

ONE LAKEWOOD LINK

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

May 2024 Issue 5 Volume 49

Welcome May



In This Issue

Assisted Living Programs Pgs. 2 - 3

Healthcare Programs Pg. 4

The Tuckahoe Programs Pg. 5

Resident-Led Programs Pg. 6

Evening Entertainment Pg. 7

Chaplains' Pgs. 8 - 9

Outings & Excursions Pgs. 10 - 13

Intellectual Programs Pg. 13

Creative Programs Pg. 14

One Lakewood Programs Pg. 15

Featured Programs Pgs. 16 - 17

Community Programs Pg. 18

Announcements Pg. 19

Program Teasers Pg. 20

Resident Services Announcements Pg. 21

Council Corner & VBH Foundation Pg. 22

Lakewood Cinema Pg. 23

Health & Wellness Pgs. 24 - 25

Did You Know?! Pg. 26

Volunteer/Community Outreach Pg. 27

Meet Our Team Pg. 28

Dining Updates Pg. 29

Resident Spotlight Pg. 30

Birthdays Pg. 31

Important Numbers: Pg. 32

ASSISTED LIVING PROGRAMS



Hymns and Harmony with Chaplain Pam

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

Mondays, 5/6, 5/13 & 5/27
11:15 a.m. - Rose Bldg. 3rd floor

Diane Hart Sing-along

Tuesday, 5/7,

2 p.m. - Rose Bldg. 2nd floor

Diane plays the piano and sings songs we know and love, and shares some of the music's history. Song sheets provided.



Poetry with Stacey

Tuesday, 5/14

10 a.m. Rose Bldg. 3rd floor

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



"Merry Month of May Songs with Linda Jones"

Wednesday, 5/15

2 p.m. - Rose Bldg. 1st floor

Join Linda as she plays the piano & encourages everyone to sing-along.

Bible Study with Chaplain Julie

Monday, 5/20,

11:15 a.m. - Rose Bldg. 1st floor

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

Everyone is invited to attend.



Piano with Richard Ubaldi

Tuesday, 5/21

2 p.m. - Rose Bldg. 3rd floor

Richard plays lively tunes on the piano. Everyone is welcome to attend.



"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. Meal is free for assisted living residents.

Family members 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.



Banana Split Social

Tuesday, 5/14,

2:30 p.m. - Rose Bldg. 2nd floor

An afternoon social for residents in assisted living. Enjoy a banana split and fellowship with your friends.

No cost and no reservations required.



Good Neighbors Band

Monday, 5/6,

3 p.m. - Rose Bldg. 2nd floor

Mike Tessieri, Steve Hansell & Bill Davidge perform down home music that their audience can get into with toe tapping, hand clapping and singing. You might hear a joke or two!

Mike's Sing-along

Wednesday, 5/22

2 p.m. - Rose Bldg. 1st floor

Mike plays guitar and leads everyone in singing favorite old time songs. Everyone is welcome!



ASSISTED LIVING PROGRAMS

Resident Council Corner

Resident Council met on April 23, 2024. Minutes were distributed to residents and are available upon request. Next meeting is scheduled for **Tuesday, May 28, at 3 p.m. Simms Center.** Managers will be present. All AL residents are encouraged to attend.



Horseracing Game and Social

Thursday, 5/2,

2 p.m. - Rose Bldg. 1st floor

A Kentucky Derby themed program where residents will play a horseracing game and enjoy Derby Pie and Mock Mint Julips.

Participants will guess which horses will win.

Those who guess correctly receive a prize!



AL Community Trips-Sign up!

Walmart  **Shopping Trip to Walmart**
Friday, 5/3

Bus departs 9:30 am Main St. Door



Blue Cow Ice Cream Trip
Wednesday, 5/8

Bus departs 1:15 p.m. Main St. Door



Scenic Bus Ride: Riverside Drive
Wednesday, 5/29

Bus departs 9:30 a.m., Main St. Door



Dora's Corner

Thursdays, 2 p.m. - Rose Bldg. 1st floor



5/2: Horseracing Game & Social

5/9: International Nurses' Day Craft

5/16: Cheese Ball Celebration

5/23: World Turtle Day Program

5/30: Memorial Day Bingo



Exercise & Smoothies

Thursdays, 10 a.m.
Rose Bldg. 3rd floor

Participants will be served a refreshing fruity smoothie after gentle chair exercises every Thursday.



Exercise classes are held Monday - Friday at 10 a.m. See calendar for alternating locations in the Rose Bldg.

Nail Spa!

Wednesdays, 3 p.m.
Rose Bldg., 2nd floor

All AL residents are welcome to attend. Residents will get their nails filed and polished. 1st come, 1st served.



"Cinco de Mayo" BINGO!

Monday, 5/6
2 p.m.

Rose Bldg. 3rd floor
Spot a chili pepper and get extra candy!

Winners will pick from the prize cart.

All Assisted Living residents are welcome.



Pet Therapy:
Therapy Dogs
Associates

Thursday, 5/16, 2:30 p.m.
Rose Bldg. 3rd floor

HEALTHCARE PROGRAMS



Music That Moves Us

Fridays in the Simms Center

May 3th at 2 p.m.:

Kevin Salyer sings the Standards

May 10th at 2 p.m.:

Pianist Joe Loschiavo

May 24th at 2:30 p.m.:

Me & Martha

May 31st at 2 p.m.:

50's Party with Walt Street!



National Pizza Party Day Social

Friday, May 17,

2 p.m. Simms Center

Seats 40; RSVP:

All levels of care are welcome to join us for a pizza party in the Simms Center! We will have all of the fixings to make your own pizza. Don't want to make your own, no problem, we will have some premade pizzas as well!

Health Care Resident Council Meeting

Wednesday, May 15, 1:30 p.m.

HSB 2nd Floor Dining Room



Oh, the Places We'll Go

May 7th: Scenic Drive to Church Hill

Load Shuttle at 1:30,

Depart at 2 p.m.



May 13th: Fox Moon Farms

Load Shuttle at 9:30 a.m.,

Depart at 10 a.m.



May 28th: Lewis Ginter Botanical Gardens

Load Shuttle at 1 p.m.,

Depart at 1:30 p.m.



Music as Therapy in May

Mondays

May 6, 10:30 a.m.:

Mary Stella (HSB2D)

May 13, 3 p.m.:

1:1 with Audrey

May 27th at 3 pm:

1:1 with Audrey

Wednesdays

May 1st at 3:30pm:

Group with Audrey (HSB2D)

May 15th at 2:15pm:

Mary Stella (HSB2D)



Spanish Lessons

Wednesdays at 10:30 a.m.

HSB 2 Dining Room

Join Carmen as she teaches us conversational Spanish.

All residents & team members are welcome to join.

