

ONE LAKEWOOD LINK

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August 2025

Issue 8 Volume 49

Welcome August

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ASSISTED LIVING PROGRAMS



Hymns and Harmony with Chaplain Pam *Mondays, 11:15 a.m.*

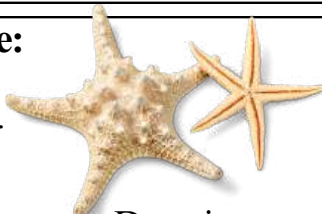
Enjoy a good old fashion sing-along and reminiscing with Pam.

August 4: *Rose Building, 2nd floor*
August 11: *Morning of Musical Joy,
10:30 a.m., Simms Center*
August 18: *Rose Building, 3rd floor*
August 25: *Rose Building, 1st floor*

Craft with Jenny White: Seashell Theme

Tuesday, August 5, 3 p.m.
Rose Building, 3rd floor

Sign up by contacting Tonya or Dora in person or call 804-521-9288.



Music Therapy with Mary Stella

Tuesday, August 5, 11:15 a.m.
Rose Building, 1st floor

Mary plays multiple instruments and leads her group in singing spiritual & upbeat songs.

Sing-Along with Diane Hart “Lazy, Hazy, Crazy Days of Summer”

Thursday, August 7, 2 p.m.
Rose Building, 3rd floor

Diane plays the piano and leads her audience in singing familiar tunes while learning about their origins.

Yoga Therapy with Mary Beth

*Mondays, August 4 & 18,
10 a.m. Rose Building,
2nd floor*

Mary Beth leads seated Yoga exercises with an emphasis on movement & breathing along with calming music & aromatherapy.



Poetry with Stacey

Tuesdays, August 12 & 26, 10 a.m.
Rose Building, 3rd floor

Stacey Wilson, Performing Arts Director, reads and creates original poetry with the residents, focusing on a different theme every week.

Linda Jones on Piano

“Say Goodbye to Summer”

Tuesday, August 14, 2 p.m.
Rose Building, 1st floor

Linda Jones will play the piano and invite her audience to name that tune.

Gardening on the Patio with Patti:

Joyful Rock Painting

Tuesday, August 19, 2 p.m.
Rose Building, 1st floor

Be creative and joyful while painting positive designs on rocks for our patio garden.



Joyful Voices

Wednesday, August 20, 3 p.m.
Rose Building, 3rd floor

Linda Hartz will play the piano while her friends lead us in songs full of joy

Good Neighbor Band

Monday, August 25, 3 p.m.
Rose Building, 3rd floor

Enjoy sounds of the banjo and other stringed instruments while singing old fashioned folk songs



Happy Hour!

Thursdays, 3 p.m.
*Alternating floors in Rose Building
(Check the calendar for locations)*

Enjoy wine, beer or mocktails and light refreshments while socializing with friends.



ASSISTED LIVING PROGRAMS

Assisted Living Activities Committee Meeting

Tuesday, August 26, 2 p.m.

Rose Building, 3rd floor

All Assisted Living residents are welcome to come and discuss current and future plans for activities.

Assisted Living Resident Council Meeting

Tuesday, August 26, 3 p.m.

Rose Building, 3rd floor

Managers will be present. All Assisted Living residents are encouraged to attend.



Dog Days of Summer Bingo

Friday, August 8, 10:45 a.m.

Rose Building, 3rd Floor

It's the Dog Days of Summer! Put on your sunglasses and spot the sun for a chance to win fun size candy. Bingo winners get to pick from the prize cart stocked with full sized candy bars and personal items! Players can use up to 2 cards.



Assisted Living Community Trips

Shopping Trip to Walmart

Thursday, August 14, Leave 9:30 a.m.

Departing from Main St. Door



Scenic Bus Ride: Church Hill

Thursday, August 21, Leave 9:30 a.m.

Departing from Main St. Door

Trip to the Virginia Museum of Fine Arts

Frida: Beyond the Myth

Senior adult tickets: \$16 each

Monday, August 18, Leave 1:30 p.m.

Departing from Main St. Door

Lunch Outing: Peking Chinese Restaurant

Lunch specials range from \$10-\$15 + drinks

Thursday, August 28, Leave 11 a.m.

Departing from Main St. Door

Residents must sign up for all outings by contacting Tonya or Dora at 804-521-9288, or sign up in the events notebook on each floor of the Rose Building.



Cardio Drumming with Emily Kowall, Health Fitness Specialist

Wednesdays, 10 a.m.

Emily will lead a variety of strength building exercises.

August 6

Rose Building, 1st floor

August 13

Rose Building, 2nd floor

August 20

Rose Building, 3rd floor

August 27

Rose Building, 1st floor



Therapy Dogs Associates

Thursday, August 21, 2 p.m.

Rose Building, 2nd floor

These adorable dogs come to show off their talents. Their favorite part of the visit is snuggling with the residents. Come enjoy time with the dogs and their owners.



HEALTHCARE PROGRAMS



Marianne Harris — August 3
Robert Parham — August 12
Susan Watkins — August 22

Meet Our Team

Amaris Ferreira
Activity Assistant

Welcome to the Activity Team!
Amaris is from Woodbridge, VA,
and is working toward her Bachelor's
in Health Administration at VCU,
graduating in 2026



August Outings

Scenic Drive and Slurpees!
Tuesday, August 5, 1:30 p.m.
Leave from Main Street Door

Outing Lunch: Red Lobster
Tuesday, August 19, 1:30 p.m.
Leave from Main Street Door



August Activities

Resident Council Meeting
Wednesday, August 20, 1:30 p.m.
Penthouse Third Floor,
Healthcare Building

August Birthday Celebration
Thursday, August 28, 1:30-2:30 p.m.

Saturday Activities are back!
Join Amaris every other Saturday for exercise
and bingo!

Friday Music Series

Every Friday, 2 p.m., Simms Center

August 1
Dixieland

August 8
Debra & Patrick

August 15
Schoonmakers

August 22
Damian Muller

August 29
Brad Spivey



Music Therapy

Third Floor Penthouse

Monday, August 4, 10:30 a.m.
Mary Stella

Wednesday, August 6, 2 p.m.
Jamin' with Jilson

Monday, August 18, 2 p.m.
Rachel Group Session

Wednesday, August 20, 2:15 p.m.
Mary Stella

Monday, August 25, 2 p.m.
Rachel Group Session



THE TUCKAHOE PROGRAMS



Barbee Quinn —August 10

The Tuckahoe Welcomes

Music with Mary Stella

Tuesdays, August 5 & 19, 11 a.m.

Joyful Voices

Thursdays, August 7 & 21, 3:30 p.m.

Poetry with Stacey Wilson

Tuesdays, August 12 & 26, 1:30 p.m.

Simms Center Music

Every Friday, 2 p.m.

Tuckahoe Happenings

Tuckahoe was buzzing all through July! We kicked things off with a festive Fourth of July Party, where 60 people joined in the celebration! We also cooled off with an ice cream outing and wrapped up the month with a sunny cookout at Deep Run Park.



Special Events Happening in Tuckahoe

Tea Party Social

Tuesday, August 5, 1:30 p.m.

Bowling Outing

Thursday, August 14, 1:30 p.m.

August Birthday Celebrations

Tuesday, August 19, 2 p.m.

