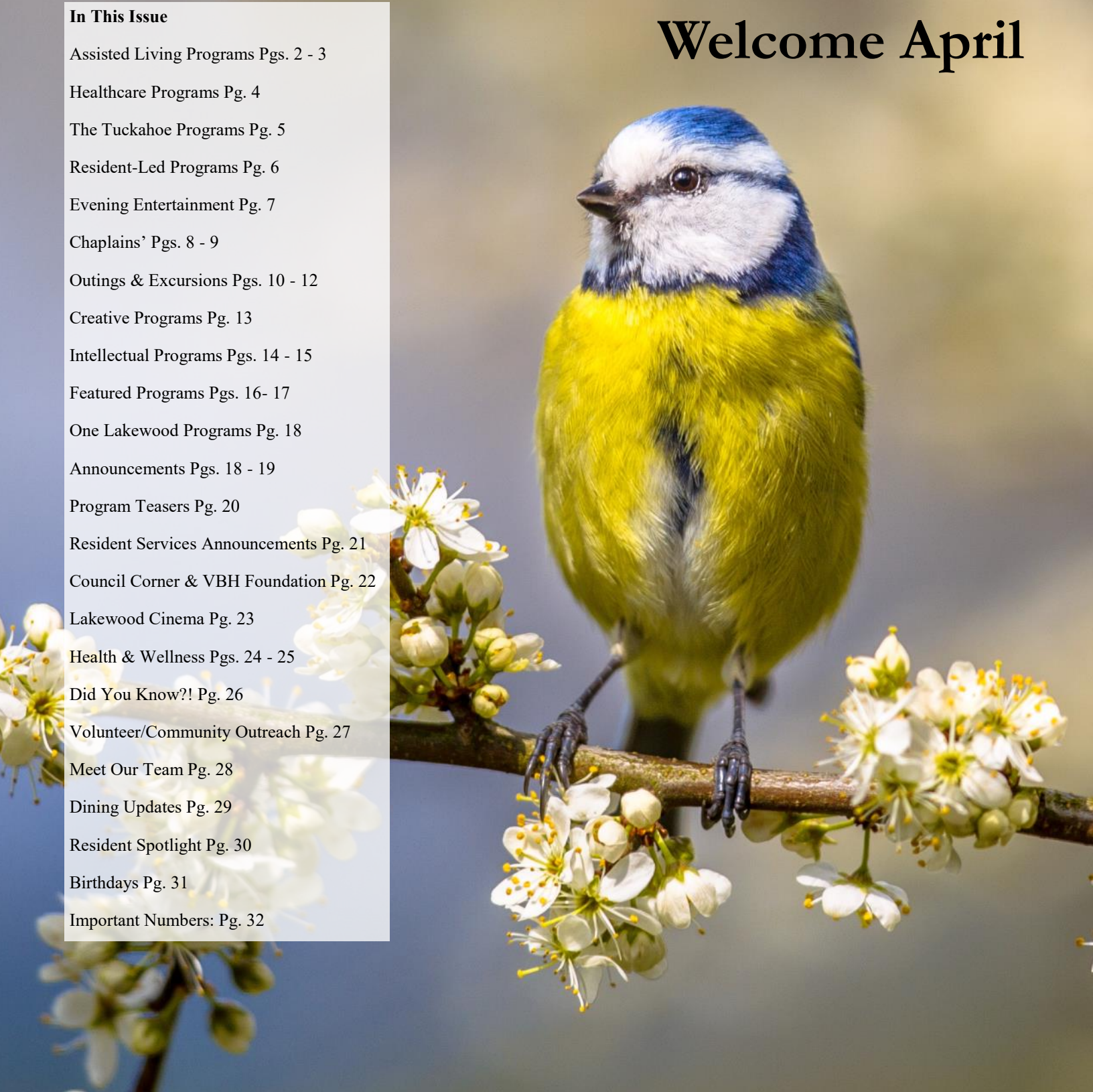
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## ASSISTED LIVING PROGRAMS



### Hymns and Harmony with Chaplain Pam

Join Chaplain Pam for a good old-fashion sing-along with your favorite hymns .

*Mondays, April 1 & 22*

*11:15 a.m. - Rose Bldg. 3rd floor*

*Monday, April 8 & 29*

*11:15 a.m. - Penthouse HSB 3rd floor*

### Poetry with Stacey

*Tuesdays, April 16 & 30,*

*10 a.m., Penthouse HSB 3rd floor*

Get creative by exploring the world of poetry through readings, discussion and writing with Stacey Wilson.

### “Timeless Songs with Linda Jones”

*Wednesday, April 10, 3 p.m.*

*Rose Bldg. 3rd floor*

Join Linda as she plays the piano and encourages everyone to sing along to familiar songs.



### Bible Study with Chaplain Julie

*Monday, April 15, 11:15 a.m.*

*Rose Bldg. 3rd floor*

Join Chaplain Julie for a meaningful time of Bible study and reflection.

### Diane Hart Sing-alongs

*Tuesday, April 2, 3 p.m. - Rose Bldg. 2nd floor*

*Tuesday, April 16, 3 p.m. - HSB Penthouse*

Diane plays the piano and sings songs we know and love, along with sharing the music’s history.

Everyone is invited.



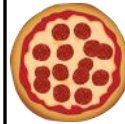
### “Express Dining” Homestyle cooking

Monday - Friday, 4 - 7 p.m.

Buffet style. Dine-in or Take out.

Location: The James Room, next to The Cascades Restaurant. Weekly menus are posted and available upon request.

Residents must tell the hostess they are in assisted living so there will be no cost. Family members/guests are welcome at full price.



### PAV “Personal Pizzas”

Tuesday - Saturday, 4 - 7 p.m.

Take-out or delivery to resident’s rooms at no charge. Call the hostess at 804-521-9146 to place an order.

### Piano with Kelanie

*Tuesday, April 30*

*2 p.m. - HSB Penthouse*



Kelanie is an enthusiastic piano player who loves to perform for our residents.

Everyone is welcome to attend.



### Fiddling Mike Ferry

*Tuesday, April 9, 3:30 p.m.*

*Rose Bldg. 2nd floor*

Mike Ferry delights his audience with Irish tunes on the fiddle.



### Ancient Coin Presentation by Mike Beall

*Wednesday, April 24,*

*2 p.m. - Rose Bldg. 3rd Floor*

Mike Beall will display and talk about his collection of ancient Biblical coins. Learn their history and about his travels.



# ASSISTED LIVING PROGRAMS

## Resident Council Corner

Resident Council met on March 26, 2024. Minutes were distributed to residents and are available upon request. Next meeting is scheduled for Tuesday, April 23 at 3 p.m., Simms Center. Managers will be present. All AL residents are encouraged to attend.



## AL Community Trips-Sign up!

**Walmart**  **Shopping Trip: Walmart**  
Friday, April 12, Bus departs  
9:30 a.m. Main St. Door

## Lunch at Cracker Barrel

Friday, April 19, Bus departs 11 a.m.  
Main St. Door



## Centenarian Luncheon

*Wednesday, April 3,  
12 noon - Rose 2nd floor*  
Residents who are 100 years old or more will be treated to this special luncheon just for them. If you are a centenarian, or know one, please contact Melissa: 521-9265 or Tonya: 521-9288.

## Men's Luncheon

*Wednesday, April 24, 12 noon,  
Tuckahoe-HSB 1st floor*  
AL, HC & MS men will dine on a delicious lunch in the new Tuckahoe and chat about current events. Sign up in person or call 804-521-9265 or 804-521-9288 by 4/22.

## Dora's Corner

Thursdays, 3 p.m. - Penthouse HSB 3rd floor



**April 4:** Celebrating April Fool's Trivia, Traditions & Jokes

**April 11:** Submarine Day, Modern Marvels

**April 18:** World Art Day - Spring Wreaths

**April 25:** Mother Earth Day - Flower Pudding Cups

## Cool Hand Ukes!

*Tuesday, April 9,  
Rose Bldg. 3rd floor*

This group of volunteers from our Lakewood Community really know how to put a smile on everyone's faces. Enjoy ukelele music and laughter and sing along with the players.



## "APRIL SHOWERS" BINGO!

*Friday, April 26, 11 a.m.*

*Rose Bldg. 3rd*

*&*

*Monday, April 29, 2 p.m.*

*HSB Penthouse*

Spot a rain cloud and get extra candy! Winners will pick from the prize cart. **Assisted Living** Residents are welcome to attend.

## Cookie Club!

*Friday, April 26,*

*1:30 p.m. HSB Penthouse*



Join a club you can sink your teeth into! We will bake a batch of cookies for participants to taste. Bring your favorite cookie recipe to share and talk about. Milk included.