Lakewood Talent Show

We will have a One Lakewood Talent Show on June 14th. For those residents interested in participating, please join us at our talent show practice on

**Wednesday, May 22, at 3 p.m. in the
Simms Center.**



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, May 6th
Monument Ave

Monday, May 20th
Cary St



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



May Birthday

5/28 John Buhl

Paint them Pretty (Nail Spa)

Every Thursday

At 2:15 p.m.

*Residents can get their
nails filed and polished.*



Sit and Fit Exercise

Everyday at 10 a.m.



BINGO

Every Tuesday at 10:45 a.m.

Happy Hour

Every Tuesday at 2:30 p.m.

Gardening Club

Every Wednesday at 2:30 p.m.

Baking Club

Every Friday at 10:45 a.m.



Singalong with Mike

May 2, At 3 p.m.

The Cool Hand Ukes

May 7, At 10:15 a.m.

Music with Linda, Elsie and Richard

May 9, & 23, At 11 a.m.

Music Therapy with Audrey

May 13, & 27, At 2 p.m.

Music with Mary Stella

May 14, & 28, At 11 a.m.

Poetry with Stacey Wilson

May 14, At 1:30 p.m.

Pet Therapy

May 16, At 2 p.m.

Hymns & Harmony

Wednesdays at 10:30 a.m.

Maymont Trip

May 15th



Leave Mainstreet at 10 a.m.

Picnic Lunch at 12:30 p.m.

If you would like to attend please reach out to
Taylor Jones.



If you would like to
Volunteer in
The Tuckahoe, contact
Taylor Jones
at 804-521-9728.

RESIDENT-LED PROGRAMS

Cool Hand UKES

Have a ukulele?

Interested in playing?

Join the Cool Hand Ukles

Tuesdays at 10:15 in
the Clubroom!



Rock into Spring with Rick Langholz

Wednesday, May 1,

2 - 4 p.m. AUD

RSVP



Rock and roll with us into spring!
Light refreshments will be served,
and music will be provided by
Rick Langholz. Bring your
dancing shoes!

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!



Randy Street Photo Travelogue from her trip to Antarctica

Thursday, May 23, 10 a.m.

Auditorium

Join Randy Street as she revisits her trip
to Antarctica in 2004. See the pictures
when there was snow and ice.

Team Trivia – May's Team Trivia: The Lakewood Derby!

Tuesday, May 14, 2 p.m. Auditorium

Roses, mint juleps, and safe bets.

Join us to cheer for your favorite horse in
a run for the roses. Your team
could be the proud owner of
the next Secretariat!



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

EVENING ENTERTAINMENT

Monday, May 6, 7 p.m. Auditorium - Debbie Phillips: Rosie the Riveter Reenactment

World War II served as an impetus for women nationwide to leave the domestic sphere in huge numbers and enter “blue-collar” factory jobs traditionally held by men. This program highlights the experiences of women who worked hard to support the U.S. and faced incredible odds to do so.



Monday, May 13, 5 - 7 p.m. Auditorium - Spring Fling Dance with the Wrest Band

The Wrest Band will be here with great music for dancing. Light buffet will be served.



Enjoy the night with your friends and neighbors.

Monday, May 20, 3 & 7 p.m. Simms Center - Lakewood Singers

Clear your schedules and grab your friends! The Lakewood Singers take to the stage with an entire concert devoted to the love of music! Accompanied by Lynn Clayton and directed by Stacey Wilson, this is a concert not to be missed!

Monday, May 27 - No Monday Night Program - Memorial Day



CHAPLAINS' PAGE



My husband, Glenn, has the “green thumb” in our family. I appreciate his attentive care of our houseplants both inside and on our small deck. Even glancing out at a colorful pot of pansies provides me with a moment of peace. There is just something refreshing about being outdoors, seeing beautiful flowers inside, and even viewing artists’ renderings of creation.

God of the Wandering Forest Path
trailblazer of these winding woodland ways,
gardener of brilliant wildflower fields,
who stretches greenest canopies of shade,

how wonderful is your creation!
How much more marvelous are you!

--an excerpt from *A Liturgy for a Walk in the Woods* by Jon Lowry
published in *Every Moment Holy*, Volume III

I have discovered that “*In the Garden*” is one of our community’s favorite hymns. The story goes that the writer was inspired by his imagination of Mary in the Garden of Gethsemane. The chorus reflects that intimacy we can experience with God in that He “walks with me,” “talks with me,” and “tells me I am His own.”

Max Lucado shares that, “one of the best ways to find peace when life’s problems begin to crowd your mind is to step outside. God’s creation has a way of bringing perspective.”

I love this Scripture, too, that uses a garden as a beautiful simile of God’s care for us:

The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. ~Isaiah 58:11

This May, I hope you will intentionally spend time enjoying creation - maybe a beautiful garden, a painting, a book, or lovely flowers around our community - which can draw your heart and soul to the Creator.

O LORD, our Lord, how majestic is your name in all the earth! [*Psalm 8:9*]

Chaplain Pam

CHAPLAINS' PAGE



Memorial Day Prayer Service

*Monday, May 27, 9:30 a.m.
Simms Center and Channel 971*

A brief 15 minute service of candle lighting and prayer as we remember the significance of this day, individually and as a nation.

Vespers

Sundays at 4 p.m. Simms Center

May 5: River Road Church, Baptist

May 12: Anna Moxley, Derbyshire Baptist Church

May 19: Hymn Sing

May 26: Steve Blanchard,
Richmond's FBC

World Tour of Churches

Tuesdays at 2:30, Simms Center

May 14: La Compania and Las Lajas
Sanctuary (Ecuador)

May 21: Guadalupe and the Cathedral of
Mexico City

Resident Organ Recital

Thursday, May 23, 2 p.m., Simms Center

Our resident organists will provide a delightful afternoon recital of selections ranging from Bach to hymn tunes.

In Memoriam

Burneil "Burnie" Fox—March 12

Stewart "Stu" Dodson—March 15

John "Jack" Harvie—March 17

Patricia "Pat" Jones—April 1

Edna Paylor—April 3

Martha Dimmich—April 9

National Day of Prayer

Thursday, May 2

THEME: LIFT UP THE WORD - LIGHT UP THE WORLD

Join Chaplain Pam as we gather to pray
10 a.m. Flagpole in front of the Clubhouse

1 p.m. Chapel

3:30 p.m. Rose 3 Living Room



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 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.

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.

MAGGIANO'S
LITTLE ITALY™

Dinner Out:
Maggiano's Little Italy

Wednesday, May 15,

Leave 4:30 p.m.,

Reservation 5 p.m.

Level: 1; Seats: 18;

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

HOBNOB

eat. drink. socialize.