Happy Hour/Trivia

Thursday, August 28, 2:30 p.m.



Trip to Yorktown Beach

Thursday, August 7

Join us for a trip to Yorktown Beach on August 7th. We are stopping to get ice cream while also enjoying the beautiful views of the York River!



MONTH AT A GLANCE

**Below are Resident Services events/trips that require registration.
Bold: Outings**

Friday, August 1 - Mis Atlantic Shop Hop - Pg. 10

Saturday, August 2 — Parsons Cause & Lunch at Hanover Tavern – Pg. 10

**Tuesday, August 5 — American Revolution Museum in Yorktown &
Lunch at Gabriel Archers Tavern – Pg. 10**

Tuesday, August 5, 12, 19, 26 —The Wonders of National Parks:
A Geology of North America – Pg. 16

Wednesday, August 6 — Ultimate Dinosaurs Exhibit & Wings Over Water film – Pg. 11

Thursday, August 7 — Ladies Brunch Out – Turning Point – Pg. 11

Monday, August 11 — Comedy Cafe – Pg. 18

**Tuesday, August 12 — Chesapeake Lifespire Trip to the Museum of Folk and Art &
Lunch at Second St. Bistro – Pg. 11**

Wednesday, August 13 — FANCY! Exhibit at The Valentine Museum & Lunch –Pg. 12

Thursday, August 14 — Happy Hour – Pg. 18

Tuesday, August 19 — Dinner & a Movie – Pg. 18

Thursday, August 21 — Resident Lunch Out: Tiki Tiki – Pg. 12

Friday, August 22 — Bus Tour of the Enslaved People & Lunch at Lillie Pearls– Pg. 12

Sunday, August 24 — Raleigh Ringers – Pg. 13

Monday, August 25 — Richmond Area Mural Tour & Lunch at Liberty Public House – Pg. 13

Tuesday, August 26 — History of Music – Pg. 17

Wednesday, August 27 — Dinner Out: ML Steakhouse – Pg. 13

Thursday, August 28 — Summer Refresh – Pg. 19

Friday, August 29 — Resident Bingo – Pg. 18

Friday, August 29 — Kindness Reception – Pg.17

Saturday, August 30 — Men's Outing to the Train Museum & Lunch – Pg. 13

EVENING ENTERTAINMENT

Patrick Henry Reenactor 🧑🏿🧑🏿🧑🏿

Monday, August 4, 7 p.m., Auditorium

Charles Wissinger is pleased to be appearing on the Lakewood stage again. Charles will bring Patrick Henry to life for Lakewood. Patrick Henry was an American politician, planter and orator who declared to the Second Virginia Convention: "Give me liberty or give me death!" A Founding Father, he served as the first and sixth post-colonial governor of Virginia.

Something Different Duo 🧑🏿🧑🏿

Monday, August 11, 7 p.m., Auditorium

Ashley Wenner is a vocal music graduate of Shenandoah University in Winchester. Brad was the keyboard player for the local, legendary 50-year-old soul/horn band, Slapnation (formerly Slapwater) for 17 years. Together, Brad and his daughter Ashley have been making people tap their toes, sing, and dance for over ten years. Both will tell you what a blessing to their relationship this musical endeavor has been.



Bill Draper Photography 🧑🏿🧑🏿

Monday, August 18, 7 p.m., Auditorium

After retiring from a forty-year career in healthcare sales and marketing, Bill began carrying his camera on his outdoor adventures and sharing his photographs of the James River trails, birds, animals, and waterways on social media. His unique photo exploration of the James River Park System has been embraced by the Richmond community, including local media, who often feature his photographs.



Kathy Halenda 🧑🏿🧑🏿

Monday, August 25, 7 p.m., Auditorium

Ms. Halenda is a seasoned actor and singer with over 30 years of experience and more than 250 professional productions to her name. She's starred in 19 national tours, with standout roles like Mama Rose in Gypsy, Mae West in Ziegfeld, and Golde in Fiddler on the Roof. Her performances have lit up stages from New York to Los Angeles, and everywhere in between. Regionally, she's played iconic roles in Mame, Hello Dolly, Evita, Annie Get Your Gun, and Dirty Blonde, often multiple times—proving she's a true powerhouse of the stage.



Over the next few months, I plan to focus on three inspiring Scriptural phrases.

My first phrase featured this month is **“pray without ceasing.”**

Have you perhaps pondered what in the world this means? Obviously, we cannot be praying around the clock exactly as we do have earthly commitments during our day. As I have read about this phrase, it seems that we just need to pray with perseverance. In other words, keep at it!

Another commentary says to “pray without intermission.”

Let there not be gaps in your prayer times.

I find it essential to begin my day with prayer as perhaps you do as well.

Then, throughout the day, my heart is in prayer. God is always available!

Certainly, I find great joy in praying with you residents, whether that is in person or perhaps on the phone.

I close with a beautiful “Morning Prayer” that Chaplain Julie recently shared with me:

O LORD, You whose mercies are new every morning, may I walk in the way of life today,

Faithful to what You have entrusted to me, no more and no less.

Let me not become anxious over the things that I cannot control but instead trust in Your provision of grace for this day.

In Your Holy Name, Amen.

Praying without ceasing with you,
Chaplain Pam

**Chaplain
Pam Creech**



**Chaplain
Julie Gaines Walton**

CHAPLAINS' PAGE

Vespers

Sundays, 4 p.m., Simms Center

August 3

Story of Faith: Mary Ann Googins

August 10

Story of Faith: Bob Sulgrove

August 17

Rev. Steve Mapp, retired Minister of
Pastoral Care & Discipleship, Winfree
Memorial Baptist Church

August 24

Story of Faith: Walter Hoyer

August 31

Summer Music Vespers with Vespers Choir

Morning of Musical Joy

*Monday, August 11, 10:30 a.m.
Simms Center*

Start your day off right with the First
Ringer Ensemble, the handbell ensemble
from Richmond's First Baptist Church, as
they share a mix of handbell music, piano
duets and hymn singing, sure to bring joy to
your heart!

Faith in Film: Flywheel

*Friday, August 15, 10 a.m., Simms Center
1:30 p.m.: Discussion in Lifelong Learning
Center*

Join Jim and Terri McGehee in this first of
a series of faith-based films, including
Fireproof and Courageous. This first film
by Sherwood Pictures is about the
unexpected pitfalls that a used car dealer
experiences when he suddenly decides to
end his dishonest business practices and
follow a new way of living in faith. The
movie runs almost 2 hours, and a small
group discussion, led by Jim and Terri, will
be held after a lunch break.

In Memoriam

Carol Dunsing—June 24
Christina "Chris" Dailey—June 27

Labyrinth Prayer Group

Thursdays at 3 p.m., Chapel

Each week, a small group of residents will gather to
use lap-sized labyrinths to pray for about 30
minutes. Paper labyrinths can be provided or
residents can bring their own. Questions? Contact
Chaplain Julie.

Ladies' Support Group

*Second & Fourth Wednesdays at 11:00 a.m.,
Main Street Activity Room*

Our Ladies' Support Group meets twice a month,
offering a safe space for residents to find support
for issues like spousal loss and caregiver stress.

This month, our topics will be:

August 13: Finding moments of peace

August 27: Using art for expressing yourself
(supplies provided, no talent necessary!)