## Pet Therapy:

**Caring Canines**

*Tuesday, April 9,*

*10:30 a.m. HSB Penthouse*



**Therapy Dogs Associates**

*Thursday, April 18, 2:30 p.m.*

*Rose Bldg. 3rd floor*

# HEALTHCARE PROGRAMS

## Music That Moves Us

*Fridays in the Simms Center*

April 5: Brad Spivey at 2 p.m.

April 12: Damien Muller at 2 p.m.

April 19: Walt Street at 2 p.m.

April 26: Claudia Carawan at 3 p.m.

## Dining Adventure Club

*JewFro Restaurant*

*Tuesday, April 16, 4:30 p.m.*

Join us for a dining adventure and we try new and unique restaurants in Richmond. Our first adventure is to JewFro a Jewish, African Fusion Restaurant.

The bus will start loading at 4 p.m., Healthcare residents RSVP to a health care activity team member by April 8th.



## Health Care Resident Council Meeting

*Wednesday, April 17, 1:30 p.m.*

*HSB 2nd Floor Dining Room*



## Travel to El Salvador

*Tuesday, April 23, 2 p.m.*

*HSB 2nd floor dining room*

Join us as we travel to El Salvador. We will learn about their culture, food and traditions. We will have staff members joining us who are from the area to share information as well.



## Music as Therapy in April

*Mondays*



10:30 a.m.: Mary Stella (HSB2D)

3:30 p.m.: 1:1 with Audrey

*Wednesdays*

3:30 p.m.: Group with Audrey (HSB2D)

2:15 p.m.: Mary Stella (HSB2D)

## Fox Moon Farm Equine Therapy Presentation

*Thursday, April 4, 2 p.m.*

*Simms Center*

Learn the benefits of equine therapy.



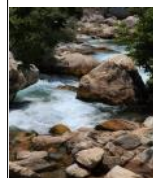
## Scenic Drive

*Tuesday, April 2,*

*1:30 p.m.*

Join us for a ride along the river.

We will start loading the bus at 1:30pm.



## Picnic in the Park

*Tuesday, April 30, 11:30 a.m.*

Weather permitting, we will have a picnic in the park. We will load the shuttle at the Main Street Entrance.

Please **RSVP** by April 26.



## Nail Spa

On Mondays, we offer nail filing and painting services. If you would like to be added to the list, please let an activity staff member know. If we are unable to get to your nails that day, we will try to do them another time during the week or first thing the next week.



## THE TUCKAHOE PROGRAMS

### Scenic Drives



*Monday, April 1  
Goochland, County*



*Monday, April 15  
Cary St*

*Monday, April 29, TBD*

Shuttle departs at 10 a.m.  
at the Main Street Entrance.

**Music Therapy with Audrey**  
*Monday, April 8 & 22, at 2 p.m.*

**Music with Mary Stella**  
*Tuesday, April 9 & 23, at 11 a.m.*

**Pet Therapy**  
*Thursday, April 18, at 2 p.m.*

**Poetry with Stacey Wilson**  
*Tuesday, April 16 & 30, at 1:30 p.m.*

**Hymns & Harmony**  
*Wednesdays at 10:30 a.m.*

**Mike Tessieri**  
*Thursday, April 4, at 3 p.m.*

***For Any Question regarding the  
Activity Calendar please reach out to  
Taylor Jones!***

Thank you to all Volunteers who  
were apart of our big move!  
We couldn't have  
done it without  
you! **Our Tucka-  
hoe Family**



### April Birthday's

April 26  
Shirley Spangler

April 28  
Sarah "Sally" White



### MS, AL, HC Men's Luncheon

*Wednesday, April 24, at 12 p.m.*  
Please join us in the Tuckahoe activity room.  
Located on first floor HSB.

### Nail Spa!

*Every Thursday at 2:30 p.m.*  
*Residents can get their nails filed and polished.*

### Welcome Tiffany Williams, LPN Supervisor

Tiffany is the new LPN Supervisor for assisted living and memory support. She started her career as a Med Tech and CNA before serving as a nurse for 16 years.

She has short-term and long-term experience in skilled care, assisted living and memory support. She was inspired by her mother who was a CNA at a senior adult community. Tiffany did rounds with her mother where she interacted with residents, and she helped take care of her grandmother. Through those experiences, Tiffany discovered her passion.

Tiffany was born and raised in Richmond, VA. She has been married to her husband for 19 years and they have 2 daughters and 1 son. They also have 2 dogs. She enjoys family time, shopping, dancing and she loves to go on cruises with her family.

Welcome Tiffany to the Lakewood Team!





## RESIDENT-LED PROGRAMS

### Cool Hand UKES

Have a ukulele?

Interested in playing?

Join the Cool Hand Ukles

Tuesdays at 10:15 in

the Clubroom!



### Film Discussion – Hal Horan Mondays at 10 a.m. Auditorium

**April 1, *Babette's Feast* (1987)** 102 min

Language - Danish

Academy Award Winner – Best Foreign Film  
Subtle, funny and deeply felt with easy-to-read subtitles.

**April 8, *The Quietman* (1952)** 129 min

Boisterous, with beautiful scenery.

Clearly a labor of love for Ford and his Irish American actors

**April 15, *Lost Horizon* (1937)**

I enjoyed this great adventure story when I saw it as a child and enjoy it more in my late 80's.

**April 22, *You Can't Take it with You* (1938)**  
127 min

Academy Award Winner – Best Picture Film  
adaptation of Kaufman and Hart's Broadway play. Hilarious story of a houseful of people, each following their dream.

### Flower Guild

You have an opportunity to join the group on Mondays to assist with bringing beauty to our Lakewood community.

Open the bloom of your heart and become a volunteer for the Flower Guild group!



### Team Trivia – Batter Up!



April showers bring May flowers AND a slew of fun historical tidbits, but are they fact or fiction? We'll also celebrate baseball's opening day!

Join us for team Trivia on  
*Tuesday, April 9, 2 p.m. Auditorium*

### VaCCRA

All residents are invited on April 23 to a VaCCRA-sponsored informational meeting on Estate Planning. The presentation will be in the Auditorium at 2 p.m. The law firm Carrell, Blanton, and Ferris, a firm that specializes in Trust, Estate, and Elder law will discuss such topics as recent laws, regulations, and changes in life circumstances that might impact your documents, trusts vs wills, approaches to avoiding probate, potential pitfalls of joint ownership, POAs, advance medical directives vs DNRs, and other topics vital to a good estate planning process.

**Contact the Resident Services Team at 804-212-8836 if you wish to advertise your resident led program!**

## EVENING ENTERTAINMENT

### Monday, April 1, 7 p.m. Auditorium - Chesterfield Concert Band

Spring into Broadway - with the music of Wicked, Westside Story, and other show tunes, including patriotic and Americana pieces.



### Monday, April 8, 7 p.m. Auditorium

#### - Bob Olsen: Hollywood Cemetery

For Garden Month, Bob Olsen will discuss the flora in Hollywood Cemetery and share photographs.



### Monday, April 15, 7 p.m. Auditorium - Audie Murphy Reenactor

Audie L. Murphy, America's most decorated combat soldier of World War II and a famous movie star. Charles Wissinger will portray this American icon.



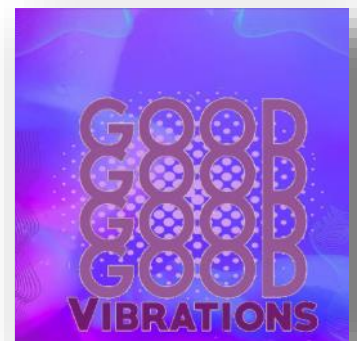
### Monday, April 22, 3 & 7 p.m. Simms Center - BINGO by LW Players - Overflow seating Auditorium -

Hold the phone, clear your schedule, and prepare to laugh 'til your sides hurt at the next Lakewood Players production! We'll see you at "BINGO! The Game They're Dying to Play." Be a part of the action as we join in a real, live game of Bingo with seniors at the "Rock of Aged" Retirement Home. Meet an eclectic and star-studded cast as we piece together what's REALLY going on at The Rock! Written by Edie Ellis, and Co-Directed by Edie Ellis and Stacey Wilson.

Assistive devices such as rollators will be parked and cannot come with you to your seat in the Simms Center.

### Monday, April 29, 7 p.m. Auditorium - Good Vibrations

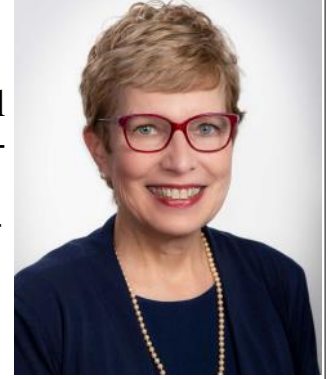
Good Vibrations an all-volunteer chorus in the Richmond, Virginia area. Their mission is to provide a musical journey of inspirational messages through popular, patriotic songs.