Ladies Lunch: Hobnob

Thursday, May 23,

Leave: 11:15 a.m.

Reservation: 12 p.m.

Level: 1; Seats: 11; Cost: On Your Own,

RSVP: Opens 04/30; Closes 5/21

Hobnob is a casual-American restaurant in the north side neighborhood of Lakeside Richmond.



Men's Lunch: Hooters

Friday, May 10,

Leave 11:15 a.m.,

Reservation 12 p.m.

Level: 1; Seats: 12; Cost: On your own

RSVP: Opens 04/30; Closes 5/08

Brad Muranko will join the men on this outing.

Desserted: Blue Cow Ice Cream

Wednesday, May 29, 1 p.m. Level: 1;

Seats: 11; Cost: On your own

RSVP: Opens 4/30;

Closes 5/27

Enjoy a variety of outstanding ice cream flavors!



Blue Cow
ICE CREAM CO

ZORBA'S

All Residents Lunch:

Zorbas

Greek Italian Cuisine

Thursday, May 9,

Leave 11:30 a.m., Reservation 12 p.m.

Level: 1; Seats: 18; Cost: On your own

RSVP: Opens 04/30; Closes 05/07

OUTINGS & EXCURSIONS

Reservations will open Tuesday, April 30, 9 a.m. on Uniguest or 804-212-8836



Lewis Ginter Walk & Lunch

Friday, May 17,
Leave 11 a.m.

Cost: On your own
Seats: 11

**RSVP: Opens 4/30;
Closes 5/15**

Ready to appreciate the wonderful flora of spring? Take a self-guided walk around the relaxing gardens, followed by lunch at the Lewis Ginter Botanical Garden Cafe.

Central Virginia Masterworks Chorale

Grace Baptist Church

Saturday, May 18,

Leave 6:30 p.m.

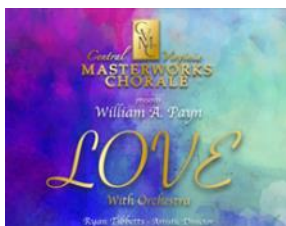
Show 7:30 p.m.

Level: 1; Seats: 12;

Cost: \$15,

RSVP: Opens 4/30; Closes 5/16

LOVE highlights lyrics taken from poems by such notables as Emily Dickinson, E. E. Cummings, Langston Hughes, and Elizabeth Barrett Browning, as well as works by several living poets. The ten-movement work is scored for chorus, soprano soloist, baritone soloist, and string orchestra. Our very own Stacey Wilson will be performing with this group!



Tour of WTVR

Wednesday, May 22, 12:15 p.m.

Level 3; Cost: No Charge, Seats: 11

RSVP: Opens 4/30; Closes 5/20

Have you ever wondered what it takes to put a news program on? We will go behind the scenes of WTVR, Channel 6 and learn about the workings of a TV station.



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



Kroger / Walmart
Tuesdays, May 7 & 21
– 9:30 a.m.



Publix / Food Lion
Tuesdays, May 14 & 28
– 9:30 a.m.



Dollar Tree / Walgreens / CVS



Wednesday, May 15
– 3 p.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

Wednesday, 5/01 - 9 a.m.

Transportation Fee: \$8 per person
Seats: 12; **RSVP**

Richmond Symphony

Sat., May 4, Leave 7 p.m.

Carpenter Theatre

Transportation Fee: \$8 per person
Seats: 34; Season ticket holders are given priority.

OUTINGS & EXCURSIONS

Reservations will open Tuesday, April 30, 9 a.m. on Uniguest or 804-212-8836

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.

Some Enchanted Evening

Sunday, May 5, Leave 2 p.m. Show 3 p.m.

Cultural Arts Center at Glen Allen

Level 1: Cost: \$8; Seats: 11

RSVP: Opens 4/30; Closes 5/03

Presented by Henrico Theatre Company! The songs of Rodgers and Hammerstein have become an integral part of our everyday lives. We sing them in the shower, dance to them in ballrooms, and hear them on the radio, in elevators and supermarkets. We still thrill to them on the live stage in their respective musicals and we teach them to our children.

While our five performers are given the opportunity to explore the songs in their own styles, it offers the audience a glorious parade of genuine hits - truly an enchanted evening! Includes such favorites as “If I Loved You,” “In My Own Little Corner,” “The Sound of Music,” “Shall We Dance?” and “I Can't Say No.”



Our Love, Concert

Monday, May 6,

Leave 2:15 p.m. Show 3 p.m.

Gayton Church

Level 1; Seats: 34

Cost \$25, See Linda Hartz for tickets

RSVP if you are requesting transportation

Hosted by Gayton Church

(13501 N. Gayton Rd.) and sponsored by the nonprofit Community Life; Shawn Allen (son of resident Linda Hartz) will be joined by Alan Brown (son of residents Alan and Charlotte Brown) and many other talented musical guests as they play and sing classic songs from every decade of the 20th century.

The sounds of swing, blues, rock n' roll, and much more will tell a powerful story about people working together to share God's love with those who need it most. Car pooling is encouraged.

Transportation will be offered but limited to 34 residents.



OUTINGS & EXCURSIONS

Reservations will open Tuesday, April 30, 9 a.m. on Uniguest or 804-212-8836



MAGNIFICENT May Shopping Trip to Culpeper

Thursday, May 16, Leave 9:30 a.m. Return 5 p.m.

Cost: On your own; Seats: 7

RSVP: Opens 4/30; Closes 5/14

Itinerary:

Lunch at It's About Thyme at 11:30 a.m.

Charming European-American Restaurant with landscape murals

Pepperberries 1 p.m.

Fabulous gifts and fashion accessory destination

The Cameleer at 2 p.m.

Clothing, jewelry, linens, housewares, and more

INTELLECTUAL PROGRAMS

Fall Prevention with Dr. Wright

Wednesday, May 22, 2 - 3 p.m. Auditorium.



Historically Speaking: American Revolution

Fridays, May 3
& May 17,
1:30 p.m. AUD



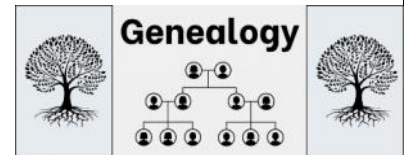
Intro to Genealogy Research

Wednesday, May 15, 2 p.m. LLLC, Seats: 17; **RSVP**

If you're looking to learn more about your family history, you're in the right place! In this course you'll learn genealogy for beginners and gain a detailed understanding of how to kickstart your family history research.

You'll have all the tools you'll need to grow your family tree and make exciting discoveries about your ancestors. Bob Olsen; Volunteer for Find a Grave, tour guide for Hollywood Cemetery, Richmond Battle fields, and family genealogy. "My license plate is fnda grv, Find a Grave, the sticker on the back says "I hunt dead people", Bob"

If there is demand for this class, it will be held again in June.



