

Growing whole-person wellness

Although wellness programming has been getting a lot of “press” lately, Lakeview residents and staff have been building a community of wellness for quite some time.

The Wellness Team, consisting of 14 people from Lakeview, has been meeting since early August. The team grew out of the Lakeview Board’s decision in April earlier this year to strengthen the community’s culture of wellness.

The immediate goal for this diverse group was to become educated about whole-person wellness, and how it applies to each member, personally and professionally.

Team members quickly realized that in order to live, teach and grow wellness at Lakeview, there has to be a personal decision embracing wellness and wanting to improve all areas of life.

“This step has laid a firm foundation for planning, programming and implementation of a broader wellness theme that includes existing programs, the new Community Center and, with the hiring of Jan Montague, education and research opportunities that would not have been possible otherwise,” says Anne Wright, Director – Active Living

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Sign up for your flu shot now

Lakeview’s Flu Clinic schedule is as follows (all clinics are from 9-11 a.m.):

Heritage Activity Center on Monday, Oct. 30; **Northpointe Lobby** on Tuesday, Oct. 31; and **Southridge, Treetop A** on Thursday, Nov. 2.

Unfortunately, the Heritage Place clinic has been “sold out” due to overwhelming response, but there is still time to sign up for clinics at Northpointe and Southridge.

Sign-up sheets are posted at Northpointe on the bulletin board near the Dining Room, and at Southridge in the mail-room.

Flu shots will be available on a first-come, first-served basis for those who have signed up.

Note: if you have signed up for the clinic at Heritage Place, please check in at the Heritage Activity Center, not the Coffee Lounge.

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Don't miss this!

Mark your calendar now and plan to attend the 2 p.m. Wednesday, Nov. 8, Residents Meeting in the Heritage Activity Center.

Greg Hensley, Vice President – Campus Development, will provide an update on the Heritage Place renovation, and will answer questions about other facets of the Expansion Project.

This meeting also will offer a special opportunity for residents to meet Jan Montague, Lakeview’s new Vice President – Wellness Initiatives.



Jan
Montague

Other opportunities to meet Jan will be at 7:15 p.m. Thursday, Nov.

2, in the Southridge Treetop Room, and at 9:30 a.m. Friday, Nov. 3, in the Northpointe Dining Room.

All three programs will be the same.

*(See the **Listening Post** insert inside this issue of **LakeViews** for more information about Jan Montague.)*

Sign up for your flu shot now . . .

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A numbering system will be used, so be sure to get your number when you arrive at the flu clinic, since it will determine your place in line.

The numbers will be available at 8:30 a.m. the day of the clinic. When your number is called, you'll be directed to the appropriate station.

What can you do to help your Flu Clinic run smoothly?

- Bring your Medicare card;
- Wear short sleeves;
- Check Channel 2 for updates and changes.

If you don't have Medicare,

you can still get a flu shot for \$25, cash or check. Patients of Dr. Petersen or Dr. Davis with HMO insurance (i.e. Humana Gold, Coventry-Advantra) can

contact their office to schedule your flu shot at 438-4286.

If you have any questions, please call Village Care at 744-2461.

Annual "Light A Candle" Service set for Nov. 16 in the Heritage Activity Center

The second annual "Light A Candle" service, hosted by the Community of Hope Lay Chaplains, is scheduled for 7 p.m. Thursday, Nov. 16, in the Heritage Activity Center.

Anyone who is grieving the loss of a loved one during the holiday season is welcome to attend, including staff, residents and families.

"Light A Candle" is a time of

prayer and remembrance, with poems and readings coordinated by Lay Chaplains Betty and Larry Latimer. This is a time of sharing among friends in a warm, intimate and safe place. Candles will be lit to remember those no longer with us. If you have family members or friends outside Lakeview who would benefit from this service, they are also welcome.

Medicare questions? Just ask Jane

Jane Leister, Lakeview's Director of Social Work, reminds residents that they can check the Medicare website (www.medicare.gov) to get key dates for enrollment in the Medicare D program, or to change their plans.

If you'd like assistance in comparing plans and their usefulness, Jane is available to help. Schedule an appointment with her by calling 744-2403, and be sure to bring your Medicare card and a list of medications and doses.

New policy outlines RV parking regulations

Space limitations and long-term vehicle security have led to a change in the Recreational Vehicle ("RV") parking policy, effective Jan. 1, 2007.

The new policy, which limits RV parking on the property to 24 consecutive hours for loading and unloading, will help ensure that fire and emergency personnel have ready access to all roads and buildings.

Visitors or guests of Lakeview residents may park their RVs on Lakeview property for up to 24 consecutive hours, as well.

You may want to let family and friends know of this change before vacation time rolls around again.

A few RVs, granted access before July 1 of this year, are registered with the Security Department and are assigned parking areas.

As long-term parkers, they're considered "grandfathered" under this policy. No additional RVs will be registered or allowed permanent parking.

Please contact Scott Edwards, Facilities Director, at 744-2468, if you have any questions.

Resident Council Spotlight



Jack Miller

Jack Miller is one of two Resident Welcome Coordinators on the Resident Council (Wayne Moore is the other).