## CHAPLAINS' PAGE



Every so often, we will include basic information about the ongoing faith-filled programs and services we offer here at Lakewood. Here's a brief list, as well as directions to the Chapel and Chaplains' Office. Locations and times of these recurring events as well as our unique monthly offerings can be found in the calendar, weekly, and on Touchtown. We hope to see you at one of our services and programs soon! We welcome suggestions for offerings you'd like to see in the future.



Glad to be on the journey with you, Chaplains Julie & Pam

### Spiritual Programs Descriptions

**Catholic Communion:** *Sundays, 2:30 p.m., Chapel*

Eucharist is brought by a lay leader from St. Mary's Catholic Church with a brief service. can be brought to your apartment by request to Chaplain Julie. 5-10 min.

**Centering Prayer Group:** *Mondays, 9 a.m., Chapel*

Small peer-led group meeting in the Chapel for silent, meditative, centering prayer. 20 min.

**Communion w/Richmond's FBC:** *1<sup>st</sup> Sunday after 1<sup>st</sup> Monday monthly, 4 p.m., Simms Center*

Richmond's FBC invites all residents regardless of church affiliation to join one of their clergy for a service of Communion each month.

**Community Prayer:** *Weekdays, 9:30 a.m., Broadcast Only Channel 971*

Broadcast prayer on weekday mornings led by one of the chaplains. 5-10 minutes.

**Grief Support Groups:**

Hour-long ongoing, open support groups. Those grieving losses of any kind are welcome.

**Ladies' Support Group:** *2<sup>nd</sup> and 4<sup>th</sup> Tuesdays, 11 a.m., Main St. AR*

**Men's Grief Chat:** *1<sup>st</sup> and 3<sup>rd</sup> Thursdays, 10:30 a.m., Main St. AR*

**St. Mary's Broadcast Mass:** *Sundays, 10 a.m., Simms Center/Channel 971*

Broadcast of the morning mass from St. Mary's Catholic Church. 1 hour.

**Taizé Prayer:** *Every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday, 3:30 p.m., Simms Center*

A contemplative service with times of singing refrains based on Scripture passages, silent prayer, and scripture readings based on the style of the community of Taizé, France.

**Vespers:** *Sundays, 4 p.m., Simms Center/Channel 971*

Weekly ecumenical worship service led by local area clergy & lay leaders, as well as Lakewood residents and musicians. 30 min.



## CHAPLAINS' PAGE

**The Chaplains' Office** is located on Main Street next to the Simms Center on the opposite side of the Game Room. The Chapel is located next to the Chaplains' Office and is open for personal prayer daily for all.



### Chapel Dedication Day

*Thursday, April 18, 8 a.m. - 4 p.m. Drop-In, Chapel*

Our Chapel has recently been refreshed and made more functional and welcoming so all residents and team members can have a space for prayer. Come by and offer your prayers for the space throughout the day and write a blessing in the book we'll keep for all to read in the Chapel.

### Won't You Be My Neighbor Series

#### ***The Life and Commemoration of Jesus***

*Tuesday, April 30, 2 p.m., Simms Center*

From the *Cultural Literacy for Religion: Everything the Well-Educated Person Should Know* Wondrium series, this pre-recorded lecture will give an overview of the life of Jesus and the liturgical year of the Church.

#### **Seder**

*Tuesday, April 9, 4:30 p.m., Simms Center*

**RSVP: Opens 3/26; Closes 4/**

**Seats 50; Cost \$20**

In this celebration, all are welcome as we learn together about the celebration of Passover and the Seder by experiencing one led by Cantor Fran Goldman, Cantor Emerita of Congregation Beth Ahabah.

**Menu:** Matzah Ball Soup, Honey Garlic Chicken, Potato Latkes, Haricot Verts, Gluten Free Almond-Raspberry Shortcake, Pinot Noir/ Grape Juice.

### Vespers

*Sundays at 4 p.m. Simms Center*

**April 7:** Rev. Dr. Tim Dixon,  
Lakewood Resident

**April 14:** Rev. Dr. Allison Collier,  
Associate Pastor of Christian Formation,  
Richmond's FBC

**April 21:** Rev. Dr. Adam Sowder,  
Lead Pastor, Discovery UMC

**April 28:** TBA

### Sight & Sound Theater's Samson Film

*Thursday, April 25, 1:30 p.m., Simms Center*

Journey with this unlikely hero as he battles the Philistines—and his own personal calling. Filmed in front of a live audience on stage at Sight & Sound Theatres in Lancaster, PA.

### World Tour of Churches

*Tuesdays April 2 & 16*

*2:30 p.m. Simms Center*

Travel to two more of the World's Greatest Churches from the Great Courses series:

April 2<sup>nd</sup>: The Wieskirche in Bavaria

April 16<sup>th</sup>: Iceland's Hallgrímskirkja

### *In Memoriam*

Felix Shepard - February 19

# OUTINGS & EXCURSIONS

**IL Trips ratings:** A “RS” will appear next to the level number if a team member will be present. A “DR” will appear if only a designated resident is assigned. A “D” will appear if only a driver is present. Please contact the resident services team at 804-521-9137 with any questions on trip levels.

Trip Level 1: Little walking and is handicap accessible.

Trip Level 2: Requires standing or sitting up to 1 hour and some walking.

Trip Level 3: Physically demanding and should be able to walk independently. May not be suitable for walkers/scooters. Steps may be required. See Activities for details.

Trip Level 4: Day trip and/or trip out of town. Little walking and is handicap accessible.

Trip Level 5: Day trip and/or trip out of town. Physically demanding and should be able to walk independently. May not be suitable for walkers/scooters. Steps may be required. See specific activity for details.

## Trip Sign-Ups

Sign-ups are available through Touchtown.

If you don't have a smart phone, tablet or computer and would like to sign up for a trip or program, you can call 804-212-8836 and we will help sign you up.

### Trip Updates:

Unless otherwise stated, if registration for an outing or event does not reach 6 or more, the outing will be canceled or postponed. Trips that are not sponsored by resident services (those with transportation costs) will go no matter the number of residents signed up.



### Dinner Out: Los Panchos

Wednesday, April 17,

Leave 4:30 p.m.,

Reservation 5 p.m.

Level: 1; Seats: 18;

Cost: Paid directly to restaurant or charged to your Lakewood statement.

**RSVP: Opens 03/26; Closes 4/15**



### Ladies Lunch: Lola's Bistro

Friday, April 12, Leave: 11 a.m.

Reservation: 11:30 a.m.

Level: 1; Seats: 18;

Cost: On Your Own,

**RSVP: Opens 03/26; Closes 4/10**

Come enjoy healthy, home-cooked meals and the best desserts anywhere!



### All Resident Lunch:

#### Secret Sandwich Society

Thursday, April 4,

Leave 11 a.m.,

Level: 1; Seats: 18;

Cost: On your own

**RSVP: Opens 03/26; Closes 4/15**

### Desserted: Breco Tea Café

Monday, April 8, 1 p.m. Level: 1; Seats: 11;

Cost: On your own **RSVP: Opens 3/26; Closes 4/06**

Enjoy freshly brewed premium Teas & Purely, made from fruits (milk tea, boba, fruit tea, & coffees.)

They also have an assortment of daily breads and pastries made from flour imported from Japan.



# OUTINGS & EXCURSIONS

Reservations will open Tuesday, March 26, 9 a.m. on Touchtown or 804-212-8836

## Understanding Your Grief: Touchstones for Hope and Healing

*University of Richmond*

*Tuesday, April 9, Leave 4:45 p.m.*

*Cost: No Charge; Seats: 10*

**RSVP: Opens 3/26; Closes 4/07**

Bliley's presents "Understanding Your Grief: Touchstones for Hope and Healing," an evening of hope and healing led by world-renowned grief counselor Dr. Alan Wolfelt for those who are experiencing grief in their lives.



## Charlottesville Quilt Guild Quilt Show

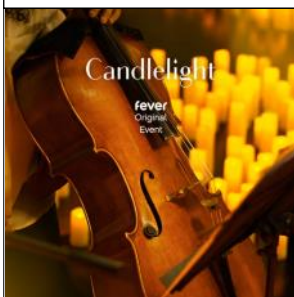
*At The Center at Belvedere*

*Saturday, April 13,  
Leave 10 a.m.*

*Level: 2; Seats: 11;*

**Cost: \$5, RSVP: Opens 3/26; Closes 4/11**

Enjoy over 180 quilts on display. Visit vendors and food truck. Attend a 20-minute demo (schedule to be posted soon). Take a chance on a raffle quilt or various raffle baskets. We will stop for lunch, cost on your own.