The History of Music: Bob Dylan

Tuesday, May 28, 2 p.m.

Lifelong Learning Center

Songwriters are poets. Many songwriters of the 60s expressed the anxiety about the turmoil of the world we were facing as we 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 Bob Dylan. We will be repeating the first series of this program for those who may have missed it.

CREATIVE PROGRAMS



Just Craftin' Around with Jo!

Saturday, May 4, 2 p.m.
Creative Arts Room; Seats: 8;
RSVP: Opens 4/30; Closes 5/02
 Ready to bring in the new month of May? Make hot air balloons with Jo. A simple, yet beautiful craft that is the perfect addition to your home decor!

Card Making Class

Wednesday, May 1,
2 - 4 p.m.
Creative Arts Room
 All are welcome to join the monthly card making class. This month we will be using stencils to make spring cards.



Just Craftin' Around with Jo!

Wednesday,
May 15, 2 p.m.
Creative Arts Room
Seats: 8

RSVP: Opens 4/30; Closes 5/13
 Ready to Remember?

Let's make wooden frames and decorate them however suits you and the photo you choose! With plenty of bean colors and shapes, you can allow your imagination to run wild.

Colored Pencil Class

Thursday, May 29, 12:30 - 4 p.m. Hybrid 1970;
Seats: 10; RSVP: Opens 4/30; Closes 5/27
 Cost: \$15 supply fee for those who do not have Prismacolor Pencils (collected by the instructor)

This lovely Bird of Paradise, as shown, provides a simple design for beginners to the art of colored pencil, while providing easy methods of enhancement by those who already know the art. Additional instruction will be given on methods for filling in the background for those who wish to pursue that after the class. There will be a follow up class learning how to fill in a background.



Your Story, Your Legacy

Fridays, May 17, 24, 31, & June 14, 21, 28,
1 - 2:30 p.m. Card Room, Cost: \$20; Seats: 24
RSVP: Opens 4/30; Closes 5/13

Your Story, Your Legacy is an exploration of storytelling as a way to reconnect with your past, express your own unique voice, and leave a lasting legacy for current and future generations to cherish. In this 6-week workshop you will be led step-by-step through an engaging and interactive process of story crafting that will help you identify and talk about meaningful life events in a way that is empowering and entertaining.

With great care for the artist in all of us, Your Story, Your Legacy encourages deep listening, creative risk-taking, and the confidence to tell personal stories out loud to others. By the end of the workshop series, each participant will have a story of their own to share with friends, family, and loved ones. Everyone has a story to tell. Join us for Your Story, Your Legacy to discover yours.

Shaping our past into meaningful stories to share with others begins with a memory.

Some things you can begin to think about leading up to the workshop are:

What do you remember about your first job? Your best friend's house? Your favorite teacher in elementary school? (A time you got in trouble when you were little, your next-door neighbor, a meaningful gift you gave or received, raising a family of your own, a trip you took without your parents, your family's holiday traditions.)

ONE LAKEWOOD PROGRAMS

Apple Pie Social

Monday, May 13, 2 p.m.
Simms Center

“Good apple pies are a considerable part of our domestic happiness.”
Jane Austen

On National Apple Pie Day, come to the Simms Center for a slice of Apple Pie.



Violin School Recital

Saturday, May 18, 3 p.m.
Simms Center

Please join us for an exploration of music genres, featuring the violin and piano students of Keadron Schwoebel. Enjoy traditional, pop, jazz, and classical solos by talented musicians of all ages. We hope you can attend!



Memorial Day Program

Monday, May 27, 2 p.m. Simms Center

Join us for this special Memorial Day program as we remember and honor those we have lost who have served our country. We will be having a photo remembrance walk at the conclusion of the program. If you have a photo of a loved one you would like to remember and honor, please bring it to Christina Qawasmy in the Administrative Hallway no later than May 20th.



IN FOCUS

An exhibit of original photography showcasing the creativity of Lakewood residents and team members.

The photography exhibit will go up in the art gallery on Wednesday, May 1, and will remain on display through Friday, June 28.

Catch the opening wine and cheese reception,

Thursday, May 2, 4 - 5 p.m.,

for an opportunity to meet our talented Lakewood photographers and be among the first to see these amazing photographs.



Carte Boutique

Monday May 20,
10 a.m. - 2 p.m.
Auditorium

Lakewood has enjoyed many shopping opportunities with Carte Boutique, but all good things must come to an end. Judy Burton who owns Carte Boutique is retiring. Her final visit to Lakewood will be Monday, May 20th. Stop by, purchase spring attire and say goodbye to our friend.

CARTE' INC.

FEATURED PROGRAMS

The General Election will take place on Tuesday, November 5, 2024.

Before we get to the GENERAL election - a PRIMARY election in June will determine who is on the ballot in November for the 1st Congressional District.

It's important to STAY ENGAGED and VOTE so your voice is counted! Lakewood will be hosting both Democratic Candidates for the General Assembly. The Republican candidate is running unchallenged, but Rodney Willet will be invited this fall with the Democratic candidate.



Candidate Visit:
Leslie Mehta
Tuesday, May 7, 4 p.m.
AUD
RSVP: Opens 4/30
Reception to follow



Candidate Visit:
Herb Jones
Tuesday, May 21, 4 p.m.
AUD
RSVP: Opens 4/30
Reception to follow



COVID Vaccine Clinic

May 24, 9 a.m. - 1 p.m.

Auditorium

RSVP: Open 4/30; Closes 5/17

Sign up on Uniguest.

Please note due to demand we will not know if we are getting Pfizer or Moderna until a closer date.



High Noon Movie Showing
Tuesday, May 7, 10 a.m. AUD
Celebrate Gary Cooper's Birthday with a Film Viewing Special with Rick Langholz.
Film Synopsis: Town marshal must decide whether to

confront 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.

Dinner and a Movie: The Boys in the Boat

Wednesday, May 8, 5 p.m.

Auditorium, Seats 80

RSVP: Opens 4/30;

Closes 5/06; \$16 Dining Dollars

During the height of the Great Depression, members of the row-

ing team at the University of Washington get thrust into the spotlight as they compete for gold at the 1936 Olympics in Berlin.

Dinner menu: Fried pork schnitzel, German potato salad, green beans, black forest cake



FEATURED PROGRAMS

Tunes on the Terrace Programs Terrace Patio



Little Tangents Tuesday, May 14, 4 - 5 p.m.

Little Tangents is an acoustic duo that brings a fun and familiar mix of music from the 60's, 70's, 80's and beyond. Featuring dual guitars and vocals, Little Tangents offer their own takes on classic rock and pop tunes as well as their own favorites.