Story Exchange: Round 2

*Tuesday, August 26 & Thursday, August 28
3:30 - 4:30 p.m., Simms Center, Seats: 12*

RSVP Opens: 6/24; Closes: 08/24

Note: Both sessions are required for this event.
Humans have shared stories for centuries, fostering
community, empathy, and compassion. The
Narrative 4 process unites people in businesses,
schools, churches, and more, helping communities
build unity. Led by Mary Ann Googins, pairs of
residents will tell their stories with each other using
the Narrative 4 Story Exchange process. Want to
learn more before jumping in? Contact Mary Ann at
marygoogins6131@gmail.com or 503-310-4020.

Great Courses Series: Sacred Music

*Mondays at 1:30 p.m., Starting August 18 -
December 8, Simms Center*

Learn about some of the greatest masterworks of
the Western sacred music tradition, from the early
church to the modern era in the Great Course's
"The Great Works of Sacred Music." Lectures run
about 45 minutes.

August 18: Hallelujah, Amen:
The World of Sacred Music

August 25: From Chant to
Early Sacred Polyphony

OUTINGS & EXCURSIONS

IL Trips Ratings: Please contact the Resident Services Team at 804-521-9137 with any questions on levels.
Level 1: Little walking and is handicap accessible.
Level 2: Requires standing or sitting up to 1 hour and some walking.
Level 3: Physically demanding and should be able to walk independently. May not be suitable for mobility devices. Steps may be required. See Activities for details.
Level 4: Day trip and/or trip out of town. Little walking and is handicap accessible.
Level 5: Day trip and/or trip out of town. Physically demanding and should be able to walk independently. May not be suitable for mobility devices. Steps may be required. See specific activity for details.

Trip Sign-Ups

Sign-ups are available through Uniguest.

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.

Mid Atlantic Shop Hop

Friday, August 1, Leave: 9:30 a.m.

Cost: Free (Lunch on Your Own)

Seats: 6; Level: 3

RSVP: Opens 7/29; Closes: 7/30

Quilting and Sewing Fanatics

Lakewood is taking a bus to visit 4 local fabric stores in the Mid Atlantic Shop Hop.

The American Revolution Museum in Yorktown and Lunch at Gabriel Archer Tavern

Tuesday, August 5, Leave: 9 a.m.

Cost: \$20 (Lunch on Your Own)

Seats: 21; Level: 3

RSVP: Opens 7/29; Closes: 8/03

The American Revolution Museum at Yorktown tells the story of the nation's founding, from the twilight of the colonial period to the dawn of the Constitution and beyond. Exciting indoor galleries feature period artifacts, immersive environments and films, including "The Siege of Yorktown," with a 180-degree surround screen and dramatic special effects.

Parsons Cause: Rev. Samuel Davies & Lunch at Tavern

Saturday, August 2, Leave: 8:30 a.m.

Cost: Free (Lunch on Your Own)

Seats: 19; Level: 2

RSVP: Opens 7/29; Closes: 7/31

Samuel Davies was a pioneering Presbyterian minister and evangelist, serving at Pole Green Church (1748–1759) before becoming President of Princeton University. One of Virginia's first non-Anglican preachers, he was also among the earliest missionaries to enslaved people in the colonies. A gifted orator who influenced Patrick Henry, Davies was also a prolific writer of hymns & poetry.



OUTINGS & EXCURSIONS

Reservations will open Tuesday, July 29, 9 a.m. on Uniguest or call 804-212-8836

Ultimate Dinosaurs at the Science Museum

Wednesday, August 6, Leave: 9:30 a.m.

Exhibition: 10 a.m.

Wings over Water Film: 11 a.m.

Cost: \$19 per person; Seats: 20; Level: 2

RSVP: Opens 7/29; Closes: 8/04

Looking for a fun and fascinating outing with your grandchildren? Join us for a trip to the Ultimate Dinosaurs exhibition at the Science Museum!

Discover 17 full dinosaur specimens from the Southern Hemisphere in this interactive exhibit that brings prehistoric life to vivid reality with augmented reality and hands-on activities. Explore creatures like the

Eoraptor and Giganotosaurus, and learn about their unique features. Then, enjoy a 45-minute dome theater film, *Wings Over Water*, narrated by Michael Keaton, showcasing the lives of three remarkable bird species and the wetlands they rely on.

Optional lunch at the café follows.

****If your grandchild is at least 40 lbs, 40" tall and has the maturity to be able to sit properly in a booster seat with their back against the seat, knees bent at the edge, without slouching or wiggling around they are able to ride on the bus and use a booster seat that only requires a lap belt.****

If they cannot meet these requirements, please feel free to drive yourselves and meet our group at the museum.



Ladies Brunch: Turning Point

Thursday, August 7, Leave 10:30 a.m.

Cost: On Your Own; Level: 1; Seats: 19

RSVP: Opens 7/29; Closes 8/05

Turning Point offers creative breakfast, brunch, and lunch dishes, premium regional coffees, and seasonal specials—all served in a warm, welcoming atmosphere that feels like home.

Folk & Art Museum with Chesapeake & Lunch at Second St. Bistro

Tuesday, August 12, Leave 9:45 a.m.

Cost: Free (Lunch on Your Own)

Level: 3; Seats: 11

RSVP: Opens 7/29; Closes 8/10

Join our Lifespire friends at Chesapeake Retirement Community for the Abby Aldrich Rockefeller Folk Art Museum in Williamsburg!

Fine art or folk art? Eighteenth-century exhibits or contemporary galleries? Whether you're a history buff or a passionate art enthusiast, Williamsburg has just the museum and gallery for a day full of exploration and learning. Plan a day of discovery and prepare to be inspired. Then lunch at Second Street Restaurant!

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



Kroger/Walmart

Tuesdays, August 5 & 19, 9:30 a.m.



Publix/Food Lion

Tuesdays, August 12 & 26, 9:30 a.m.



Dollar Tree/Walgreens/CVS

Wednesday, August 20, 3 p.m.



Reservations are required for all trips

OUTINGS & EXCURSIONS

Reservations will open Tuesday, July 29, 9 a.m. on Uniguest or call 804-212-8836

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

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



FANCY: Costumes, Characters and the Richmond Masque

at the Valentine Museum and Lunch

Wednesday, August 13, Leave 9:30 a.m.

Cost: \$10; Seats: 14; Level: 2

RSVP: Opens 7/29; Closes: 8/11

From the dazzling splendor of 19th-century fancy dress balls to the shadowed streets on Halloween, dressing up in costumes is an opportunity to escape the ordinary. FANCY: Costumes, Characters and the Richmond Masque explores the many ways Richmonders have used creative clothing to disguise themselves for frivolity, celebration, and performance.



Bus Tour Trail of the Enslaved People Lunch at Lillie Pearls

Friday, August 22, Leave 9 a.m.

Cost: \$20 for Bus Tour

(Lunch On Your Own)

Seats: 13; Level: 2

RSVP: Opens 7/29; Closes 8/20

Join one of our expert guides for a powerful and informative tour along Richmond's Slave Trail. We'll lead you via shuttle bus through key locations that tell the story of Richmond's role in the domestic slave trade - highlighting sites of resistance, resilience, and remembrance. This experience provides essential context and insight into one of the city's most significant historical legacies.

Those on the waitlist for the June 19 trip will be given the highest priority.