## Candlelight Concert: Beatles to Bach

*at the Science Museum*

*Friday, April 26,*

*Leave 5:15 p.m. Show 6:30 p.m.*

*Level: 1-RS; Seats: 11;*

*Cost: \$48.00*

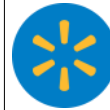
**RSVP: 3/26; Closes 4/24**

Sample of what you might hear:

Bach: Brandenburg Concerto No. 3 in G Major, BWV 1048: I. Allegro, Cello Suite No. 1 in G Major, BWV 1007: I. Prelude; Ave Maria (Bach / Gounod)

The Beatles: I Want to Hold Your Hand, Yesterday, Blackbird, Strawberry Fields Forever

**Deadline for RSVP on all trips below is 24 hours in advance.**



**Kroger / Walmart**

*Tuesdays, April 2 & 16*

*- 9:30 a.m.*



**Publix / Food Lion**

*Tuesdays, April 9 & 23*

*- 9:30 a.m.*



**Dollar Tree / Walgreens / CVS**



*Wednesday, April 17*

*- 3 p.m.*



**Trader Joes - 5th Tuesdays**

*Tuesday, April 30, 9:30 a.m.*

## Season Ticket Holder Trips

*All Tickets must be purchased on your own and residents must sign up for each individual trip they wish to attend.*

Call the Registration line at  
804-212-8836

**In the case of transportation constraints, there may be a change in the number of registrations allowed.**

**It will be noted on the event.**

**Tuckahoe Women's Club**

*Wednesdays, 4/10 & 4/17 - 9:30 a.m.*

*Transportation Fee: \$8 per person*

*Seats: 12; RSVP*

**Richmond Symphony**

*Sat., April 6, Leave 7 p.m.*

*Show 8 p.m.*

*Transportation Fee: \$8 per person*

*Seats: 34;*



# OUTINGS & EXCURSIONS

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## Ovation Choir Concert

*Huguenot Road Baptist Church*

*Tuesday, April 23, Leave: 1:30 p.m. Show: 3 p.m.*

*Level 1: Cost: No charge, Seats: 34; RSVP: 3/26; Closes 4/21*

The Ovation Chorus was established in January of 2022 by fourteen interested singing enthusiasts who met eagerly with imaginative minds and deep, compassionate hearts to create a music ministry focused on the 55 and older adults.

This year's Spring 2024 Concert will feature the Ovation Chorus singing songs from New York Broadway stages, including *Beauty and the Beast*; *Annie*; *Gypsy*; *Bye, Bye Birdie*, *The Music Man*, ending with "The Impossible Dream" from *Man of La Mancha*. Special guests will also join us! A barbershop quartet made up of former singers with Richmond's Barbershop Chorus, "The Virginians." They will be singing "Lida Rose" in the true barbershop style from *The Music Man*. Special guest, Juan Pineda, who sang on Broadway in the musical, *Miss Saigon*, and his lovely wife, Valerie, will sing a duet from *Les Misérables*, "All I Ask of You." Where in Richmond would you be more thrilled with the music of Broadway but only with the Ovation Chorus... and it's FREE!

## TINA - The Tina Turner Musical - Altria Theater

*Thursday, April 4, 6 p.m. Level: 2 - RS; Seats: 8; Cost: \$75.50*

**RSVP: Opens 3/26; Closes 4/02**

An uplifting comeback story like no other, TINA – The Tina Turner Musical is the inspiring journey of a woman who broke barriers and became the Queen of Rock n' Roll. Set to the pulse-pounding soundtrack of her most beloved hits, this electrifying sensation will send you soaring to the rafters. One of the world's best-selling artists of all time, Tina Turner has won 12 Grammy Awards, and her live shows have been seen by millions, with more concert tickets sold than any other solo performer in music history.



# CREATIVE PROGRAMS



**Just Craftin' Around with Jo!**  
*Saturday, April 6, 2 p.m.*  
*Creative Arts Room*  
*Seats: 8;*  
**RSVP: Opens 3/26; Closes 4/04**

Want to spruce up your home decor? Handmake your very own paper lantern that is perfect for April! With fun spring-themed paper, filled with umbrellas and flowers, you can let your mind wander to new heights!

## Card Class

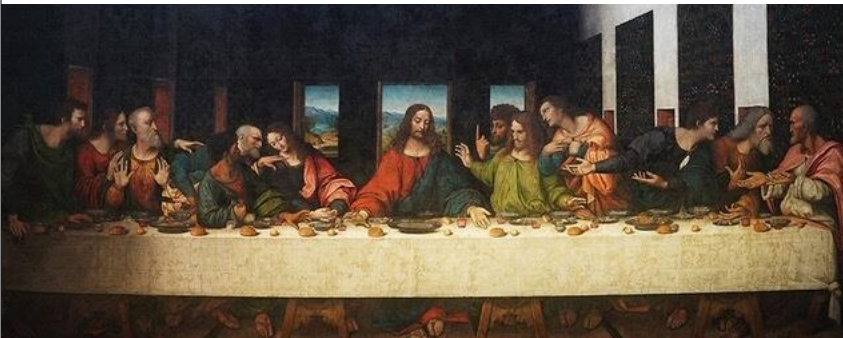
*Wednesday, April 3, 2 - 4 p.m.*  
*Creative Arts Room*  
Always wanted to learn to make Pop-Up Cards? Come celebrate April with the Resident Services team to create these fun, interactive cards!



## Leonardo's Last Supper

*Friday, April 12, 10:30 a.m. Simms Center*

Leonardo da Vinci has been called the quintessential Renaissance artist and his depiction of The Last Supper has been called the quintessential Renaissance painting. Learn the history of one of the world's most recognizable artworks, how Leonardo developed its deceptively simple composition, and the ordeal this work has suffered since its creation. Juana Levi is a retired registered nurse who studied Art History at the University of Maryland.



## Crafters Corner

*Friday April 12,*  
*2 p.m.*  
*Creative Arts Room*  
*Seats: 10*



**RSVP: Opens: 3/26; Closes 4/10**

We'll make:

Tic-tac-toe travel bags  
Friendship bags

Ice cream cone ornaments

*All of the items will be sold in the Lakewood Fall Bazaar*

## Floral Pop Up – Garden Month

*Monday, April 15, 2 p.m.*

*Simms Center*

**RSVP: Opens 3/26; Closes 4/13**

Stop by the Simms Center between 2 - 3 p.m. for the opportunity to make a flower arrangement we will display on Clubhouse shelves.



**Just Craftin' Around with Jo!**  
*Friday, April 26, 2 p.m.*  
*Creative Arts Room, Seats: 8;*  
**RSVP: Opens 3/26; Closes 4/24**

With Earth Day coming on April 22<sup>nd</sup>, come paint rocks to celebrate our earth! Whether you put them around your home or in the Lakewood Garden, they are moments of joy and an opportunity for you to let your imagination soar!



# INTELLECTUAL PROGRAMS

## Historically Speaking

*Fridays, April 5, & 19, 1:30 p.m. AUD*

**Topic:** Jefferson: Liberal or Conservative



## Music Appreciation

*Wednesdays, April 10, 17 & 24,  
(no class 4/03) 10 a.m. Auditorium*

Music Appreciation will combine the aural, visual, and cerebral worlds during the month of April as we explore the concepts and compositions of Walt Disney's 1940 production of *Fantasia*.

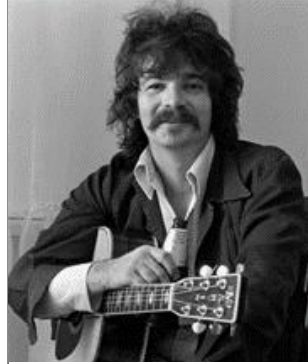
From Bach and Beethoven to Dukas and Stravinsky, there's something to ignite everyone's imagination in this classic film.



## The History of Music: John Prine

*Tuesday, April 23, 2 p.m.  
Life Long Learning Center  
Seats: 17;*

**RSVP: Opens 3/26;  
Closes 4/21**



Songwriters are poets. Many songwriters of the 60s expressed the anxiety about the turmoil of the world as they became adults and the concern about the way the world was evolving. The generation that grew up listening to these lyrics often felt strongly bonded with the poets and each other because we shared the experiences. These songwriters were able to put words to our observations and feelings. This month will feature John Prine.

## Q&A with Meredith Auchmoody, Director of Care Coordination

*Wednesday, April 10, 1:30 p.m. Auditorium*

Meeting to discuss movement in levels of care, clinic information and updates, open feedback and any concerns.

