



Lakeview Commons HAPPENINGS

December 2018

1422 West 29th St.
Loveland, CO
970-278-4000

Charlie



Loveland Museum Outing

ADMINISTRATOR

Janel Baily

OFFICE MANAGER

Sheri Butler

SOCIAL SERVICES ADMISSIONS

Susie Brailsford

ACTIVITIES

Zoe Carlyon

NURSING

Kristi Street, RN
Vicki Colburn, LPN
Kim Brooksmith, LPN

MEDICATION MANAGERS

Jessica Wart-Ridley
Joel Gorder

WEEKEND MANAGER

Nikki Lyons

HOUSEKEEPING SUPERVISOR

Darla Martinez

MAINTENANCE

Jimmy Martinez

DIETARY SUPERVISOR

TJ Coil

HAPPY HOLIDAYS!

Tis the season to be jolly...the holidays are here at Lakeview Commons and what a magical time it is! It's always around this time of year where we gather with friends and family and celebrate with cherished traditions. One of our favorite traditions is the annual Holiday Dinner. We hope you and your family will join us on **Thursday, December 13th from 5:30pm-7:00pm**. We look forward to enjoying an evening of great food, company, and entertainment with you! This is a RSVP event so please let Sheri or Nikki know if you will be attending. If you have any other questions regarding the party, please stop by the front desk.

The meal will consist of :

- Pork Tenderloin Medallion with a Brown Butter Vanilla Sauce
- Grape Ginger Shrimp
- Savory Pumpkin Puree
- Roasted Dijon Cauliflower
- Mini Individual Cheese Cake

A LOOK BACK AT 2018

A picture says a thousand words! Join Zoe in the Activity Room on **Monday, December 31st at 3:00pm** for a special slideshow presentation. Enjoy a cup of hot chocolate as we look back at all the good times we've had at Lakeview, reminisce, and tell stories. Happy New Year!

WELCOME BACK TO LAKEVIEW KIM!

Lakeview Commons would like to welcome Kim Brooksmith to the team as our part time Nurse! Kim has worked at Lakeview in the past and we are excited to have her back! Kim enjoys spending as much time as she can with her grandkids and is an avid animal lover. She only has one dog right now, but would love to change that. She also enjoys traveling with her husband. We are so excited to have Kim join us again and make sure you give her a warm welcome as you see her around the facility!



OUTINGS, SPECIAL EVENTS, & ENTERTAINMENT:

- **Entertainment with Marc Friedland:**
Monday December 3rd at 2:00pm
- **Hot Coco Bar and Chat:**
Fridays at 9:00am
- **Entertainment with Richard Chasee:**
Thursday December 6th at 2:00pm
- **Coffee and Donuts with Zoe:**
Tuesday December 11th at 10:15am
- **Brownie and Grinch Ice Cream Float Social**
Friday December 7th at 3:15pm
- **Scenic Van Ride: Christmas Lights Tour of Loveland**
Tuesday December 10th at 6:30pm
- **Lunch at Village Inn**
Wednesday December 12th at 11:30am
- **Walmart Run!**
Thursday December 13th at 1:30pm
Friday December 21st at 2:00pm
- **STEM (Science Engineering Technology and Math) Christmas Brain Games**
Friday December 14th at 1:15pm
- **Christmas Snacks and Entertainment with Bob Harris**
Monday December 17th at 2:00pm
- **Scheels Outing**
Tuesday December 18th at 9:00am
- **Christmas Charades with Zoe**
Thursday December 20th at 3:00pm
- **Christmas Jingo (Trivia)**
Sunday December 23rd at 2:15pm
- **New Years Eve Champagne and Picture Slideshow of 2018**
Monday December 31st at 3:30pm

NETFLIX ORIGINAL SERIES- THE CROWN:

The Crown is a historical drama by Peter Morgan that follows the political rivalries and romance of

Queen Elizabeth II's reign and the events that shaped the second half of the 20th century. We will dive into the first season and learn about her marriage to Philip, Duke of Edinburgh in 1947 and her sister's engagement in 1955. Come and enjoy watching The Crown every **Wednesday at 9:00am in the Activity Room**

WINTER ADVISORY

Some of us may be in denial, but it must be said, winter is looming! Colorado Weather is always changing and you never know what can occur! Here are a few tips to help you all stay safe and warm this winter:

- Stay in warm places
- Wear several layers of dry clothing
- Take warm baths or showers
- Drink plenty of water to stay hydrated during the dry months.
- If you need to go outside, wear a wind proof outer layer, hat and mittens. Reduce your fall risk by walking slowly and carefully, or ask for assistance when going in and out of the building.