All Resident Lunch Out: Tiki Tiki Restaurant

Thursday, August 21, Leave 11:30 a.m.

Cost: On Your Own; Seats: 19; Level: 1

RSVP: Opens 7/29; Closes: 8/19

Tiki-Tiki is a cornerstone in the Richmond community and has been recognized for its outstanding Chinese cuisine, excellent service and friendly staff.

OUTINGS & EXCURSIONS

Reservations will open Tuesday, July 29, 9 a.m. on Uniguest or call 804-212-8836

Raleigh Ringers

Epiphany Lutheran Church

Sunday, August 24, Leave 2:45 p.m.

Cost: \$18; Seats: 13; Level: 1

RSVP: Opens 7/29; Closes 8/22

The Raleigh Ringers is an Emmy-nominated, internationally acclaimed handbell choir that has performed across the U.S., Canada, England, and France. Based in Raleigh, they host annual concerts and offer festivals, workshops, and performance opportunities for ringers of all levels.



Kluge-Ruhe Museum Tour

Contemporary Indigenous Australian Art

Wednesday, August 27, Leave 9:30 a.m.

Cost: Free (Lunch On Your Own)

Seats: 14; Level: 3

RSVP: Opens 7/29; Closes 8/25

When many Americans think of Indigenous Australian art, they often picture ancient works made with natural materials. But this tour will introduce you to a vibrant and evolving tradition. The collection we'll explore primarily features works from 1940 to the present, showcasing bold, contemporary pieces that reflect both cultural heritage and modern expression. Expect to see art that challenges expectations and tells powerful, current stories.



Dinner Out: ML Steakhouse

Wednesday, August 27, Leave 4:30 p.m.

Cost: Personal Credit Card

Level: 1; Seats: 19

RSVP: Opens 7/29; Closes 8/25

Created by Lindsey Food Group, ML (Mildred Lindsey, Mike's mom) Steak offers top-quality food, cocktails, and hospitality in a lively, welcoming atmosphere.



Richmond Area Mural Tour & Lunch at

Liberty Public House

Monday, August 25, Leave 9:30 a.m.

Cost: \$20 (Lunch On Your Own)

Seats: 12; Level: 3

RSVP: Opens 7/29; Closes 8/23

Join Discover Richmond Tours for an exclusive look at the city's vibrant neighborhood murals. This guided hop-on driving tour explores the colorful streets of Jackson Ward, Monroe Ward, and Oregon Hill—just steps from VCU's campus. Ride in comfort aboard the LW van with a knowledgeable local guide who will share the stories behind the art and the communities that inspire it.

Those on the waitlist for the July 16 trip will be given the highest priority.



Men's Outing: Train Museum and Lunch

Saturday, August 30, Leave 9:30 a.m.

Cost: \$8; Level: 2; Seats: 13

RSVP: Opens 7/29; Closes 8/28

The Museum seeks to tell the story of railroads in the central Virginia area over the past 150 years through artifacts, equipment, paper memorabilia, maps and photographs displayed in the Freight Room and the Station Master's Office. The story is also told with restored railroad rolling stock on track adjacent to the museum building.



CREATIVE PROGRAMS

Art Class Ratings

- **Level 1: Basic**
 - Gentle introduction to holding drawing tools.
 - Light activities for coordination in a supportive environment.
 - Work at your own pace with short breaks.
- **Level 2: Beginner**
 - Focus on controlled brushstrokes and small details.
 - Use easy tools to refine skills, moderate demand.
 - Longer work periods with breaks and comfortable seating.
- **Level 3: Intermediate**
 - Enhance control and confidence with materials.
 - Learn complex techniques in a semi-led environment.
 - Work for 2-3 hours with a faster pace.
- **Level 4: Advanced**
 - Explore intricate work and sophisticated techniques.
 - Longer sessions (up to 4 hours) with breaks.
 - Designed for experienced individuals, promoting deep exploration.

Call for Artists – 3 Year Anniversary Show

We're excited to invite all resident artists to take part in our special anniversary exhibition, commemorating three years of creativity and connection.

Exhibition Dates: November 3, 2025 – January 2, 2026
Artwork Drop-off Deadline: Saturday, November 1, Creative Art Room
Submission Limit: Up to 3 pieces per artist
Theme: Open

To participate, please email the following details to Jenny at jwhite@lakewoodwestend.org:

- Your name
- Title of each piece
- Medium
- Price or NFS (Not for Sale)

We look forward to celebrating your work and the vibrant creative spirit of our community!

CREATIVE PROGRAMS

Beads and Beyond

*First Wednesday of Every Month
9 – 11 a.m., Creative Arts Room
Seats: 6; Level: 1*

RSVP: Opens 7/29; Closes 48 hours prior

Join us for an open jewelry-making session where you can work on your current projects or start something new! Use our tools and supplies to bring your creative ideas to life, with guidance available if needed. Whether you're a beginner or experienced, this class offers a relaxed, supportive environment to craft your unique jewelry pieces!

Card Making Class

*Wednesday, August 6, 2 – 4 p.m.
Creative Arts Room; Level 1; Seats: 8
RSVP: Opens 7/29; Closes: 8/01*

All are welcome to join the monthly open card making class. Bring your own projects or use the card supplies in the art room to make a new creation. Creativity and conversation will be flowing! Join us!



Soft Pastel

*Tuesdays, August 5, 19,
& 26, 1 – 2 p.m.
Creative Arts Room;
Level 2; Seats: 6*

RSVP: Opens 7/29; Closes: 48 hours prior

Build on your pastel skills in this continuation class designed for those with prior experience. We'll explore advanced techniques and deeper approaches to composition, color, and layering, using the vibrant medium of soft pastels to create more refined and expressive artwork.



Resin Drink Coaster Class

*Monday, August 11, 9 – 10:30 a.m.
Creative Arts Room; Level 2; Seats: 5
RSVP: Opens 7/29; Closes: 8/09*

Join us for a fun, hands-on 1.5-hour workshop where you'll create your own custom resin coasters! Learn how to mix and color resin, then pour it into molds using coastal and floral themes. No experience needed—just wear old clothes or bring an apron, as it might get a little messy!



Needle Felting in a Hoop

*Wednesdays, August 13 & 20, 1 p.m.
Creative Arts Room; Seats: 6; Level 2
RSVP: Opens 7/29; Closes: 48 hours prior*

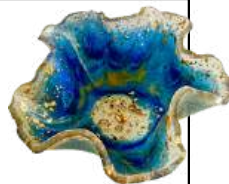
This class is designed for those with prior needle felting experience. Build on your skills as you create a detailed, fiber “painting” within an embroidery hoop. We'll explore layering techniques, texture, and finishing touches to enhance your felted artwork. This project will require two class sessions to complete. All materials provided.



Resin Bowl Class

*Monday, August 18, 9 – 10 a.m.
Creative Arts Room; Level 2; Seats: 6
RSVP: Opens 7/29; Closes: 8/16*

Get creative and hands-on in this fun and messy 1.5-hour workshop where you'll design and pour your own custom resin bowl! Learn the basics of working with resin, including mixing, color blending, and curing techniques. No experience needed—just bring your imagination and a willingness to get a little messy. Wear old clothes or bring an apron.



Lakewood Players: NEW Season!

Rehearsal kicks off on *Wednesday, August 27* at 11:30 a.m. in the Simms Center & continue weekly through November 19. The season will conclude with a performance on December 4 at both 3 & 7 p.m. in the Simms Center.