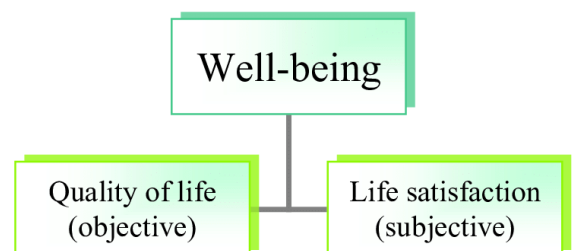


## Osher: Subjective Well-Being and Life Satisfaction: An Overview of Theory and Research on What Makes for a Satisfying Life

*Monday, April 15, 9:40 - 11:05 a.m.*

*Card Room, Seats: 24, Cost: \$10*

**RSVP: Opens 3/26; Closes 4/12**



This presentation will review basic theory and research on subjective well-being and life satisfaction-what social science tells us about what makes for a satisfying life and what makes life worth living. The goal of the presentation is to provide you with some practical ideas for examining your own life and strategies for increasing happiness and contentment. Offered in partnership with the Osher Institute at George Mason.



## INTELLECTUAL PROGRAMS

### Cinema Therapy

*Tuesday, April 9 & 23, 10:30 a.m., Auditorium*

Jonathan is a licensed therapist who loves movies. Alan is a professional filmmaker who needs therapy. Together, they break down your favorite movies, searching the characters, themes, and plots to find things you can use to improve your mental health, your life, and your looks (nope). Join them and their guests as they try to improve life, laugh at each other, and keep Alan from crying over everything. We're making sense of life one blockbuster at a time.



**April 9, 10:30 a.m.** - Therapist Reacts to TREASURE PLANET - How do you connect and open up to others? How do you get over fear of rejection?

**April 23, 10:30 a.m.** - Therapists React to PUSS IN BOOTS: THE LAST WISH with guest Emma McAdam - How do you cope with fear? What happens when you ignore your emotions?

### The Forum

*Saturday, April 20, 7:10 p.m.*

*Doors will close promptly at 8 p.m.*

*Auditorium; RSVP: Opens 3/26; Closes 4/18*

The Supreme Court is emerging as one of the most dynamic and consequential institutions of our time. With a pivotal year ahead, journalists Nina Totenberg and Kimberley Strassel will come together for a lively and nuanced conversation about the changing nature of the Court and the potential impact of the most highly anticipated cases on the court's 2024 docket. Totenberg is a veteran legal affairs correspondent and is considered one of NPR's "founding mothers." Strassel is an author and opinion columnist for The Wall Street Journal. This discussion between two women with divergent views will be a testament to the power of civil discourse and the value of engaging with different perspectives.



**Rebroadcast, April 25,  
10 a.m. Simms  
Center**



### Osher: The Art of War: The Vietnam War

*Monday, April 29, 10 a.m. - 12 p.m.*

*Card Room; Seats: 17; Cost: \$10*

**RSVP: Opens 3/26; Closes 4/27**

Throughout much of our history, artists have been embedded on the battlefield to capture soldiers in action. Join us as we analyze and discuss how wartime artists serving on the frontlines applied their artistic talents to express what they experienced in real time from their own unique perspectives. In this program, we will look at the Army War Artist Program focusing on the Vietnam War. This presentation is a collaboration between Ralph Kidder and Alice Waagen, American Art docents, and Steve Anders, retired Army historian, who will provide the historical context for the art.



## FEATURED PROGRAMS



### Resident Services

**Music Bingo**  
Friday April 5,  
11 a.m.  
Card Room

Since we had to cancel Music BINGO in March, Music BINGO is rescheduled for April 5. See you there.

### Dinner and a Movie: We Bought a Zoo

Wednesday April 10, 5 p.m.  
Auditorium; Seats: 80;  
Cost: 16 Dining Dollars  
**RSVP: Opens 3/26;**  
**Closes 4/08**

Set in Southern California, a father moves his young family to the countryside to renovate and re-open a struggling zoo.

**Menu:** House salad, rolls, Shepard's pie, cupcakes



### Equine Elders Program Presentation

Thursday, April 4, 2 p.m. Simms Center

Equine Elders provides Equine Assisted Activities (EAA) for older adults and those with dementia. Their goal is to engage and empower older adults and those with Alzheimer's and other dementias. They provide those with physical activity, memory, and speech stimulation, access to a safe, outdoor environment, and an emotional connection with horses. Come and listen to this outstanding program!

Why horses? Horses are your guides and teachers on the child's journey of self-discovery and healing. Horses are prey animals and highly sensitive. In fact, they can sync their heartbeat to a humans from 4 feet away. Because they give honest feedback with no judgment or ego, they respond according to what the person's body language, emotions, and energy are communicating – our non-verbal communication.



### Happy Hour: Alzheimer's Purple Party

Thursday, April 18, 4 - 6 p.m. Auditorium  
**RSVP: Opens: 3/26; Closes: 4/16**

Join us for our **PURPLE** happy hour as we officially kick-off our Alzheimer's fundraising campaign!

We will have a  
**PURPLEST PERSON**

contest, purple food,  
purple drinks and  
purple decorations!  
Purple people are the BEST!



### Tunes on the Terrace - Triple Crossing Jazz Project

Friday, April 19, 4 p.m. Terrace Patio

We are welcoming back Tunes on the Terrace with the Triple Crossing Jazz Project. Grab a beverage from Currents or bring your own to the Terrace and enjoy great music by Triple Crossing... they regularly play at the Tobacco Company and many other local venues.



## FEATURED PROGRAMS



**City Singers Youth Choir**  
*Thursday, April 25, 7 p.m.*  
*Simms Center*

## National Karaoke Week

**Tunes on the Terrace: Karaoke**  
*Wednesday, April 24, 4 p.m.*  
*Terrace Patio*

We are celebrating National Karaoke Week with Karaoke on the Terrace. Come out and sing your favorite song solo or get your friends together for a number. Stay tuned for more tunes on the terrace where we

enjoy music performed by some of your favorite singers who have performed in the past at Lakewood.



### Building Spring Picnics - Terrace Patio, noon

*April 2, - Cottage Residents*

*April 9, - Hybrid Residents*

*April 16, - Villa Residents*

*April 23, - Amelia Residents*

*April 30, - Brook Residents*



**RSVP: Opens 3/26; Closes 48 hours in advance.**

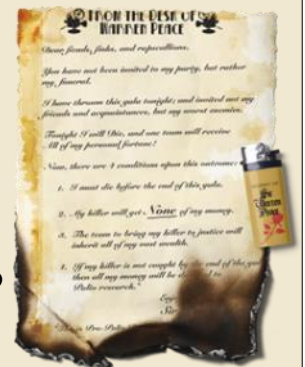
*Menu: Hamburgers, hotdogs, buns, fixings and condiments, potato salad, baked beans, water*

Resident Services will supply cookies and brownies unless your building would like to bring desserts. If you want any other beverages, either coordinate with your building, bring your own, or coordinate with dining (there will be a charge). If you have dietary restrictions, please reach out to Judy or Christina with Resident Services.

### **Murder Mystery Dinner: Friday, May 3, 5 p.m. Auditorium**

*Seats: 100; Cost: \$40; RSVP: Opens 3/26; Closes 4/30*

Come to the quintessential whodunnit thriller at the estate of Sir Warren Peace and get thrown into a night of mystery, intrigue, and murder you will never forget. With a killer crowd of people just waiting for murder to arrive on the scene, this night will keep everyone looking over their shoulders and guessing who the next victim will be! Bribe suspects for clues and gather information to uncover the unhinged guest who is whacking all the invitees. Just be careful, because you could be next! Dress your best in evening wear and suits—this is a refined party, after all.



**Menu: When you RSVP, please give us your entree choice and any dietary restrictions.**

- Dressed House Spring Salad with Red Wine Vinaigrette
- **Choice of:** Seared Salmon Fillet (6oz) with Blood Orange Hollandaise or Grilled Beef Filet (6oz) with Bordelaise
- Both entrees are served with Asparagus & Twice Baked Potato.
- Bistro Key Lime Cake with Berries
- Assorted Bread Rolls with Butter
- Choice of House Cabernet Sauvignon or Chardonnay



## ONE LAKEWOOD



### World Circus Day

Wed., April 17, 1:30 p.m.

Simms Center and outside of E building

*"Keep the circus going inside you, keep it going, don't take anything too seriously,*

*it'll all work out in the end."* -David Niven

Lakewood Big Top opening one day and one day only! Come play games like Ring Toss, Target Shooting with Nerf guns, Knock the Cups Down and more; enjoy snow cones, cotton candy, popcorn; and a petting zoo.



### Master Gardening Spring Program - with Patti Brusoski

Thursday, April 18, 2 p.m.,  
Simms Center

Join us as we welcome Spring with a gardening presentation by our own Patti Brusoski, Health Care Activity Assistant.

### Earth Day Clean Up

Monday, April 22, 10 - 11:30 a.m.,

Clubhouse Front Entrance

**RSVP: Open 3/26; Closes 4/20**

Earth Day is almost here! Help us give back to our Earth by beautifying our community with a Lakewood clean up!

Meet us at the clubhouse front entrance and we will disperse groups across the community for cleanup. Rain or shine event.



### What's YOUR talent?

Everyone has one!