And always, stay safe and stay warm!

CRAFTING CORNER

Come down to the Activity Room check out some of our creative crafts this month!

- **Christmas Wreaths-**
Sunday Dec. 2nd at 2:00pm
- **Christmas Light Wine Cork Painting-** Tuesday Dec. 4th at 1:30pm
- **Polar Bear Newspaper Craft-**
Sunday Dec. 16th at 2:00pm
- **Gingerbread Houses-**
Thursday Dec. 20th at 1:30pm
- **DIY Christmas Plates-**
Monday Dec. 24th at 2:00pm
- **2018 Reflections Craft-** Sunday Dec. 30th at 1:15pm

POKER CLUB

Do you enjoy playing poker? Lakeview has started our very own Poker Club, playing with pennies and nickels. Join the fun as a participant or spectator every Tuesday afternoon at 3:45pm.

HOLIDAY CARD MAKING WORKSHOP

This holiday season, Lakeview will be providing our first annual Christmas card and Gift Wrapping Workshop! Zoe will be providing cards, stickers, and other decorations for card making on **Monday, December 11th at 2:00pm in the Activity Room** for Holiday Card Crafting. Making your own Christmas cards adds a personal touch to your holiday greetings! Your loved ones will be sure to enjoy a hand made card.

LIBRARY BOOK CHECKOUT

Dixie from the Loveland Public Library delivers over 30 new books to Lakeview Commons each month. Come on down to the Activity Room on Thursday December 7th at 1:00pm to check out a new book from the library! If you have any requests for the coming months, or would like to utilize the free talking library audio book service, please let Zoe know. **Please remember to return all books to Zoe after two weeks, so we can continue to get books from the library!**

RESIDENT COUNCIL MEETING

On Wednesday, December 19th at 1:00pm in the Activity Room, our monthly Resident Council Meeting takes place. This is a perfect time to review the items which are working well at Lakeview Commons, or to suggest changes, if needed. Everyone is welcome and encouraged to participate!



Beauty Shop Day!

MEAL OF THE MONTH

The Meal of the Month will be served on **Friday, December 14th**. The meal will consist of: **Fried Chicken Breast or Thigh, Mashed Sweet Potatoes, Green Beans and Tapioca Pudding.**

MEN'S LUNCH

The men of Lakeview will be gathering for lunch on **Thursday, December 27th at 12:00pm** in the **Activity Room** where they will enjoy a different, delicious meal each month! If you have any suggestions for this month's Men's Lunch meal, please let Zoe know.

REMINDERS FOR RESIDENTS & FAMILY

There's nothing like getting together with friends and family and sharing a delicious meal together! We love seeing our residents get together with their guests here at the facility.

We want to ensure that our residents and guests have an enjoyable meal when dining at Lakeview. If you would like to have any guests join you for a meal, please stop by the front desk and **make a reservation! Please make a reservation 24 hours in advance. Meals are only \$5 per guest.** Guests can join you at your table in the dining room, or if needed, you can request a bistro table or the private dining room.

Note: Christmas Dinner on Christmas day will be \$8 per guest.

COFFEE AND CONVERSATIONS WITH CHAPLAIN REBECCA

Each week, Lakeview's Chaplain, Rebecca, hosts a casual coffee date. Coffee and Conversations is all about learning and discussing topics such as peace, love and relationships, and current events as they relate to spirituality. Come to the **Activity Room at 9:45am** each Monday for Coffee and Conversations. Rebecca will also be available on other days at Lakeview for one-on-one time. If you would like to learn more about chaplaincy, Zoe would be happy to connect you with Rebecca.