Check Uniguest for more information!



INTELLECTUAL PROGRAMS

The Wonders of National Parks: A Geology of North America

*Tuesdays, 10 – 10:30 a.m., Lifelong Learning Center
Seats: 17; **RSVP Opens: 7/29; Closes 48 hours prior***

Many Americans recall road trips to explore the country's 63 national parks, from the Grand Canyon to the Everglades. Stories of America's National Parks offers a taste of these natural wonders through 12 engaging lectures by historian Dr. Megan Kate Nelson, providing an insider's look at a dozen iconic parks and their rich ecological and cultural stories.

August 5

Yellowstone: America's First National Park
Travel back to the 1870s and meet Ferdinand Hayden, the scientist who led the charge to explore and protect Yellowstone. Recognizing its unique natural wonders, he persuaded the U.S. government to preserve the land—helping launch the National Park System.

August 12

The Majestic Giants of Sequoia National Park
In California's Sierra Nevada, Sequoia National Park was established over a century ago to protect the world's largest trees from logging and development—preserving the beauty of this unique forest for generations.

August 19

Hawaii Volcanoes: Parks as Science Labs
Shift focus from the American West to Hawai'i Volcanoes National Park, where fiery landscapes and rich cultural heritage come together. Central to the Big Island's geologic story is Pele, the goddess of creation and destruction, who remains a powerful symbol in Hawaiian tradition.

August 26

Denali: What's in a Name?
Bundle up for Denali National Park, home to North America's tallest peak and a rich cultural history. Indigenous peoples, along with gold miners, hunters, and mountaineers, all played a role in preserving this breathtaking Alaskan wilderness.

Historically Speaking

Fridays, August 1, 8, & 15, 1:30 p.m.

August 1

Vietnam War

America's Rasputin: Walt Rostow and the Vietnam War. (2008). David Milne

August 8

Warfare

A War Like No Other: How the Athenians and the Spartans Fought the Peloponnesian War. (2006). Victor Hanson

August 15

History of Prisons

Sense and Nonsense About Crime, Drugs, and Communities. (2015). Samuel Walker.

August's Team Trivia

Puzzle me This!

Tuesday, August 12, 1 p.m., Auditorium

Team trivia with a twist! Join us for a fun hour where you not only have to answer questions but have to identify what's in the mystery box.

Alzheimer's Talk - 10 Warning Signs

Wednesday, August 13, 2 p.m., Simms Center

Join us to learn more about the common warning signs of dementia and identify next steps to take, including how to talk to your doctor.



INTELLECTUAL PROGRAMS (CONTINUED)

Online Lecture: The Story of the Mediterranean — A Sea That Nearly Dried Up

Wednesday, August 20, 3 - 4 p.m., Simms Center; Cost: Free; Seats: 80

RSVP Opens: 7/29; Closes: 8/18

The Mediterranean Sea's sparkling waters hide a surprising past—it nearly dried up five million years ago. Join geologist Daniel Horns as he uncovers evidence of this dramatic transformation, from thick salt deposits beneath the seafloor to the buried “Grand Canyon of the Nile,” revealing a time when the sea was a vast basin of salt flats and hypersaline lakes.

Online Lecture: Transcontinental Railroad — Nothing Like It in the World

Friday, August 22, 1 - 2 p.m., Auditorium

Built against all odds, the Transcontinental Railroad transformed America. Join historian James Dalessandro as he explores what he calls “the most important event in American history outside of war and independence,” brought to life through vivid photos and powerful storytelling.

History of Music:

Song Hunters: A.P. Carter, Part 2

Tuesday, August 26, 2 p.m.

Auditorium (Front Half); Seats: 50

RSVP Opens: 7/29; Closes 8/24

In the early 20th century, song collectors like A.P. Carter and Alan Lomax helped preserve America's musical roots. This series explores their work and its influence on country music and the folk revival, featuring artists such as the Carter Family, Lead Belly, Pete Seeger, and more.

FEATURED PROGRAMS

Kindness Board

August 1 — August 28

Main Street Hallway

This August, we're celebrating Random Acts of Kindness all month long! Starting August 1, stop by the Main Street hallway to find our Kindness Board—take a random act of kindness card and help us build something beautiful. Each time someone takes an act, a piece of a mystery artwork will be revealed. By the end of the month, the full picture of our kindness will come to life!

Then on August 29, join us for a Kindness Reception, where residents and staff can share what they did to spread kindness in our community. A special book will be available to write your stories, big or small.

Kindness Reception

Friday, August 29, 4-5 p.m., Simms Center

Seats: 100; RSVP Opens: 7/29; Closes: 8/27

Join us for the wrap up of the kindness board where you can share how you took part in our kindness month!



FEATURED PROGRAMS (CONTINUED)

Mary Mikels

Wednesday, August 6, 2 p.m., Simms Center

Mary Mikels' journey is one of resilience and inspiration. Overcoming great challenges, she uses music to share a powerful message of hope and perseverance. Her uplifting performances continue to move audiences.

CDs will be available for purchase after the program (\$25 each – Broadway, Christian, and Christmas selections), featuring favorites like “Hallelujah,” “The Prayer,” and “Nessun Dorma.”



Happiness Happens Month

Happiness is a choice—not the absence of problems, but the quality of your thoughts. As the Stoics believed, joy is found in how you think, not where you are. It's not a destination, but a lifelong pursuit. Embrace what brings you joy, big or small. As Oprah said, good things followed once she chose to be happy.

Comedy Cafe

Monday, August 11, 2 - 4 p.m., Simms Center

Get ready for an afternoon of non-stop laughter! Join us for Comedy Cafe, where we'll be screening the funniest stand-up videos from top comedians, followed by an open mic session where you can grab the mic and show us what you've got! Whether you're a seasoned jokester or just want to test your one-liners, it's your chance to shine. Please call the Registration Line, 804-212-8836, if you would like to participate in the live stand-up portion of the show.

Happy Hour: The Happiest Hour

Thursday, August 14, 4-6 p.m., Auditorium
Seats: 126; RSVP Opens: 7/29; Closes: 8/12

You're invited to a joyful gathering where happiness blooms and kindness shines. Come surround yourself with bright colors, uplifting messages, and warm-hearted company. There will be fun, feel-good activities, sweet surprises, and plenty of reasons to smile. Let's make memories, spread positivity, and celebrate the beautiful power of kindness—together!



Resident Services Bingo

Friday, August 29, 11 a.m., Card Room
Seats: 16; RSVP Opens: 7/29; Closes: 8/27

Enjoy the timeless game of Bingo in a friendly atmosphere. Whether you're a seasoned player or a beginner, there's a place for you at our tables!

Dinner & a Movie:

Mission Impossible: The Final Reckoning

Tuesday, August 19, 5 p.m., Auditorium
Seats: 88; Cost: \$16 Dining Dollars
Opens: 7/29; Closes: 8/17

Ethan Hunt (Tom Cruise) returns for one last impossible mission, as a global conspiracy threatens to bring world powers to their knees. With old allies tested, secrets unearthed, and the fate of humanity hanging in the balance, Hunt must confront his past and make the ultimate sacrifice.

Menu

Brisket Sandwich
Mac 'n' Cheese
Chocolate Covered
Cheesecake Bites



AUGUST SUMMER REFRESH: MINDFULNESS

Why Mindfulness you ask?