Join us Wed., April 24, at 3 p.m.

in the Simms Center for an informational meeting about our next Lakewood talent show!

Whether you can sing, dance, recite poetry, whistle, juggle, do impressions, play an instrument, or any other skills big or small, we want to hear what you have to offer! Come on down!



## ANNOUNCEMENTS

### Flower Guild

Have you noticed the flower arrangements around the buildings? While Douglas Palmore handled the arrangements we enjoyed them in the lobby, outside Cafe 1900 and the Memorial Table, the Flower Guild has a core group of women and with the added manpower, Lakewood is enjoying the fruits of their labor. *But... they are looking for more people to join.*

Why Flower Arranging? There are several benefits:

First, flower arrangement can have a calming and therapeutic effect, due to flowers having a psychological and emotional influence on a person, which can aid in enhancing one's mood.

Second, they make the brain more resilient to the early signs of dementia. The capacity to remain interested, in addition to acquiring new abilities, will keep your brain busy and push it to continually take in new knowledge.

Third, flower arrangements that are handmade by a loved one, are a terrific gift, as they may make the gift even more unique because they are made with your own hands. Don't forget the Flower Guild is hosting a Flower Arranging Pop up, **Monday, April 15 at 2 p.m., SC.**



## ANNOUNCEMENTS



### Honor Flight

**Our Mission** To celebrate America's veterans by inviting them to share in a day of honor at our nation's memorials in Washington, D.C.

**Our Vision** A nation where all of America's veterans experience the honor, gratitude, and community of support they deserve.

Honor Flight Network is a national nonprofit organization created in 2005 comprised of independent hubs working together to achieve the Honor Flight mission. In furtherance of this common goal, we have the enormous privilege of showing our nation's veterans the appreciation and honor they deserve.

Honored veterans always travel free of charge, thanks to generous donations to our organization. While initially focused on America's World War II veterans, Honor Flight Network has expanded its mission to include those who served during the Korean War and the Vietnam War. The Honor Flight TLC program also honors veterans of any service era who are critically ill.

A trip with Honor Flight is at no cost to the veteran. Veterans are also assigned a Guardian for the day. The guardian is their eyes, ears, legs and arms for the trip. They are there to make the experience for the veteran enjoyable. Old Dominion Honor Flight serves the Richmond area and their are applications in Judy Dewalt's office. You can also go online to [info@olddominionhonorflight.org](mailto:info@olddominionhonorflight.org) or call 877-261-3430 for more information or to apply. Consider applying for this wonderful expression of this country's gratitude for your service.

### Calling all Photographers

In May we will be having a show of photography by Lakewood residents and team members. If you have framed photographs that you would like to have included in this exhibit, please contact Mary Kent on 804 301-2989 or at [marykentartist@gmail.com](mailto:marykentartist@gmail.com).

The deadline for entries is March 31. The exhibit will go up on May 1, and stay up through June 28.



### Bible Studies at Lakewood

To increase resident knowledge about ongoing Bible Studies in our community and to make everyone aware of all the options that currently exist, the Spiritual Enrichment Committee is seeking to provide a list of Lakewood's existing Bible Studies.

If you are a member of a Lakewood Bible Study, please email Toni Schmiegelow, [td754@comcast.net](mailto:td754@comcast.net) or Linda Hartz, [hartzhartz1@verizon.net](mailto:hartzhartz1@verizon.net) with the facilitator's name, and the committee will contact them to get additional information needed.



### Log cabin

The donated Log Cabin in the Solarium is in need of decorations, furnishings, dolls, etc. If you have anything that might be used in the log cabin, please see Christina Qawasmy or Judy Dewalt. We would love this to be a community project with the decor changing to bring delight to anyone passing to look at the house.





# Upcoming Programs



## Carte Boutique

Lakewood has enjoyed many shopping opportunities with Carte Boutique, but this is coming to an end. Judy Burton who owns Carte Boutique is retiring. Her final visit to Lakewood will be Monday, May 20<sup>th</sup> in the Auditorium. Plan to stop by, purchase spring attire and say good bye to our friend.

## Spring Fling

Lakewood Residents danced the night away in January at our Winter Dance, so we have invited the Wrest Band back for a Spring Fling. Look for the date and time in the May Link.



## Rock into Spring with Rick Langholz: May 1, 2 - 4 p.m.

This program will feature the music of Buddy Holly; artists he influenced; other popular artists like Elvis Presley and Jerry Lee Lewis; and dance-themed songs (Bunny Hop, Mambo, Stroll, Twist, Mashed Potatoes, for example); There will also be trivia and light refreshments.

## Gary Cooper Birthday Film Viewing Special: May 7

Join your host Rick Langholz to watch High Noon at 10 a.m. in the Auditorium. Film Synopsis: The town marshal must decide whether to confront a gang of outlaws vowing to kill him or leave town when no one will come to his aid. Classic theme song and use of clocks throughout the film establish requisite tension. Gary Cooper won the Academy Award for his performance.

## Washington Nationals Game with Westminster Canterbury

The Nationals take on the Arizona Diamondbacks, June 20 at 1:04 p.m. game. Tickets are \$155. More information to come, *but registration will be open on March 26<sup>th</sup>.*





## RESIDENT SERVICES ANNOUNCEMENTS

### Resident Services Updates

#### **The following is the new Transportation Fee Schedule.**

*Lakewood Resident Services Coordinated Trips* - free of charge.

Includes - grocery, dine outs, theater, etc.

*Non-Lakewood Resident Services Coordinated Trips* - \$8 fee round trip

Includes - Symphony, sporting events, club associated trips. Trips with fees will be noted in the One Lakewood Link.



**Resident Requested Trips:** In the case of a resident requested trip, you must have the request to Transportation by the 15th of the prior month. Items needed: address of event, date, leave time, event time, time away for the driver or the pickup time and number count. Forms for requests are available at the Transportation desk window or the front desk.

All requests must be submitted through this form.



### **Touchtown & RSVPs**

Registrations will open on March 26 at 9 a.m. for April events.

If an event falls more than 30 days from the opening date, there is a system delay and you may not see it available at 9 a.m. Please check back within the hour and it will probably be there.

Also, no one has the ability to register early except the administrators of the program. We want to assure you that we do not add residents early. All residents have the same access to the system. In addition, a resident can register 2 other residents when they add themselves, but be assured, that is all the system allows. We have the ability to see who registers a guest, and if this is being abused, it will be addressed.



**RSVP Reminder:** Resident Services would like to remind all residents of the importance of registering for in-house events. Registering for an event allows Resident Services to provide accurate information for other team members, such as Dining and Housekeeping, so they can prepare enough food and set the room for a given event.

If there is an in-house event that asks for you to RSVP, you are required to register 48 hours before the event. You can register for all events on TouchTown or by calling 804-212-8836.

Any residents who arrive at an event for which they have not registered may not be able to be accommodated. We thank you for your understanding of this matter. Our goal is for all residents to have an enjoyable experience, and we thank you for your support in helping us achieve that.



### Council Corner: The Boardwalk is Coming!

The boardwalk is coming! The Tuckahoe Creek Park boardwalk, that is! At its March meeting the Henrico County Board of Supervisors approved a Substantially in Compliance with the Land Use Plan action which is necessary in continuing the development of the Park. The next step is the creation of the Master Plan for the as yet uncompleted sections of the Park. This Master Plan should be submitted to the Board of Supervisors for approval sometime this summer. It is anticipated that, following approval, construction can begin as early as the winter of 2025. The Park, which was begun in 2016, is a passive linear park which will follow the Tuckahoe Creek floodplain from Broad Street to Patterson Avenue. The land is protected under the Chesapeake Bay Preservation Act. The Tuckahoe Creek Park will traverse the western boundary of Lakewood on land donated to Henrico County by LifeSpire for this purpose and access will be available for Lakewood residents. It will provide a walkable space for our residents to enjoy the flora and fauna of the creek as well as an opportunity for fishing!



The Lakewood Residents' Council adopted a resolution at its February 21 meeting supporting the continued development of Tuckahoe Creek Park and that resolution has been submitted to the Henrico County Board of Supervisors. In our resolution, the Council commended the County for its efforts to enhance the quality of life of its residents through a vibrant parks system which will provide environmental, educational, and recreational opportunities for the residents of Lakewood.

The Park is being constructed using funds from the County bond referendum approved by voters in 2016 and State grants.



April is Volunteer Appreciation Month! To all of the faithful and amazing volunteers who donate their time, talents, and treasure in so many ways to Lakewood and the greater community, the Virginia Baptist Homes (VBH) Foundation and LifeSpire of Virginia say thank you! Thank you for joining us in our commitment to give back to our communities. Across all of LifeSpire, residents served over 11,000 hours in 2023!