BLOOD PRESSURE CLINIC

Come down to the **Activity Room on Saturday, December 29th at 9:45am** for the Blood Pressure Clinic. Nurse Vicki will take your blood pressure on a first come, first serve basis.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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|  | | | | | | 1 10:00am- Brain Games, AR 11:00am- Giant Crossword 2:00pm- Bingo 3:30pm- Roll-A-Snowman Dice Game 3:30pm- Bus to St. John's |
| 2 10:00am- Exercise Video AR 11:00am- Spelling Bee 11:30am- Broncos vs. Bengals showing after Spelling Bee 1:00pm- Chicken Soup for the Soul 2:00pm- Crafting Corner: Christmas Wreaths 3:30pm- Grinch Kabob Social | 3 Massage Therapy 9:45am- Coffee & Conversation, AR 11:00am- Senior Strength with Jacki, AR 2:00pm- Entertainment with Marc Friedland, DR 3:15pm- Littlest Angels: Guinea Pig Visit, AR | 4 9:00am- The Crown, AR 10:15am- Exercise Video, AR 11:00am- Crossword Puzzle, AR 1:30pm- Crafting Corner: Christmas Light Wine Cork Painting, AR 2:30pm- Balloon Volleyball, AR 3:45pm- Poker Club, AR | 5 Beauty Shop Open 9:00am- The Crown, AR 10:35am- Senior Strength with Jackie, AR 11:00am- Wii Bowling, AR 1:45pm- Music & Hymns, AR 2:45pm- Bingo, AR | 6 9:00am- Hot Coco Bar and Chat 10:15am- Exercise Class with Allison, AR 11:00am- Hearing Aid Clinic, AR 11:00am- Food Discussion with TJ, AR 2:00pm- Entertainment with Richard Chasee, AR 3:30pm- Chicken Foot: Domino Game, AR | 7 9:00am- Netflix Documentary: Earths National Wonders, AR 10:00am- Sit & Be Fit w/Joel, AR 11:00am- Wii Bowling, AR 1:30pm- Gingerbread Man Scavenger Hunt, AR 3:15pm- Mr. Grinch Ice Cream Floats and Brownies Social AR | 8 10:00am- Brain Games, AR 11:00am- Giant Crossword 2:00pm- Bingo, AR 3:30pm- UNO 3:30pm- Bus to St. John's |
| 9 Happy Birthday Rosemary! 10:00am- Silver Striders Exercise with Nikki 11:00am- Christmas Song Pictionary, AR 1:00pm- Christmas Cards and Coloring, AR 2:00pm- Cooking Class: Reindeer Chow, AR 3:30pm- Sunday Matinee: Christmas Ranch | 10 Christmas Sweater Day 9:45am- Coffee & Conversation, AR 11:00am- Senior Strength with Jacki, AR 1:30pm- Reindeer Shooting, AR 3:00pm- Christmas Sweater Social and Happy Hour, AR 6:30-8:30pm- Scenic Van Ride: Christmas Lights Tour of Loveland, FL | 11 9:00am- The Crown, AR 10:15am- Coffee and Donuts with Zoe, AR 11:00am- Zumba with Zoe, AR 2:00pm- Christmas Card Workshop and Snacks, AR 3:45pm- Poker Club, AR | 12 Beauty Shop Open 9:00am- The Crown, AR 10:35am- Senior Strength with Jacki, AR 11:00am- Wii Bowling, AR 11:30am- Lunch at Village Inn, AR 1:45pm- Music & Hymns, AR 2:45pm- Bingo, AR | 13 LVC Holiday Christmas Party 9:00am- Exercise Class with Zoe, AR 9:45am- Thursday Matinee: It's a Wonderful Life, AR 5:30-7:00pm- Lakeview Commons Holiday Christmas Party | 14 9:00am- Netflix Documentary: Earths National Wonders, AR 10:00am- Sit & Be Fit w/Joel, AR 11:00am- Wii Bowling, AR 1:15pm- STEM Christmas Brain Game Activity, AR 2:30pm- Music and Movement with Heather, AR 4:00pm- Saran Wrap Ball Game, AR | 15 10:00am- Brain Games, AR 11:00am- Giant Crossword, AR 2:00pm- Bingo, AR 3:30pm- Reindeer Hunting, AR 3:30pm- Bus to St. John's 6:20pm- Broncos vs. Browns Showing |