Clay Mottley Wednesday, May 22, 4 - 5 p.m.

Join us to enjoy the beautiful weather on the terrace and hear the musical talents of Clay Mottley as we welcome him back!



James River Ringers Tuesday, May 28, 7 p.m. AUD or Simms TBD

Performing on seven octaves of Malmark English handbells, six octaves of handchimes and various other instruments, the James

River Ringers is Richmond, Virginia's premier auditioned community handbell ensemble. Its members are dedicated to performing quality handbell music including hymn arrangements, classical works, show tunes, popular favorites, and original compositions. The James River Ringers also provide educational opportunities and workshops for others who are interested in learning about English handbell ringing.

Short Pump Symphonette

Friday, May 24, 6:30 p.m.

Simms Center

The Short Pump Symphonette, a string youth orchestra for students of all ages directed by William Raposo and Chris Novelli, will perform classical and popular favorites.



Happy Hour: Disney Theme

Thursday, May 30, 4 p.m.

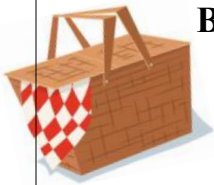
Auditorium, Seats: 126

RSVP: Opens 4/30; Closes 5/28

Calling all princes and princesses. Happy hour is a 'Bear necessity' every month, and the "Happiest Place" at Lakewood. Join us for a roaring good time at Pride Rock (also known as the Auditorium)! The team will call table numbers for the bar and the buffet. Please wait until your number is called to visit either area. We appreciate your cooperation and hope this will help with decreasing congestion.



COMMUNITY PROGRAMS



Building Spring Picnics

Terrace Patio,
Tuesdays, Noon
C Building May 7
D Building May 14
E Building May 21

RSVP: 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 as soon as possible.

Nurse's and Teacher's Day Celebration

Monday, May 6, 11 a.m. Auditorium

RSVP: Opens 4/30; Closes 5/03

Throughout Lakewood, we have a vast array of
different professionals, with many who found
their inspiration through teaching or nursing.
Lakewood wants to honor those residents who
gave themselves to others with a brunch.

WE APPRECIATE
YOU
Happy Nurse's Day!



Resident Services: Cinco De Mayo Bingo

Friday, May 3, 11 a.m.

Card Room

Join us for a game of Cinco
De Mayo themed Bingo!



THE MAGICAL MUSIC OF

WALT DISNEY



50 YEARS OF ORIGINAL MOTION PICTURE SOUND TRACKS

Music Appreciation

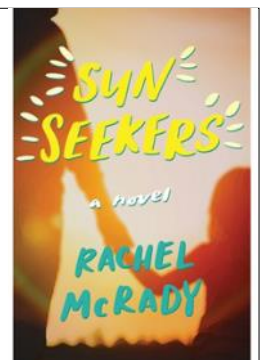
Music Appreciation will keep its eyes focused on the world of Walt
Disney on Wednesday, May 1 and 8 as we explore Fantasia
2000! Just as the 1940 original inspired audiences to reimagine how
they listen to classical music, so does this update with works by
Respighi, Elgar, Beethoven, Gershwin, and more! Next, enjoy the
continuation of the Wondrium series "The Banjo: Music, History, and
Heritage" featuring GRAMMY-Award winning artist, Rhiannon
Giddens. These episodes will be shown May 15, 22, and 29
(the final three episodes of the series will be shown June 19).

Sun Seekers Book Talk by Rachel McRady

Thursday, May 9, 4 p.m. Auditorium

From Emmy Award-winning writer Rachel McRady comes a vital, illuminating
debut novel of a broken family uniting in the face of terrifying crisis, for fans of
This is Us and Parenthood. Books will be available for purchase from
Book People, \$32, charge, check or cash.

Reception to follow.



ANNOUNCEMENTS

Do you want to go to the beach???

Lakewood wants to end the “Summer Season” with a trip to the beach, but we want to see if there is interest in the trip.

We are planning a trip to Virginia Beach on September 9 – 11, Monday – Wednesday.

The thought is to rent a house with numerous bedrooms and hope to be beachfront. With a rental house, some of the information we would need is would you want a room on your own? Would you want to share a room with a friend? We would need to have meals items stocked in the kitchen. Please respond on the Reservation Line at 804-212-8836.



Safety and Walker Parking



With the increase of attendance at some of our in house programs recently, we have instituted a new process for parking walkers outside of the room where the program is happening. We do this due to safety concerns. We will be continuing this practice and need you to be aware that if you are attending these large programs, you will be asked to let us park your walker outside of the venue where the program is being held. Therefore, we ask that if there are items that you require from your walker, please come prepared to remove them while at the program. Your walker will be tagged with a number, your walker removed, and you will be given a card with the corresponding number.

We also ask for your patience after the program to allow us to bring your walker back to you.

Thank you in advance for your cooperation.

Log Cabin

Several Lakewood Residents have made donations to the Log Cabin this month. Below is the list of items in the house. Please take a moment and see if you can find the items below in the house.

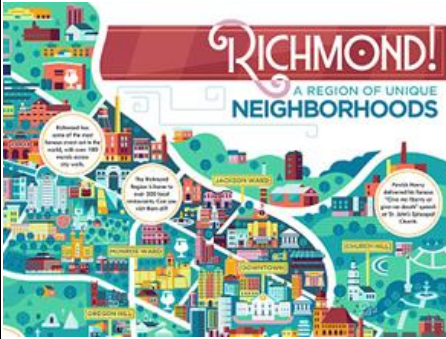
Candle sticks
Doll house
Pitcher and basin
Cat
Lantern
Clock
Cuckoo clock
Bell

Basket of fruit
Plate of hamburgers
Potted plant
Coffee pot
Watering can
Boxes of food
Basket of eggs
Bag of onions

Bottle of Gin
Sewing supplies
Outside thermometer
Shovels
Bucket
Birds
Teddy bear



Upcoming Programs



Mapping out Richmond Presentation:

Tuesday, June 4, 11 a.m. AUD

Do you know about all the different neighborhoods that make Richmond, Richmond? Have you ever wondered why it is called The Fan, or Church Hill for example? What are the important things and histories to know about each neighborhood?

This is your chance to find out. Discover Richmond Tours is putting together a unique presentation for us to give you all this information and more!

Lakewood Birthday Party!

*Thursday, June 6, 2 p.m. Simms Center **RSVP: Opens 4/30; Closes 6/04***

Everyone has a birthday so why not celebrate it all together?! We will be celebrating anyone who had a birthday in the first half of the year, January – June. Join us for all the birthday things you love including party hats, games, presents, and of course cake and ice cream!



SAVE THE DATE!! Chesapeake Bank and Chesapeake Wealth Management will be celebrating their 8th anniversary on June 11, 2024. More info to follow in the June Link!