Here are six reasons being mindful can help your mental and physical well-being.

1. **Reduce Stress & Anxiety**
2. **Improve Focus & Attention**
3. **Enhance Emotional Regulation**
4. **Support Physical Health**
5. **Combat Loneliness & Disconnection**
6. **Build Resilience**



Prayer Stations



*Thursday, August 28, 9 a.m. — 12 p.m.
Simms Center*

Drop in anytime during the window to engage with our self-guided prayer stations designed to help you be mindful of God's presence in your life and in the world.

Relaxation Gardens



*Thursday, August 28, 11 a.m. & 1 p.m.
Auditorium, Seats: 8*

RSVP Opens: 7/29; Closes: 8/26

Join the Resident Services team to reduce stress & build your own mini relaxation garden—shape sand, arrange stones, & practice mindfulness along the way.

Jigsaw Puzzles

Thursday, August 28, 9 a.m. — 3 p.m., Game Room

Calm your mind piece by piece. Perfect for those who love the satisfaction, achievement, and mental benefits of a jigsaw puzzle.

Spiritual Practices Series: Journaling



Thursday, August 28, 1:30 p.m., Simms Center

Learn about different approaches to using journaling as a way to deepen your connection with God and cultivating stronger self-awareness with Chaplain Julie. We'll spend some time journaling together and exploring the different techniques.

Want to make your own journal? Stop by the Creative Arts Room anytime between 12– 3:00 p.m. on *Thursday, August 14* to make a journal with Jenny White!

Zentangles & Mindful Coloring

*Thursday, August 28, 1 — 3 p.m.
Creative Arts Room*



RESIDENT SERVICES ANNOUNCEMENTS

Program Teasers

Sound of Music
Riverside Theater
September 17

Flowers After Five at Lewis Ginter
Abrams Bridge delivers the ultimate live tribute to Bruce Springsteen & the E Street Band
September 11

Singo: Music Bingo with the VBH Foundation
September 26

Season Tickets — Richmond Spiders

The first home game of the season is set for *Saturday, September 20*, and we're excited to support the University of Richmond Spiders together.

To help make game days easy and enjoyable, Resident Services is organizing transportation to the games. If you have season tickets, we need your help! Please register with us so we can include you on the Master List of Season Ticket Holders. **Only those on this list will be eligible for transportation.**

Transportation Details

Cost: \$8 base fare + \$0.85 per mile
The total cost will be divided among all attendees.

To register, simply call the Registration Line at 804-212-8836 and let us know you have season tickets.

Lakewood Community Notice

We're glad to see our residents enjoying the common spaces for meetings and gatherings! To help ensure a smooth experience for everyone, **Security kindly requests that if you plan to invite more than 3 guests**, you provide in an email to **Brad Muranko the full names, total number of guests, and event location 3 days in advance**. This will help streamline the check-in process at the guardhouse. If you have any questions, please contact:

Lori Welty at 804-521-9285
Brad Muranko at 804-521-9179 or
bmuranko@lakewoodwestend.org

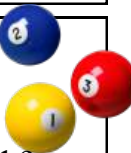
Thank you for your cooperation!

Season Tickets — Mary Anne Rennolds Chamber Concert Series

For Lakewood to provide transportation for the Mary Anne Rennolds Chamber Concert Series at VCU, we need to know if you are planning on purchasing season tickets to this series. This is a season ticket event, which means tickets are on your own and transportation will be charged. Please call the registration line at 804-212-8836 and register for having season tickets. You must be on the Master list to get transportation.

Rack 'Em Up! Join Our New Billiards Group

Love the sound of a perfect break? Whether you're a seasoned pool shark or just learning to hold a cue, our new Billiards Group is the perfect place to sharpen your skills, meet fellow enthusiasts, and enjoy some friendly competition. Mondays and Thursdays 8:30 – 10:30 a.m. If you have questions, talk to Mitch Appelrouth



RESIDENT SERVICES ANNOUNCEMENTS

IL Trips Ratings: Please contact the Resident Services Team at 804-521-9137 with any questions on levels.

Level 1: Little walking and is handicap accessible.

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

Level 3: Physically demanding and should be able to walk independently. May not be suitable for mobility devices. Steps may be required. See Activities for details.

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

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

REGISTRATION

Resident Services values your attendance at events and requires registration via Uniguest or by calling 804-212-8836 to help with food preparation and room setup. If you can't attend, please cancel your registration. Reminders are sent for registered events to encourage cancellations if needed. If no-shows continue to be an issue, a No Show/No Cancellation fee may be implemented.

Trip Payments

If there is an outing that you have signed up for that has an associated cost, you can pay in one of two ways. You can either have the cost added to your Lakewood statement, or you can pay by check. Resident Services cannot take cash for any payments. We ask that if you wish to pay by check, bring it at the time of the trip/activity/event or deliver it to a resident services team member directly within 24 business hours. All checks should be made out to Lakewood unless otherwise stated.

The Uniguest logo features the word "uniguest" in a lowercase, sans-serif font. The "u" is orange, and the remaining letters are white. The logo is set against a blue background that has a slight gradient and a small orange triangle at the bottom right corner.

Uniguest & RSVPs

Registrations will open on **July 29 at 9 a.m.** for August events.

If an event falls more than 30 days from the opening date, or if there is a system delay, you may not see it available at 9 a.m.

Please check back within the hour and it will probably be there.

Only program administrators can register early. We assure you that no residents are added early; all residents have equal access to the system. Additionally, a resident can register up to two other residents when they register themselves. This is the limit set by the system.

We also have the ability to track who registers a guest.

Dining Services Committee

The Dining Services Committee, a standing committee of the Resident Council, serves as a communication channel between residents and Dining Services management. Each ILU has one representative on the committee, which meets monthly with the Director of Dining Services and Executive Chef to discuss dining facilities, menus, food quality, service, and procedures.

Early this year, the committee addressed declining service quality in Café 1900, as reflected in the 2024 dining surveys. While shortening the café menu was considered, resident feedback led to keeping it intact. Instead, clarifying staff roles and adjusting procedures improved service.

In March, the culinary team launched “eMenuchoice,” a new POS system for food orders. The committee supported its rollout, which streamlined ordering, reduced errors, and enabled online and table orders.

The committee also reviewed issues from the crowded Mother’s Day Brunch, including large party sizes and no-shows, sparking discussion on updating reservation policies ahead of Thanksgiving.

The committee looks forward to future projects with the new Dining Director.

National Make a Will Month

Did you know that August is National Make-A-Will month? Use this annual reminder to make or review your last will and testament. Here are three great reasons to do this today:

It’s an important legal document that everyone should have.

All adults should have a will. It’s a powerful document that lets you distribute your property according to your wishes and it protects your loved ones after you pass away. Only one-third of all American adults have a will, are you part of that third?

It provides peace of mind for you and your family.

Creating a will prevents family conflict, eliminates confusion, and ensures your assets go to the people you most want to have them. It also gives your family guidance and reassurance that they can fulfill your wishes during what is likely a very difficult time for them. With a will, you can also plan for those who are in your care, even for your pets! The logistical benefits of having a will are important. But above all else, having a will creates peace of mind for you and the people you love.

It lets you create a legacy that lasts beyond your lifetime.