| 16 10:00am- Exercise Video, AR 11:00am- Spelling Bee, AR 1:15pm- Chicken Soup for the Soul 2:00pm- Crafting Corner: Polar Bear Newspaper Craft, AR 3:30pm- Carols and Cocoa Bar | 17 Happy Birthday Carol B 9:45am- Coffee & Conversation, AR 11:00am- Senior Strength with Jacki, AR 2:00pm- Christmas Snacks and Entertainment with Bob Harris 3:30pm- Name That Christmas Smell, AR | 18 9:00am- Scheels Outing, AR 9:00am- The Crown, AR 10:30am- Exercise Video, AR 1:15pm- Tuesday Matinee: Miracle on 34th, AR 3:45pm- Poker Club, AR | 19 Beauty Shop Open 9:00am- The Crown, AR 10:35am- Senior Strength with Jackie, AR 11:00am- Wii Bowling, AR 1:00pm- Resident Council, AR 1:45pm- Bingo, AR 3:15pm- Holiday Gift Wrapping Workshop and Christmas Social, AR | 20 9:00am- Hot Coco Bar and Chat 10:15am- Exercise with Zoe, AR 11:00am- Jeopardy, AR 1:30pm- Make your Own Gingerbread House, AR 3:00pm- Christmas Charades with Zoe, AR | 21 9:00am- Its Christmastime Again, Charlie Brown, AR 10:00am- Sit & Be Fit w/Joel, AR 11:00am- Wii Bowling, AR 1:30pm- Christmas Roll-A-Story, AR 2:00pm- Walmart Run, AR 3:30pm- Finish That Christmas Carol, AR | 22 10:00am- Brain Games, AR 11:00am- Giant Crossword, AR 2:00pm- Bingo, AR 3:30pm- Scrabble, AR 3:30pm- Bus to St. John's |
| 23 10:00am- Silver Striders Exercise with Nikki 11:00am- Holiday Hangman, AR 2:00pm- Sunday Worship w/ Pastor Tracey, DR 2:15pm- Christmas Jingo 3:30pm- Sunday Matinee: A Christmas Story | 24 CHRISTMAS EVE 9:45am- Coffee & Conversation, AR 11:00am- Zumba with Zoe, AR 2:00pm- Crafting Corner: DIY Christmas Plates 3:45pm- Poker Club, AR | 25 CHRISTMAS Happy Birthday Laura B 9:15am- Exercise Video, AR 10:30am- Christmas Coloring Sheets, AR 1:30pm- Puzzles, AR 3:00pm- Christmas Matinee: Hallmark Movie | 26 Beauty Shop Open 9:00am- The Crown, AR 10:35am- Senior Strength with Jackie, AR 11:00am- Wii Bowling, AR 1:45pm- Bingo, AR 3:15pm- Snowman Slam, AR | 27 9:00am- Hot Coco Bar and Chat 10:15am- Exercise with Zoe, AR 11:00am- Jeopardy, AR 12:00pm- Men's Lunch, AR 1:30pm- Fireworks Shooting, AR 3:00pm- Cooking Class with Zoe: Holiday Treats | 28 9:00am- Netflix Documentary: Earths National Wonders, AR 10:00am- Sit and be Fit with Joel, AR 11:00am- Wii Bowling, AR 1:15pm- Gingerbread Hunt, AR 2:30pm- Music and Movement with Heather, AR 4:00pm- Trivia, AR | 29 Happy Birthday Lou 9:45am- Blood Pressure Clinic w/ Vicki, AR 11:00am- Giant Crossword, AR 2:00pm- Bingo, AR 3:30pm- Roll the Clock New Year's Dice Game, AR 3:30pm- Bus to St. John's |
| 30 10:00am- Exercise Video, AR 11:00am- Spelling Bee, AR 1:15pm- Crafting Corner: 2018 Reflections, AR 2:30pm- Broncos vs. Chargers Touchdown Social 4:00pm- New Years Word Search Worksheets, AR | 31 NEW YEARS EVE 9:30am- Crafting Corner: New Years Eve Hats and Shakers 11:00am- Senior Strength with Jacki 12:00pm- Years Eve Countdown, AR 1:30pm- Minute to Win It, AR 3:30pm- New Years Eve Champagne and Picture Slideshow |  | | | | |