Annual Groups & Club Fair

We are updating our Groups and Clubs flyer in preparation for the 2nd Annual Club Fair. Mark your calendars for June 13th to visit the Club Fair and learn about the opportunities to get involved at Lakewood. If you don't see a group or club for something you are interested in, see Christina Qawasmy or Judy Dewalt about starting a new club. If you have an interest in something, there may be other residents with the same interest.



AARP Smart Driver Course



Friday, June 14 & Saturday, June 15, 2024, lunch will be provided.

\$20 for AARP members; \$25 for non-members. Check payable to AARP

Join Edie Ellis for this interactive two-part course. You could be eligible

(depending on your insurance company) for a multi-year discount on your auto insurance. The course teaches proven driving techniques to

help keep you and your loved ones safe on the road.

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.



Uniguest & RSVPs

Registrations will open on April 30 at 9 a.m. for May 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.

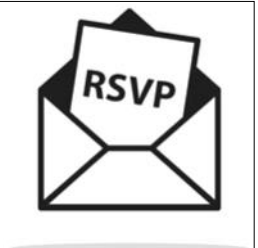
Also, no one has the ability to register early except the administrators of the program. We want to assure you that we do not add residents early. All residents have the same access to the system. In addition, a resident can register 2 other residents when they add themselves, but be assured, that is 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.

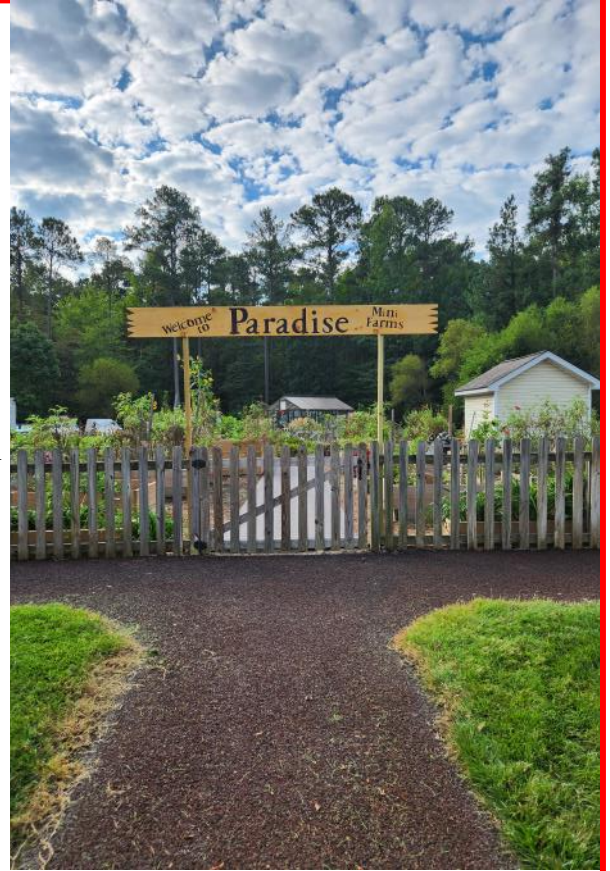
If there is an in-house event that asks for you to RSVP, you are required to register 48 hours before the event. You can register for all events on Uniguest or by calling 804-212-8836.

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:

Spring is here - a reawakening of nature and the Landscape and Garden Committees. The Garden Committee includes the “three gems” - Jim Barrett, Jim McGehee and Jim Revere - and Dean Decker (Chairman), who assigns the raised beds to residents. Raised beds are being assigned, and new beds constructed. There is a waiting list! Drainage in the garden is being assessed, and more pavers placed on paths, and around garden hoses. Jim Barrett (Landscape Committee Chairman) has been assisting in the planning of the Tuckahoe Tranquility Garden along with Chairman Decker, Nan Powell and Cheryl Crawford (both Master Gardeners). Plans for the Lakewood Nature Path with a connector to the Boardwalk, and a connector behind the Greenhouse to the Boardwalk are in discussion with Henrico County. Trees which need pruning or taken down are also addressed by the Committee. Discussions with the Flower Guild about areas for a cutting garden are underway. Our thanks to the committees for empowering gardeners and enhancing our campus.



The VBHF Spiritual Life Fund

Faith is central to the Virginia Baptist Homes (VBH) Foundation. In 1949, the pastor of Culpeper Baptist Church founded LifeSpire of Virginia (formerly known as Virginia Baptist Homes) to provide and care for retired pastors and their families. While our roots are in the Baptist tradition, today each community welcomes and celebrates people from every faith and background.

The VBH Foundation’s Spiritual Life Fund supports the faith-based programs, and the people providing those services, within all of the LifeSpire communities. Chaplains are on staff at each community who serve as a resource for residents, families and team members. Our communities support the spiritual journey of everyone, encouraging each of us to live out their faith in words and actions.

Gifts to the Spiritual Life Fund support the chaplains and their programs. Grants are also made available to fund special projects, such as community worship resources, musical instruments and songbooks, and educational resources such as small group workbooks and world religions lectures. Please join us in making an impact at your community by supporting the Spiritual Life Fund.

Please give to encourage our Faith-Full communities today! Visit www.lifespireliving.org/give/spiritual-life/ or call 804-521-9229 for more information.



LAKEWOOD CINEMA

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

Channel 973 Thursdays at 7 p.m.

May 2, Channel 973: Frequency (2000, PG-13, 1hr, 58min) An accidental cross-time radio link connects father and son across 30 years. The son tries to save his father's life, but must fix the consequences.

May 9, Channel 973: August Rush (2007, PG, 1hr, 54min) A musically gifted orphan, Evan, runs away from his orphanage and searches New York City for his birth parents. On his journey, he's taken under the wing of the Wizard, a homeless man who lives in an abandoned theater.

May 16, Channel 973: Becoming Jane (2007, PG, 2hr) A biographical portrait of a pre-fame Jane Austen and her romance with a young Irishman.

May 23, Channel 973: Life of Pi (2012, PG, 2hr, 7min) A young man who survives a disaster at sea is hurtled into an epic journey of adventure and discovery. While cast away, he forms an unexpected connection with another survivor: a fearsome Bengal tiger.

May 30, Channel 973: October Sky (1999, PG, 1hr, 48min) The true story of Homer Hickam, a coal miner's son who was inspired by the first Sputnik launch to take up rocketry against his father's wishes.

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.