In honor of and in conjunction with Volunteer Appreciation Month, the VBH Foundation is proud to celebrate **Linda Jones** as the **2024 recipient of the Influencer Award at Lakewood!**

Linda was nominated and chosen for this award because of her volunteer service and faithfulness to the Lakewood community. Congratulations, Linda!

Read about all of the 2024 Influencers by visiting the VBH Foundation website:

[www.lifespireliving.org/give/influencer-awards](http://www.lifespireliving.org/give/influencer-awards)



# LAKWOOD CINEMA

Watch a selection of films from the comfort of your home.

**Channel 973 Thursdays at 7 p.m.**

**April 4, Channel 973: Letters to Juliet (2010, PG, 1hr, 45min)**

Sophie dreams of becoming a writer and travels to Verona, Italy where she meets the "Secretaries of Juliet".

**April 11, Channel 973: State of the Union (1948, NR, 2hr, 4min)**

An industrialist is urged to run for President, but this requires uncomfortable compromises on both political and marital levels.

**April 18, Channel 973: Grumpier Old Men (1995, PG-13, 1hr, 41min)**

John and Max resolve to save their beloved bait shop from turning into an Italian restaurant, just as its new female owner catches Max's attention.

**April 25, Channel 973: Easter Parade (1948, G, 1hr, 43min)**

A nightclub performer hires a naive chorus girl to become his new dance partner to make his former partner jealous and to prove he can make any partner a star.

**Saturday Matinees, Auditorium or Channel 973, 2 p.m.**

Watch a selection of films from the comfort of your home, or attend a movie hosted by Rick Langholz to learn more about the production/direction of the film.

**April 6, Channel 973 & AUD: The Narrow Margin (1952)**

Los Angeles police detective must protect key witness from mob hit men on a train trip from Chicago to Los Angeles. Unrelenting suspense and plot twists characterize this film noir classic.

**April 13, Channel 973 & AUD: The Shootist (1976)**

A terminally ill, aging gunfighter wants to die peacefully but others want to capitalize on his fate. John Wayne's last film, and one of his best roles.

**April 20, Channel 973: Anna Karenina (1935)**

In this adaptation of Leo Tolstoy's novel, the affair between an affluent woman and Russian military officer leads to tragedy. A tour de force for Greta Garbo in the title role.

**April 27, Channel 973: Mary Poppins (1964)**

Based on the P.L. Travers literary character, a nanny with magical powers uplifts a British family. Julie Andrews won an Academy Award in her film debut.

\*Want to help choose Thursday & Saturday movies? Join the movie committee by contacting Christina Qawasmy at 804-521-9680.





# HEALTH AND WELLNESS



## Vibrance Tip: Find What Works Best For You!

Aerobic exercise holds significant importance not just for your cardiovascular health, but also for your mental health as well. April is National Stress Awareness Month!

Exercise acts to diminish the levels of stress hormones such as adrenaline and cortisol. It releases endorphins, natural chemicals in the brain known for their function as pain relievers and mood enhancers. They are responsible for the relaxation and positive-minded sensation you feel after finishing a workout!

Most people discover that engaging large muscle groups in a rhythmic repetitive manner is most effective, calling it “muscular meditation.” Walking is a great example of this, even a 15–20-minute walk can declutter the mind and alleviate stress. While others prefer more intense workouts like using the elliptical or swimming laps. Stretching routines that ease muscle tension can also help with mental relaxation.

Autoregulation exercises are another important tool. This is when you use your mind to relax your body, in return creating a feeling of being calm and under control, to help reduce your stress. Examples of this are deep breathing exercises, meditation, and yoga.

Box Breathing, an exercise that you can do anywhere.

Step 1: Find a quiet comfortable place to sit or lie down.

Step 2: Inhale through your nose for four counts.

Step 3: Hold for four counts.

Step 4: Exhale through your mouth for four counts.

Step 5: Hold for four counts and then repeat the steps again 4 to 6 times.

If you feel like your current routine is not helping with your stress, try out a new group exercise class and switch things up! Some good examples would be our Walking group, Chair yoga, and Posture 101.

### *Fitness Class Updates:*

#### **Walking Group:**

*Tuesdays and Fridays*  
8:30 a.m.  
Get a breath of fresh air and meet other members! Starting in the lobby of the fitness center.

#### **Brain Boosters: Season Opener:**

*Friday's 1 p.m. - Aerobics Room*  
In honor of Brain Boosters coming back, let's knock it out of the park! This edition of brain boosters will throw you a curve and stimulate your brain. Come enjoy puzzles, games, and so much more!

#### **Fitness Open Consultations**

New time is Fridays,  
from 2 - 4 p.m.

## *Pump it for Parkinson's*

April 11th is World Parkinson's Day and Lakewood is excited to join the National Institute for Fitness and Sport in Pump It for Parkinson's! This event joins senior living providers across the country to help raise awareness on what Parkinson's disease is and how exercise can help ease symptoms. We will be hosting a NuStep-A-Thon to challenge our residents and team members to achieve 30,000 steps PER NUSTEP! This year, our nationwide goal is to achieve 10 million total steps!!



### **Pump it up for Parkinson's NuStep-A-Thon:**

*Thursday, April 11, 7:30 a.m. – 4 p.m. Lobby*

**RSVP: Opens 3/26; Closes 4/09**

Join us as we Pump it for Parkinson's! Sign up for a time slot to "pump it" by registering on TouchTown and a NIFS Team will call you to schedule your spot. You can also call the NIFS Team directly or come to the Wellness Center sign up. You can also sign up the day of, but signing up early will guarantee the time slot you want. This is a wonderful way to honor a loved one suffering from Parkinson's! Can't do 15 minutes? No worries! The NIFS team can jump in to help. Festivities will include a photo booth, an information station, light snacks, games, and so much more. Keep an eye out for a posted schedule of when your favorite employee will be "pumping it!" Come cheer on friends and family and help us reach our goal!

### **Want to find a new way to get moving?**

The Fitness Center is now offering Line dancing! The 1st & 3rd Fridays at 2 p.m. in the Aerobics Room. April 5 and 19 classes will be led by outside instructors.



### **Step Contest Announcement!**

Thank you to all residents that joined in and counted their steps!

#### **Step Contest Winner:**

**Team:** Heart and Sole's with 989,038 steps.

The Holywalkamolies reached a total of 790,334 steps.

Together we passed our community goal of 1,000,000 steps by reaching a total of 1,779,372.

Way to go!



# DID YOU KNOW?



## Registration Line Reminder

### As a reminder, this is not a live-monitored line.

This means it is not answered by a team member when you call. Please make sure you leave a message with your question or reservation, and we will get back to you if needed.

When you make a reservation and there is room for you on the list, you will NOT receive a phone call back. You will only receive a call back if a trip or event is full and we have to add you to the waiting list. Thank you for helping to make this process smooth! 804-212-8836

### Groups and Clubs!

Have an idea for a group or club??!  
Bring it to the Resident Services team  
and we will see how we can help  
make the group/club come to life.

### Did You Know?

Did you know that at the monthly  
Communion with FBC service,  
all are welcome to attend and receive  
Communion, regardless of where you  
attend church or are a member?  
Contact Chaplain Pam with questions.

### Did you know:

A question has arisen as to the way dinner is served at  
Dinner and Movie.

In June we gave a survey at a Dinner and Movie.  
The choices were:

- Movie will start promptly at 5 and Resident Services will plate and serve dinner while the movie is playing.
- A self-serve buffet will begin at 4:30 and the movie will start after everyone is served.
- Start the movie at 3 and a self-serve buffet following the movie.

The results were overwhelmingly in favor of starting the movie at 5 and having dinner served. Due to the results, we have continued to start at 5 and serve dinner while the movie is playing.

## Show Up and Shine!

Lakewood has a program that recognizes staff who go above and beyond or they "Show Up and Shine!" Residents are able to vote for who they think meets the following criteria!

### They show up! & They Shine!

They exhibit the tenets of our hospitality program, "Leave them Smiling:"

Kindness, Compassion, Teamwork, Graciousness, Integrity, Joy

Fill out the forms located in the Clubhouse lobby with the team member who shows these qualities! The team member who wins will get a day off with pay, have the ED or selected director do their job for the day and pick their own parking spot for a month!





# VOLUNTEER/COMMUNITY OUTREACH OPPORTUNITIES

## Volunteer Opportunities at Feed More

Tuesday, April 30, 12:30 p.m.

8 volunteers are needed to fill backpacks with snacks for food-insecure children.

This opportunity requires about 2.5 hours of standing, with a 10 minute break.

Sign up via the Cause Connect app, or by contacting Sally San Soucie at 804-521-9152 or [ssansoucie@lakewoodwestend.org](mailto:ssansoucie@lakewoodwestend.org).