Welcoming new residents is at the top of Jack's Lakeview activity list.

Once a month, Jack obtains the list of new residents, makes initial contact in behalf of the Resident Council, visits with them to discern their backgrounds and interests, and then arranges to introduce them at the monthly Residents Meeting in the Heritage Activity Center.

Jack also is a member of Lakeview's Intergenerational Committee.

But his activities don't stop there.

He is a volunteer at Rising Star Elementary School, helping with the Head Start program; he works for Habitat for Humanity (during the summer months); he helps on special projects for his church and works with the Children's TLC (handicapped children); and he is an avid bicycle rider and hiker . . . next summer he will celebrate his 20th

If anyone tells you it's easy to keep up with Jack Miller, don't believe it.

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two-week bicycle tour of Europe. He's toured a wide variety of countries by bicycle, including Germany, France, Denmark – virtually every country in Europe. Whew!

Jack also looks forward to the holidays, when he can be with his four children and eight grandchildren. Visiting everyone means a lot of travel (to Texas, Colorado and California), so Christmastime is a big family gathering event, along with

Thanksgiving and other major holidays when Jack isn't busy with his volunteer activities at the local school.

Jack moved to Lakeview from Leawood. He is a native of Jamestown, NY, and a graduate (with Bachelors and Masters degrees in Chemical Engineering) of Purdue University.

He spent 37 years as a chemical engineer with Procter & Gamble.

Resident Council Dialogue

Among the topics discussed at the October Resident Council meeting were the following:

- Improving how the Council functions;
- Expanded Council term limits;
- Anonymous suggestions;
- Flexibility with Resident Meeting program topics; and
- Council members as "neighborhood" representatives.

If you'd like to know more, please talk with your Council representative (see inserts in the next issue of *Lake Views*) or attend a special neighborhood meeting.

The program for the Novem-

ber Residents Meeting – at 2 p.m. Wednesday, Nov. 8 in the Heritage Activity Center – will be "Update on Heritage Renovation" by Greg Hensley, Vice President – Campus Development.

Jan Montague, Vice President – Wellness Initiatives, will also have a brief program.

Greg will answer questions on other projects as well.

The **Employees Appreciation Christmas Fund** to date is: \$18,645.24

Note: Beauty Shop employees are now included in the Fund, as they are no longer permitted to accept tips.

NEW RESIDENTS

Ken & Mary Higdon	9007 Salem Dr. #1	384-5915
Bob & Roberta Page	13850 W. 91st Terr. #409-D	236-8842

Nelly Don program at Heritage planned

"Meet the Author," sponsored at Lakeview by Country Club Bank's Ambassador Club, will feature Terence O'Malley, the author and producer of the book and film documentary *Nelly Don: A Stitch in Time*, at 7:15 p.m. Wednesday, Nov. 1, in the Heritage Activity Center.

Mr. O'Malley's presentation provides insights into the life and times of Nell Donnelly Reed, a fascinating and true Kansas City pioneer who was owner of Nelly Don fashions, and who was married to James A. Reed.

Nelly was one of the first and most successful of self-made women millionaires in American business.

She designed and sold more dresses in the 20th Century than any other single person in the United States, and she challenged the notion that women were best suited for domesticity.

She was married to U.S. Sen. James A. Reed.

Mr. O'Malley is the great-great nephew of Nell Donnelly Reed, and will be available to autograph books after his presentation.

Mr. O'Malley will have copies of his book for purchase (\$25) after the event.

A bank spokesperson said members of the Ambassador Club enjoy special checking account services.

Lakeview Legacy Society meets for dinner, program

The Lakeview Legacy Society enjoyed a dinner sponsored by the Lakeview Foundation last Oct. 14.

The Society is comprised of residents who have indicated their intention to include Lakeview in their estate plans.

Frank Weimer presided at the dinner. Evie Curtis, representing the Country Club Bank, provided a presentation on methods of arranging legacies.

For more information and details on the Lakeview Legacy Society, please call the Lakeview Foundation Office, 744-2430.

Team promotes whole-person wellness . . .

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Services, and team facilitator. "The residents of Lakeview will leave a powerful legacy of senior wellness for the future by being part of this journey."

Wellness Team members include Jan Marr, Margaret MacKenzie and Frank Weimer, residents; and Lakeview staff members Richard Catlett, President and CEO; Jill Cline, Volunteer Coordinator; Scott

Edwards, Facilities Director; Dan Jackson, Heritage Dining Room Manager; Debbie Jacobs-Karlstrom, Home Health Administrator; Jen Michel, Executive Assistant; Shara Ragan, Social Work Intake Coordinator; Georjane Simmons, Marketing Manager; Aaron Smith, Physical Therapist; Chalon Washington, Human Resource Recruiter; and Anne Wright.

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LakeViews, published every two weeks by the Active Living Services Department is an important source of news and lifestyle information for Lakeview residents.

- Anne Wright, 744-2465
- Nyoka Isabell, 744-2417
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Our Vision: To be the best place to live, work, and grow.