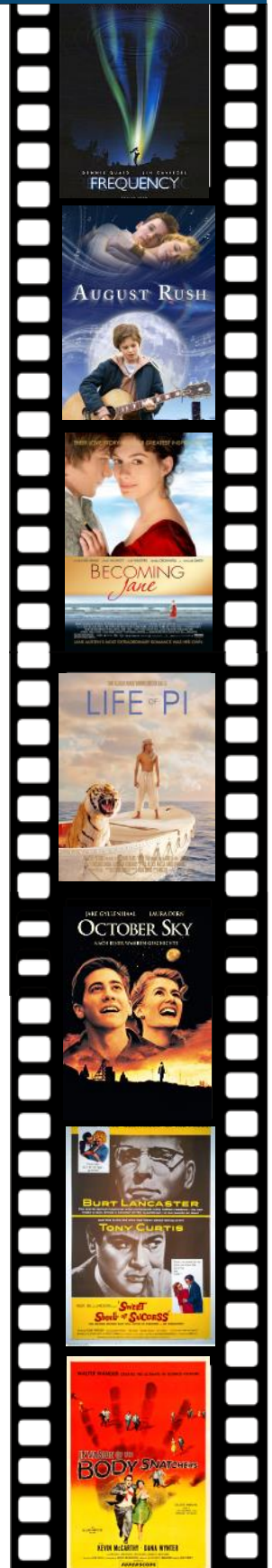
May 4, Channel 973 & AUD: Sweet Smell of Success (1957) Ambitious press agent curries favor with powerful New York newspaper columnist by agreeing to break up the relationship between the journalist's sister and a jazz musician.

May 11, Channel 973: Invasion of the Body Snatchers (1956) In a small California town, alien seed pods placed near sleeping town residents replace their human counterparts with physically identical bodies but lacking human emotion. 1950s science fiction classic.

May 18, Channel 973: Blood on the Moon (1948) Jim Garry (Robert Mitchum) becomes involved with an unscrupulous friend and his government accomplice who are trying to force a rancher to sell his cattle herd at a low price. He becomes uneasy over his role, and changes sides. Unusual Western with film noir atmosphere and cinematography.

May 25, Channel 973: Halls of Montezuma (1951) During WW II, Marines attempt to gain intelligence from Japanese prisoners about enemy rocket locations.

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



7 DIMENSIONS of Wellness



Vibrance Tip: Focus on your seven dimensions of wellness

These dimensions are interdependent and influence each other. When one dimension is out of balance the other dimensions are affected. In order to achieve a healthy lifestyle we must focus on more than just our physical wellness.

What are the seven dimensions of wellness you might ask?

Physical: Recognizing the need for physical activity, healthy foods, and sleep, as well as preventing illness and injury or managing chronic health.

Emotional: Being aware of, accepting, and effectively managing one's emotions. It involves understanding one's feelings, coping with stress, and maintaining satisfying relationships.

Intellectual: Recognizing creative abilities and finding ways to expand our knowledge and skills.

Social: Being aware of our relationships and interactions with others, as well as our sense of belonging and connectedness within our communities.

Spiritual: Sense of purpose, meaning, and connection to something greater than oneself. Involves exploring one's values, beliefs, and principles, as well as finding inner peace, and contentment.

Environmental: Sense of safety, comfort, and connection with your physical surroundings.

Occupational: The ability to achieve a balance between work and leisure in a way that promotes health, and a sense of personal satisfaction.

Fitness Class Updates:

Brain Boosters: Date Change:
Monday's 1 p.m. - Aerobics Room
Brain Boosters meeting date has changed to Mondays at 1 p.m. in the Aerobics room! Come stimulate your brain and enjoy puzzles, games, and so much more!

Open Swim
Removed from calendar

Memorial Day
The fitness center will be open for use but no classes will be held.

May 29th Closures
There will be no fitness classes on May 29. Residents are invited to join the NIFS team for National Senior Health and Fitness Day. The Fitness Center will still be open for personal use.

National Physical Education and Sports Week!

Join us all week for fun and fitness all week long!

Wear your favorite team's apparel to class or the fitness center. *May 1*

Outdoor Cornhole and Bocce Ball: *May 2, 1 p.m.*

Shuffleboard: *May 3, 1 p.m. Aerobics Room*

Sports Themed Brain Boosters *May 6, 1 p.m. Aerobics Room*

Wii Sports Games: *May 7, 2 p.m. Aerobics Room*

May 29th National Senior Health and Fitness Day

On Wednesday, May 29, Lakewood will be hosting a special celebration to honor the efforts of our residents in staying healthy and active throughout the year.

Join us throughout the day for classes and activities focused on all aspects of wellness!

We will be starting the day off campus for our first activity.

All residents are invited to join us!

Individually earn a point for each event you attend.

Participants who live in the building with the most points at the end wins a special prize!

Some of the fun activities to look out for:

- Guided Group Walk at Tuckahoe Creek Park - **RSVP**
- No Fall Volleyball
- Wellness Social Hour

And much more!



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

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 of 2023 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

Volunteer Opportunities at Feed More

Feed More canceled our last volunteer session due to an event they are hosting. Unless they have a cancelation, we will not return to fill backpacks until late August or September.



Glory Days Spirit Day Thursday, May 30

Glory Days at 10466 Ridgefield Parkway is hosting a fundraising day for Team Lakewood on May 30th!

Our team will receive 10% of non-alcoholic regular-priced purchases that day if the itemized receipt is placed in the collection box. Transportation will leave Lakewood at 11:20 a.m. and 5:20p.m. The meal is on your own. Invite friends to join you so we don't have to cancel the ride!

Adirondack Chairs for the Foundation

Are you an artist? Do you know one? We will be auctioning decorated Adirondack chairs to benefit the Lakewood Benevolent Fund as part of the VBH Foundation's Benevolent Bash this fall. We are looking for creative volunteers to paint a chair. Interested individuals or groups should contact Sally San Soucie: ssansoucie@lakewoodwestend.org



We will give you some pointers and can help you access materials.



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.

Krispy Kreme Doughnut Sale

Friday, May 24, 9 - 11 a.m. Clubhouse Lobby

Pre-order your doughnuts by calling Sally San Soucie (804) 521-9152 or take your chances on May 24th and see if there are any for sale! We will be selling individual donuts that morning. Proceeds go to the Alzheimer's Association. Pre-pay if you pre-order!

1 dozen Original Glazed or Chocolate Iced - \$15.50

1 dozen Raspberry, Lemon or Kreme-filled - \$17.50

Find a friend and split a dozen. Remember, doughnuts can be individually frozen and reheated as a future treat!



MEET OUR TEAM

Tech Tip

We are seeing several instances of the “Microsoft Security” pop-up scam on Lakewood residents’ computers. The pop-up says the computer is infected, and it provides a telephone number to call for help from “Microsoft.” It is a scam. Do NOT call the number. Merely press and hold your computer’s on/off button until the screen goes black. Then restart your computer as normal. Or, call me for assistance.