There are many different ways you can use your will to benefit a charity, such as your community or the VBH Foundation. You can give cash, stock, real estate property, and more. Leaving a gift in your will costs you nothing during your lifetime but will ensure that you can make a positive impact on causes close to your heart for years to come.

Already made your will? This month, take a few minutes to look it over and make sure it’s up to date with your current preferences. Life brings changes – it’s important that your will reflects those changes, too.

Visit vbh.planmylegacy.org for estate planning resources, including sample language for your will, a Guide to Making Your Will, and a Personal Estate Planning Kit. If you have chosen to extend your donation to the Foundation by including us in your will, thank you! Please let us know so that we can welcome you into a special group of supporters. Contact Jodi Leonard in the Foundation at 804-521-9213.





All other movies will be announced and posted when 973 comes back online. Please bear with us and we look forward to resuming broadcasting movies.

Thursday Showing

August 21, 7 p.m., Auditorium: Going in Style (1979, 97 min) George Burns, Art Carney and Lee Strasberg. Bored in retirement, three friends decide to rob a bank. Comedy-drama, with solid performances by the ensemble cast. Director: Martin Brest.

Saturday Showing

August 30, 2 p.m., Auditorium: Bend of the River (1952, 92 min). James Stewart, Arthur Kennedy, Rock Hudson and Julia Adams. Trail guide (Stewart) with a checkered past fights to obtain supplies for his group of settlers headed for Oregon. One of five Stewart Westerns directed by Anthony Mann.



Improving Brain Health

Plasticity is the brain's ability to change, remap and adapt to all information it takes in on a daily basis. Brain cells called neurons take in the information and process it in the brain. As we grow, we strengthen the neuron pathways we need and eliminate the ones we do not.

Unfortunately as we age, these neurons begin to weaken. These damaged cells increase our risk of degenerative diseases of the mind such as Alzheimer's. Brain volume also decreases so it is important to keep it strong and healthy by staying physically and mentally fit. Active lifestyles have been shown to strengthen growth of neural pathways and slow down neural decay. Games that challenge the brain such as Sudoku and crosswords also help increase neuron strength. The more often the neurons work, the stronger they become.

Exercise releases chemicals the body needs. Chemicals such as serotonin, endorphins, and dopamine increase mental focus, boost memory, better our quality of rest, reduce anxiety by increasing feelings of calmness, and create feelings of overall happiness and greater wellbeing.

Benefits of Exercise on the Brain

- Exercise can reduce stress and help increase our resiliency to future stressors.
- Brain fitness games and physical activity have been shown to reduce the likelihood of developing mind deteriorating diseases like Dementia, Parkinson's Disease and Alzheimer's.
- Exercise releases mood promoting chemicals creating a sense of reward and greater wellbeing.
- Plasticity and blood flow to the brain are increased with physical and mental exercise, keeping us sharp and enhancing brain power.

What Else Can I Do to Keep my Brain Healthy?

In addition to physical exercise, living a healthy lifestyle is a good way to keep your brain healthy. Eating a well-rounded diet full of healthy fruits, vegetables, and good fats, getting plenty of sleep, staying hydrated, and continuously learning new things will all benefit your brain health.



From the Health & Wellness Committee

We are very proud of our community for taking up our challenge to walk. Some of us are logging miles each day, while others are making the most of our hallways. Whether it's 50 yards or two miles, every step counts. Walking isn't just great for your body—it's a proven boost for your mind, too. Keep it up, everyone!

During the summer months when it's hot and humid outside, we can walk the halls and passageways of Lakewood. But we also have exercise classes and a huge gym with lots of equipment. Wellness Center staff are on hand to help you explore a variety of types of exercise.

That way, when it's too hot or too cold, when it's raining or snowing, or there's a thunderstorm, you can still work on your fitness.

Let's get moving! Try turning off the TV, closing the laptop, and putting your phone aside for a little while. You might be surprised how good it feels—and you could even make a new friend or two along the way!

The Peaks of Otter Hiking Train Team visited Deep Run Park for hill training twice in July and had a wonderful experience building stamina as we move together leading up to our trip in October.



DID YOU KNOW?

Did you know...

the Reservation Line is not a manned line?

Please leave us a message and we will return your call. Questions have been raised about not receiving communication back from Resident Services after calling in to make a reservation. If you are added to a trip or event, for which you have called in and there is room to add you to the list, you will not receive a return call. If you are placed on the waiting list, you will be called back and told that you have been added to the wait list. Please ensure you let us know if you are registering another resident (such as a spouse) and what that person's name is. Please do not use the notes section on Uniguest to communicate that you need to register another person. If you need to add another resident and cannot add them using the Uniguest website or app, please call the registration line to add them. Registration Line 804-212-8836.



Did you know...

Uniguest auto-generates a message in your app 24 hours before an event you are registered for and sends it to your device! The message appears quickly and then disappears. The message is not saved anywhere in your application, so you will not be able to retrieve it. If you are ever concerned about what the message might have said, first look to see if you are registered for something that is the next day. If you are still unsure, call the Registration Line and we will get to back to you.



Did you know...

The Macular Degeneration Club has started up again and they would love for anyone who has Macular or wants to learn more to join! They meet every *fourth Thursday* in the Card Room at 10 a.m.

Did you know...

We're excited to announce that Lakewood Home Care is officially open and ready to serve our community!

Our compassionate team offers private duty care to support your loved ones with bathing, meal, preparation, medication reminders, light cleaning, & more!

For details on services, pricing, and availability contact Tatyana Fadeeva, Home Care Manager at 804-987-4427 or tatyana.fadeeva@lakewoodwestend.org



Lakewood Home Care

Volunteer Opportunities

FeedMore

Tuesday, August 26, 12:10 — 4 p.m.

7 volunteers are needed to help assemble backpacks for food-insecure students in the Richmond area. Long periods of standing required.

Use the Causer app on your smartphone or contact Sally San Soucie to sign up. Please note: We will depart from Lakewood at 12:15 p.m.

Elementary School Back-to-School Packet Assembly

For the third year in a row, Lakewood residents will be assembling the back-to-school packets for Carver Elementary School. This year we are going to add a second school: Three Chopt Elementary. We will have two separate sessions to assemble approximately 300 packets using an assembly line, most likely on August 11 and 12. Please watch the Breaking News for the specific details.

Henrico Christmas Mother Mailbox Decorations

The Henrico Christmas Mother provides food, clothing and gifts to children, seniors and adults with disabilities during the holiday season. One of their fundraisers is making and installing mailbox decorations which are sold to the public for \$40 each. We are going to help by making some of their ribbons and wiring together pinecone clusters for the decorations. We will need 8-10 volunteers. Please watch the Breaking News for specific details.

Fundraisers

Glory Days

Thursday, August 7



Support Team Lakewood by dining at Glory Days on August 7 from 11 a.m. to 9 p.m. We receive 10% of all non-alcoholic, regularly-priced purchases. Just place your itemized receipt in our box by the hostess station.

Coin Challenge

August 18-22

Team Lakewood is hosting a Coin Challenge to raise money for our Walk to End Alzheimer's team. Compete by placing coins (positive value) in your residential area's jug and currency (negative value) in others. Jugs for Independent Living are in the Clubhouse lobby; Assisted Living and Health Care jugs are in the HSB lobby. The highest value jug wins!