HEARING AID CLINIC

Chris the Audiologist will be here on the second Thursday of each month for the Hearing Aid Clinic. Please come utilize this service on **Thursday, December 7th** from 11:00am-12:00pm. Your appointment will take place in the Beauty Shop. You may wait for your appointment in the **Activity Room**.

MASSAGE THERAPY

Massage Therapist Diane Thomas will be providing Compression Massage, Reflexology, and Chair Massage every other Monday of each month. If you aren't already signed up for her visit, or if you have questions, find Zoe and she will provide you with the information you need. Signing up for a session is a breeze! You'll be on your way to total relaxation when Diane visits Lakeview on **Monday, December 3rd** and **Monday, December 17th** from 1:00pm to 3:30pm.

NEW INSURANCE AND MEDICARE CARDS

The new year often brings new or updated insurance cards, and this year all Medicare cards have changed. Please ensure the front desk or Susie gets a copy of all new cards as soon as they are received. If you're unsure if we have the correct information, you can always verify the information we have on file. Keeping our records current improves efficiency, minimizes billing issues for internal & external services and is greatly appreciated.



Veterans Day Craft



Friendgiving Social

BRONCOS FOOTBALL GAME SCHEDULE

It's that time of the year again! Football season is underway! We kicked off September with a winning streak; let's continue to win all season! Take a look at your activity calendar and make note of the game days! Support your orange and blue on these days and don't forget to tune in to channel 9 for the games (December schedule is below). Go Broncos!

12/2: Broncos vs. Bengals 11:00am

12/9: Broncos vs San Francisco: 2:05pm

12/15: Broncos vs. Browns: 6:20pm

12/24: Broncos vs. Raiders: 6:15pm

12/30: Broncos vs. Chargers: 2:25pm

FOOD DISCUSSION WITH CHEF TJ

Come down to the **Activity Room** on **Thursday, December 6th** at 11:00am to be a part of our monthly Food Discussion. Food Discussion acts as an open forum for residents to contribute ideas, give feedback on meals, and voice comments or concerns you may have regarding the food at Lakeview Commons.

NAIL CARE

Lakeview's Manicurist Nicki Hamilton has been doing nails for almost 20 years. Nicki's services range from clipping and filing, to manicures, acrylic, and gel nails. Both men and women are invited to use this service. Prices range from \$10 to \$30. Please see Zoe to sign up and get more information for Nicki's next visit on **Thursday, December 20th** from 9:00am-1:00pm!

LAKEVIEW CINEMA

Nothing beats an afternoon at the cinema! Join us in the Activity Room on the days and times below for some popcorn and a movie. Zoe is happy to accept any movie requests.

- **Christmas Ranch:**
Sunday December 9th at 3:30pm
- **It's a Wonderful Life:**
Thursday December 13th at 1:15pm
- **Miracle on 34th:**
Tuesday December 18th at 1:15pm
- **A Christmas Story:**
Sunday December 23rd at 3:30pm
- **Hallmark Christmas Movie:**
Tuesday December 25th at 3:00pm

FACTS ABOUT DECEMBER:

- The name December comes from the Latin decem for “ten”, as it was the 10th month in the Roman Calendar
- Saint Nickolas, who would eventually be called Santa Claus, was originally the patron saint of children, thieves and pawnbrokers!
- The first artificial Christmas tree was made in Germany, fashioned out of goose feathers that are dyed green!
- Common decorations on a Christmas tree each have their specific meanings. Candles – the light of the world, the Star at the top is a reminder of the first Christmas night and Candy canes are to represent the Shepherd’s cane.
- “Jingle bells” was composed in 1857, and not for Christmas – it was meant to be a Thanksgiving song!



BEAUTY SALON

Beauty shop hours are every **Wednesday from 8:00 am – 3:00 pm.**

Appointments are taken on a first come, first serve basis! Lakeview Commons is fortunate to have Molly and her stylist’s provide hair care for our residents. All services are included and gratuity is optional.

Beauty and Barbershop prices are as follows:

- Shampoo and Set \$20.00
- Wash Only \$5.00
- Women’s Cut \$18.00
- Men’s Cut \$15.00
- Shampoo, Cut and Set \$32.00
- Permanent with Cut and Style \$70.00
- Hair Color (includes Shampoo and Set) \$35.00
- Hot Oil Treatment \$5.00



Bingo Blackout Winners!



Exercise with Heather

Donkey Visit

DECEMBER BIRTHDAYS!

Happy Birthday from all your friends at Lakeview Commons!

Resident Birthdays:

Rosemary Conrady...December 9th

Carol Burgard...December 17th

Laura Bilancia...December 25th

Lou McVay...December 29th

Staff Birthdays:

Jeff Dillon...December 1st

Vicki Colburn...December 4th

Cecilia Alexandropoulos...December 11th

Gabby Brown... December 14th

Amy Galvin (Hernandez)...December 18th

Cassandra Gallegos... December 26th

Barbara Kohoutek...December 22nd

April Garcia... December 23rd

Karri Perzinski...December 31st