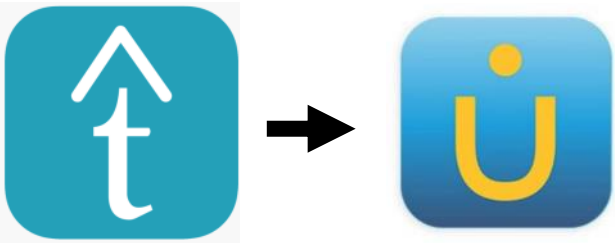
Mike Tessieri
804-370-0607



Touchtown Rebranding to UNIGUEST

The Touchtown Community Apps was
been rebranded as
Uniguest.

While things may look updated and
refreshed on the Uniguest app, there will
not be any feature changes within this
update. This will be the new logo look.
Welcome to Uniguest



“Meet our Team”



**Laura Kreisa, MS FNP-BC
LW First - Nurse Practitioner**

Laura Kreisa, a nurse practitioner, came to Lakewood with Dr. Jim Wright’s team from SNF/LTC Partners in August 2023. She sees residents in the LW First clinic on Tuesdays and rounds in Assisted Living on Thursdays.

After 34 years of working across the continuum at VCU Health System (formerly known as MCV) in the MRICU, Cardiology, Primary Care Clinic, Performance Improvement, and her final position, Program Manager of Heart Failure & Transplant, Laura retired and began her role as a Family Nurse Practitioner in assisted living communities in 2017.

When speaking with residents and their families, it is normal to hear her say, “I am now putting my daughter's hat on.” Her mother-in-law lived her last years at Lakewood over 25 years ago, and her mother also enjoyed her later years in two assisted living communities in Richmond. Laura saw the care her mother was receiving when she could no longer travel to VCUHS for appointments and appreciated the partnership with nurse practitioners caring for her, which enticed her to leave VCUHS and step into this arena!

Laura and her husband recently celebrated 32 years of marriage and proudly share three children and five grandchildren. Finding them heading east to their condo in Virginia Beach is routine. Laura is an avid reader and has rediscovered her love for the piano.

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. **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.
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
Please allow 72 business hours notice.



Resident Spotlight – Rick Langholz

TIME, PLACE, MOVIES and ROCK ‘N ROLL: Four elements that have defined Rick Langholz’s life.

PLACE. Born in Washington, D.C., Rick moved with his parents to Shelbyville, TN shortly before his third birthday. While there his sister, Peg, was born. A Federal Government career transfer found the family moving to Chattanooga in 1954.

TIME. Rick found himself listening to radio station WDXB. Like many other stations, WDXB was changing its format to Top 40. It was playing songs by the Coasters, Jerry Lee Lewis and (of course) Elvis Presley. He was a serious radio listener at age 8. Shortly after moving to Chattanooga, the family acquired a television set. Westerns were on frequently, and Hollywood studios were beginning to distribute their older titles to television stations. As a result he became interested in movies.

In 1957, Rick’s family moved to Atlanta. More radio and television stations furthered his interests in both music and movies. He bought his first two 45 rpm records at age 9: “Good Golly, Miss Molly” by Little Richard and “Get A Job,” By The Silhouettes.

PLACE. In 1964, his father’s career took the family back to the Washington area. Living in the City of Alexandria, he graduated from high school and college (George Mason, B.A., History).

TIME. After graduating from college, Rick served in the U.S Navy (active and reserve duty) from 1970-75. After being discharged from active duty, he worked for USPS as a letter carrier, then moved into the Federal white collar bureaucracy at the Office of the Secretary of Transportation. He then transferred to the Federal Highway Administration and, in 1980, to the Environmental Protection Agency (EPA).

TIME AND PLACE. Arlington, VA, February 1982. Rick and Janice meet on a blind date facilitated by one of Rick’s co-workers, who was Janice’s next-door neighbor.

TIME. They married in 1988. Janice transitioned from the classroom as an elementary school teacher to a position as a school counselor in the Fairfax County Public Schools. Rick served in a variety of positions at EPA, focusing on contract development and management. He also prepared various training materials on topics like the Thrift Savings Plan and long-term care insurance. In this capacity, he earned certification as a Chartered Financial Consultant (ChFC).

PLACE. They moved to the City of Falls Church in 1991. After Rick and Janice both retired, they embarked on their dream vacation: a 32-day trip to Australia and New Zealand. Travel is still a big part of their life, with grandchildren frequently included.

TIME AND PLACE. Rick and Janice had enough of Northern Virginia. With the pandemic triggering shutdowns, they visit Lakewood on March 9, 2020.

Working with the Lakewood team, and despite pandemic-related delays, they moved into their two-story cottage in January 2023. Rick has room for his extensive vinyl record collection.

TIME, PLACE, MOVIES and ROCK ‘N ROLL. Rick has DJ’d a music program, and is working on a follow-up. He enjoys hosting classic movies on two Saturdays each month in the Auditorium.



Welcome to the Lakewood Family!



Laurie & Susan Croft

Sally Hank

Gary Wahlert & Arlene Larimer

Janice Gravitt

May Birthdays

Jane	Boaz	COT1920	5/01
Archer	Yeatts	COT1914	5/01
Kitty	Frostick	B-310	5/02
Larry	Minock	HSB-239	5/05
Jerry	Ratcliff	E-103	5/05
Bernice	Childress	HSB-246	5/06
Juanita	Mallory	HSB-230	5/08
Katherine	Davison	D-118	5/09
Sherry	Mikuta	COT-2034	5/09
Jojo	Shelton	C-116	5/12
Wanda	Walton	CH-307	5/12
Vicki	Roberts	A-315	5/13
Richard	Rose	COT-2024	5/13
Charlotte	Brown	B-119	5/15
Kathleen	Seward	HSB-235	5/15
Blake	Auchmoody	HSB-209	5/17
Marty	Beeman	ROSE-203	5/17
Martha	MacMillan	COT-1922	5/20
Linda	Byers	1940-204	5/21
Bill	Coombs	COT-2018	5/23
Martha	Kelly	ROSE-106	5/23
Dot	Patrick	E-202	5/25
Ken	Patterson	COT-1908	5/25
Bobby	Fulgham	B-101	5/27
Richard	Brewer	CH-302	5/28
John	Buhl	T-117	5/28
Nancy	Jefferson	HSB-219	5/28
Jo	Mayfield	B-314	5/28
Judy	Collins	O-202	5/30
Jim	Lyles	T-119	5/30
Rebecca	Moak	CH-414	5/30
Ireita	Cauthen	ROSE-214	5/31
Ann	Fink	1950-201	5/31
Jim	Frye	CH-309	5/31
Liz	Hulette	E-109	5/31
Robert	Sulgrove	A-209	5/31

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 Clinic (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

Transportation Line - 804-521-9272