Volunteer Appreciation

Ice Cream Social

*Tuesday, August 5, 3:30 — 5 p.m.
Auditorium*

We are going to celebrate our volunteers in August with an Ice Cream Social! If you volunteer at Lakewood or off-campus, please stop by the Clubhouse Auditorium to have a bowl of ice cream and pick up a small "thank you" for generously giving your time.



MEET OUR TEAM



Have you been signed out of Uniguest and don't remember your password?

Don't worry! If you have an email associated with your account, simply press "Forgot Password" and follow the prompts from Uniguest.

If you don't have an email associated with your account, contact our Communications Coordinator at 804-521-9220 for assistance with accessing your Uniguest account.



Meet Our Team

Betsy Thomas

Culinary Administrative Assistant

Betsy was born in Palo Alto, CA, raised in Chattanooga, TN, and enjoyed her undergrad years as a student at Tulane University in New Orleans, LA — but since moving to Richmond in the 1990s she considers herself to be 100% a Virginian.

Betsy spent 25 years as an entrepreneur owning & operating her businesses in Carytown (Betsy's Coffeeshop, Dixie Donuts) and downtown Richmond (Café Ole). She is the proud mother of two grown kids, Amelia and David, and also is grandmother of two grandkitties, one grandbird, and one grandpup (so far).

Betsy recently came to Lakewood after working as a dining manager at Cedarfield, and she is thrilled to be a part of Lakewood's Culinary Team.

DINING UPDATES



Monday - Friday

Lunch: 12 - 2 p.m. Last seating time: 1:30 p.m.

Dinner: 4 - 7 p.m. Last seating time: 6:30 p.m.

Saturday: Lunch 12 - 2 p.m. & Buffet Dinner: 4 - 7 p.m.

Sunday Brunch: 11 a.m. - 2 p.m.

Dining Takeout - 804-521-9146

To-Go Pickup Times: 4:30 & 6:45 p.m.



Everyday: 7 a.m. - 7 p.m. **Ordering closes at 6:45 p.m.**

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

Breakfast: 7 a.m.-11 a.m.

****Closed daily 2:30-3:30 p.m.****



Hours: Monday-Friday, 4-7 p.m.



Open: Monday-Saturday, 4-7 p.m.

Happy Hour: Thursday, 4 - 5:30 p.m.



Available: Tuesday - Saturday: 4 - 7 p.m.

Call 804-521-9146 for pickup or delivery.



Email us at catering@lakewoodwestend.org

Please allow 72 business hours notice.

Resident Spotlight: Sally Wheat

Sally Wheat was born in Norton, Virginia, the oldest of three girls. Her dad began work as a tank driver with ESSO Standard Oil (which later became Exxon/Mobil). At age 5, she and her family moved to Chesterfield County, Virginia as her father's career developed further in the company. Her mother passed away when she was 6 years old necessitating a move with her sisters to live in Roanoke, Virginia with their paternal grandmother and aunt while their father remained in Chesterfield County. A second marriage brought the family back to Chesterfield County. Her education completed in elementary and high school, she attended Longwood College.



She worked for the former Department of Welfare and Institutions in an executive assistant position for the bureau chief. Working days and attending night classes at Virginia Commonwealth University, she earned her B.S. degree in elementary education. Sally always wanted to be a teacher, and her sisters considered her “perfect for that career as she was bossy!” Sally was employed by Roanoke County Public Schools, after graduation from VCU, for 3 years before transferring to teach 2nd and 4th grades in the Chesterfield County Public School system for 35 years. She also taught 12 years of summer reading and math classes, plus 2 years of summer classes in cooking! During her nights and summers she worked toward earning her M.S. degree in curriculum and instruction at VCU.

During her career, Sally was honored as “Teacher of the Year” at two schools and invited to join the honorary Delta Kappa Gamma Society International for teachers. Her name is in the Who’s Who of Teachers in America. She and her 4th grade team were honored by the National Guard and Reserve with the “Seven Seals Award” for the Veteran’s Day Program which begun in 1990 and continues to this day at Wooldridge Elementary School.

Sally continues to be active at Ramsey Memorial UMC in leadership roles, former Sunday school teacher, Women in Faith circle member, and worship leader. Being active at Lakewood, Sally served 4 years as villa representative on Resident Council, serving as Communications Chair. Now working as a volunteer in the library, visiting in HSB and The Tuckahoe weekly, as member of Communications Committee and Employee Appreciation Fund Campaign, FeedMore volunteer, and other opportunities, she supports and promotes volunteerism at Lakewood. She was honored by Lakewood residents in 2022, as the Lakewood Influencer, a humbling honor from her neighbors.

“Lakewood is the ‘perfect’ place for me.”

AUGUST RESIDENT BIRTHDAYS

Lela Richmond	C-206	08/01
Ann Kitchens	1940-202	08/02
Ruth Shrimplin	HSB-235	08/02
Rita Stone	1960-304	08/02
Denise Walsh	CH-209	08/02
Marianne Harris	HSB-203	08/03
Marilyn Fishel	COT-2002	08/04
Peggy Handbury	Rose-314	08/04
John Outland	1940-302	08/04
Marlene Rivas	1980-101	08/04
Anna Rivers	Rose-203	08/07
Joan Rose	COT-2024	08/07
Carol Diehl	B-216	08/08
Fred Sorrell	COT-2010	08/08
Beverley Black	HSB-217	08/10
Joyce Leshner	CH-201	08/10
Barbee Quinn	T-107	08/10
James Rothschild	COT-1926	08/10
Nancy Lyon	CH-207	08/11
Mary Helen Patterson	B-102	08/11
Michael Hayes	D-309	08/12
Robert Parham	HSB-242	08/12
Kenneth Atherholt	CH-401	08/15
Carole Munice	A-114	08/15
Linda Smith	D-103	08/15
Susan Stinson	HSB-301	08/17
Bill Shewey	COT-2026	08/18
Elmer Bullis	B-315	08/19
Sandra Morrison	HSB-206	08/20
Cheryl Rothschild	COT-1926	08/21
Tim Sexton	1980-01	08/21
Carl Craig	B-302	08/22
Beverley Hollingsworth	B-103	08/22
Grace Seither	HSB-213	08/22
Susan Watkins	HSB-221	08/22
Mabel Bayless	HSB-201	08/23
John Hoekstra	1980-02	08/24
Steve Lessels	Rose- 111	08/24
Margaret Carr	A-306	08/25
Margaret Leith	Rose-113	08/25
Birdie Nuckols	HSB-309	08/25
Fred Bagwell	CH-315	08/26
Ann Bagwell	CH-315	08/27
Ame Anderson	HSB-212	08/28
Laura Hedrick	1970-102	08/29
Jane Glover	HSB-325	08/30
Neil Goff	D-215	08/30

If you do not
want your
birthday or
move-in date
published in the
future, please
contact the
Communication
Coordinator at
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

Katherine Neiderer, DPM, Podiatrist (804) 521-9263

Lakewood First Clinic (804) 823-4114



Heather Crumbaugh - Executive Director, 804-521-9248

Dori Marietta - Associate Executive Director, 804-521-9258

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

Jennifer Koeniger - Administrator of Assisted Living - 804-521-9187

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

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

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

Callie Forest - Director of Fitness and Wellness - 804-521-9266

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

Transportation Line - 804-521-9272