## Flying Squirrels Game Concession Stand

Team Lakewood is running a concession stand at the Diamond to raise money for Alzheimer's. We can use help even if you can only work half of the shift. If you, or any family member 16 or older, are able to help, please contact Sally. This counts toward the volunteer hours students need for school! The shifts are below:

- Tuesday, April 23, 10 a.m. – 2:30 p.m.
- Wednesday, April 24, 5:30 – 10 p.m.
- Thursday, April 25, 5:30 – 10 p.m.
- Friday, April 26, 5 – 9:30 p.m.
- Saturday, April 27, 5 – 9:30 p.m.
- Sunday, April 28, 12:30 – 4:30 p.m.



## Higher Levels of Care

If you would like to volunteer to help with exercise and Bingo 10 – 11:30 a.m. on the first and third Saturday of each month, please contact Sally San Soucie.

## Resident Ambassadors

We are actively recruiting residents to be the “official welcomer” to help new residents acclimate to life at Lakewood. Please contact Sally San Soucie to learn more at 804-521-9152 or [ssansoucie@lakewoodwestend.org](mailto:ssansoucie@lakewoodwestend.org).



## MEET OUR TEAM

**Tech Tip:** Scammers will contact you by phone, email or text message. Here are some things only scammers will say:

- “Don’t hang up.”
- “Move your money to protect it.”
- “Buy gift cards.”
- “Act now!”
- “Only say what I tell you to say.”
- “Don’t trust anyone. They’re in on it.”
- “Do [this] or you’ll be arrested.”

**Don’t fall for it. It is a scam!**

Mike Tessieri - 804-370-0607

### Touchtown

#### Canceling your Registration

How to Cancel your Registration  
(At least 24 hours in advance):

Go to Daily Activities

- Tap/Click the Funnel in the upper right corner
    - Select My Registered Activities
      - Tap/Click the "X"
  - Select the Activity you need to cancel
    - Tap/Click the word "Cancel"
  - Select a reason using the drop down arrow
    - Tap/Click Confirm
- You will see the message  
"Your registration has been canceled."

- Please note if you have signed someone else up for an event, you **cannot** cancel them. Call the reservation line or log onto their account to cancel.



### “Meet our Team”



**Tina Jones, LPN**  
**Care Coordination Nurse**

Tina Jones started at Lakewood in 1998 in Healthcare as a Charge Nurse. In 2016 she transitioned to Independent Living in the role as Clinic Nurse.

Tina was born in Winchester, VA but was raised in a small town, The Plains, VA.

Tina went to St. Mary’s Henrico County School of Practical Nursing and graduated in 1995. She had been a CNA for 4 years prior. She knew at that time she had found her passion for working with seniors. She states, “It has been a very rewarding career.”

Tina has one daughter, Jessica, two grandsons, Damien and Devin, and a grand-dog Rallo. She now lives in Goochland County, with her partner of 8 years, Steve. They both enjoy being with family, working on projects around the house, cooking, gardening, and a new hobby of snorkeling!

## DINING UPDATES



Everyday 7 a.m. - 7 p.m.  
*Holiday hours: 7 a.m. - 2 p.m.*



Monday - Friday: 4 - 7 p.m.



Monday - Friday:  
Lunch 12 - 2 p.m. & Dinner 4 - 7 p.m.  
Saturday: Lunch 12 - 2 p.m. & Buffet Dinner: 4 - 7 p.m.  
Sundays Brunch: 11 a.m. - 3 p.m.  
Dining Takeout - 804-521-9146  
To-Go Pickup Times: 4:30 & 6:45 p.m.



Monday - Saturday: 4 - 7 p.m.  
Thursday: Happy Hour 4 - 5:30 p.m.



Tuesday - Saturday: 4 - 7 p.m.  
Call 804-521-9146 for pickup or delivery



Email us at [catering@lakewoodwestend.org](mailto:catering@lakewoodwestend.org)  
Please allow 72 business hours notice





## Resident Spotlight – Fred Sorrell

Fred Sorrell was born and raised in Arlington, Virginia, and graduated from the University of Richmond School of Business with a major in accounting in 1970.

He married college sweetheart, Paula, and eloped to the first courthouse in NC in his senior year. Afterwards, when returning to Richmond, they celebrated their wedding with a luncheon at Stuckey's. They have been married for 54 years and have a daughter and son and five grandchildren.

His first job after college was with an international accounting firm. After a few years, he started working at The George Washington University. For the first 20 years he had management responsibilities in the Medical Center followed by ten years on the University side of the business. While responsibilities were accounting-related for both areas, responsibilities morphed into computer systems and security as technologies advanced. Interesting projects included integrating clinical systems with financial systems, developing electronic billing formats, traveling to the Sultanate of Oman, while on leave, to evaluate the cost accounting system in the Ministry of Health on behalf of the World Bank, making sure President Reagan's bill was not only accurate but was hand-delivered to the White House and participation in the acquisition of another local college into GWU's organization.

Fred served eight years in the United States Army.

In retirement, they moved to Goochland. He volunteered at the local historical society and was treasurer for six years. He has served on the book evaluation committee of the American Revolution Roundtable of Richmond and is currently the secretary. He is active with Lakewood's computer guys and every Tuesday he learns more about the very accomplished residents here at Lakewood.

His primary hobby has always been fixing things—a family tradition. He has been interested in genealogy because his family never discussed family beyond first cousins. He had his first DNA test done in 2009, and none of his reported "matches" had his surname. Testing has become significantly more refined in the intervening years and he is regularly notified of "new" relatives and he continues building a database containing 16,000 of his discovered relatives and surprising ancestral lines never talked about.



## Welcome to the Lakewood Family!



Liz Hulette

Susan Grant

Fran Bigelow

Joe & Peggy Carr

# April Birthdays

Laura Neale	HSB-245	4/01
Bill Bateman	1940-102	4/02
Jean Holzbach	Rose-303	4/03
Linda Robinson	E-315	4/03
John Adams	E-115	4/04
Carolyn Briggs	1950-203	4/04
Jim Fisher	C-214	4/04
Sandra Moore	B-220	4/04
Ann Smith	B-108	4/05
Philys Doswell	B-202	4/06
Charles Jackson	CH-303	4/06
Jo Baggett	HSB-319	4/07
Latham Jones	1970-O-G03	4/08
Marlene Allen	B-204	4/09
Sue Parham	HSB-340	4/10
Terry Parkerson	D-313	4/11
Ronald Buzzeo	COT-2006	4/12
Jean Ward	1960-301	4/12
Robert Rogers	Rose-209	4/14
Sheila Peluso	B-318	4/15
Elizabeth Whitt	Rose-311	4/15
Mary Cook	HSB-238	4/18
Nancy Crutcher	G-1970-204	4/18
Wendelyn Dickson	C-315	4/18
Linda Hartz	D-205	4/19
Rose Marie Howard	HSB-207	4/20
Jim McGehee	D-111	4/20
Hazel Finch	HSB-215	4/22
Wayne Key	CH-402	4/22
Cynthia Leonard	D-320	4/24
Karen Littell	C-108	4/25
Shirley Spangler	Tuckahoe	4/26
Elizabeth Hughes	HSB-220	4/27
Douglas Wallace	E-112	4/27
Ellie Adams	D-214	4/28
Barbara Powell	E-205	4/28
Sally White	Tuckahoe	4/28
Jeanne Yuk	ROSE-309	4/28
James Raper	C-111	4/29
Sabina Sulgrove	A-209	4/29

**If you do not  
want your  
birthday  
published in the  
future, please  
contact the  
Communication  
Coordinator at  
(804) 521-9220.**



**For assistance 24 hours a day, seven days a week, call the  
Concierge: 804-521-9230**

**In-House Consultants**

OnSite Dermatology (877) 345-5300

Dr. Andrew Heck, Geropsychologist GeroPartners (804) 993-4304

Leah Ball, Au.D., Richmond Hearing Doctors (804) 282-0022

Beatrice Muncy, DDS, Muncy Dental Care (804) 290-0490

Lakewood First (804) 823-4114



Heather Crumbaugh - Executive Director, 804-521-9248

Emily Graban - Associate Executive Director, 804-521-9171

Jessica Clarke - Administrator of Health Services - 804-521-9151

- Administrator of Assisted Living - 804-521-9187

Dori Marietta - Culinary Services Director, 804-521-9258

Frank Simal - Facilities Director, 804-521-9241

Sally San Soucie - Community Outreach Liaison, 804-521-9152

Hillary Winkelmann - Director of Sales and Marketing, 804-521-9228

Lori Welty - Director of Resident Services, 804-521-9285

Marty Weeks - Director of Environmental Services, 804-521-9681

Brad Muranko - Security and Safety Manager, 804-521-9179

Meredith Auchmoody - Director of Care Coordination, 804-521-9607

- Vibrance/Fitness Director - 804-521-9266

IL Trips/Programs Reservation Line - 804-212-8836