



# LAKEVIEW LIVING

## Resident & Family News

Summer 2020

### Reminders:

#### Online Pie Toss Fundraiser - Benefiting Miles for Memories

August 7 @ 2pm

Visit our Facebook page for more information and to donate to a wonderful cause! For every \$50 raised, a resident will throw a pie at Scott or one of our managers.

#### August Projects

We're working on two special projects to honor the legacies our residents have created. Watch for emails about the Lakeview Family Cookbook and our Legacy Project - see enclosed for more details!

#### Wish List:

Our residents can finish a puzzle in 6.29 seconds! Okay, maybe not that fast, but we can always use new material and they prefer 300 piece puzzles!

Remember to bring your own face masks when coming to the building!

#### GANTON RESIDENT & FAMILY INCENTIVE PROGRAM

Receive ONE MONTH FREE  
RENT for referring a new  
resident to Lakeview Assisted  
Living!

Ask Marketing Director  
for details - 269-870-5537

### A Letter From Our Administrator...

So much has changed since our last newsletter was distributed. The entire world has gone topsy-turvy and I know that we're all trying to keep up with the ever-changing reality that we're living in.



One thing that has definitely not changed, nor has it ever wavered, is our commitment to our staff, residents and families. We have gone back to the drawing board countless times and have created what we feel to be an engaging environment and program, and we're not done yet! As situations change, we will adapt, as you'll see in the enclosed article "We Miss Hugs."

We were so very excited to continue our tradition of having an annual Flyover to honor our residents who are residents. These men and women risked so much for so many and having this program is the very least we can do. Check out "A Salute in the Sky" for highlights and photos of the event.

The residents are looking forward to some of activities we have coming up on the calendar these next couple months. Dog Days of Summer will take place the last week in August so residents will be entertained with staff presentations, staff dog visits and an outdoor demonstration from the police department canine unit. The hot air balloon will be here in early September and National Assisted Living Week is the 13th-19th so they'll be sure to enjoy watching all of us making fools of ourselves as we play tug of war, have eating contests and a variety of other fun competitions.

We are doing our best to be patient, but are mostly impatiently awaiting the good word that we can have visitors again. Needless to say, we will keep you updated and miss you. In the meantime, please take care and, as always, thank you for your support and prayers.

*Terri Fowler*



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[/lakeviewassisted](https://www.facebook.com/lakeviewassisted)



# Dear Hugs...We Miss You!

By Christi Losinski, Marketing Director



If we've learned anything from the COVID-19 pandemic, it's that we took a lot for granted. Everything from going into your favorite store and getting a haircut to spending time with loved ones and giving hugs. Restrictions are loosening up but our new reality looks very different, and let's be honest, elbow bumps are simply not cutting it.



COVID has amplified what we in assisted living have known all along: socialization and engagement are vital to overall health. Our residents, these individuals who feel like family, were isolated from the rest of the world and the effects were written all over their faces despite our valiant efforts.



Without the vibrant activity program they were accustomed to we were seeing weight loss, some increased confusion and self isolation, even though they were able to walk freely around the building. Like many communities we did the best we could with what we had to work with, but our residents needed more.



Statistics Canada did a study on social engagement for seniors that looked at the relationship between the number of social activities seniors did and their self-perceived health, loneliness and life dissatisfaction. Not surprisingly, the study showed that the greater number of social activities a senior participates in, the higher the odds of positive self-perceived health, and the lower the odds of loneliness and life dissatisfaction.



Some of the benefits of socialization include:  
Sense of purpose and belonging  
Increased Self Confidence/Self Worth  
Improved Physical/Mental Health



In a University of Rochester Medical Center report several specific health benefits of being social were listed including:

- Potentially reduced risks for cardiovascular problems, some cancers, osteoporosis and rheumatoid arthritis
- Potentially reduced risks for Alzheimer's disease



- Lower blood pressure
- Conversely, social isolation carries real risks:  
Feeling lonely and depressed  
Being less physically active



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# Dear Hugs...We Miss You! (continued)

Healthcare settings are still dealing with a lot of restrictions, and we probably will be for some time. However, some have been eased or lifted, and we're taking these gifts and running with them. We continue to be cautious, as my colleague Amanda Willer said, "We have found that with the right safety measures in place, we can continue the way we connect, gather and celebrate in our community--therefore, isolation and loneliness doesn't have to exist."

We now host outdoor concerts, patio parties, drive through parades and have organized small group activities (less than 10, socially distanced) like BINGO, Cranium Crunches and Devotions. Families aren't restricted to window visits but can sit with their loved ones on our front patios while wearing masks and staying six feet apart. We're still unable to host meals in our communal dining room so we've implemented small, socially distanced, group breakfasts and lunches every day so that each resident can dine with friends on a regular basis.

The really beautiful thing is that resident participation is so much higher than it was even prior to the pandemic! Residents are eating more of their meals and engaging with others. We've witnessed even the quietest residents coming out of their shells and it's clear that these activities and interactions were the catalyst.

It would be easy to blame COVID-19 and stick with the status quo, but **we made a promise** to all the families that helped their loved ones move in. We promised to take care of them and therefore have a responsibility to think outside the box and develop an activity program that enriches residents' lives, no matter the circumstances. It may not be what we're used to, but that doesn't mean it can't be fun.

As a community, state and nation we're not out of the woods and things will continue to change. We will evolve and look forward to the day (hopefully soon) when we can welcome visitors into our community once again. We'll persevere together. In the meantime...we really miss hugs!



# Resident Recipe Corner

## Laura "Janet" Buford's Banana Drop Cookies

"A Family Favorite"

### Ingredients:

2/3 c. butter	2 1/4 c. sifted flour	1 c. mashed bananas
1 c. sugar	2 tsp. baking powder	
2 eggs	1/4 tsp. soda	(Mix 1 Tbsp. sugar & 1/4 tsp. cinnamon to
1 tsp. vanilla	1/4 tsp. salt	sprinkle on top)

### Instructions:

Mix all ingredients together (except sugar and cinnamon mixture). Drop by teaspoon full on greased cookie sheet. Sprinkle with 1 Tbsp. sugar and 1/4 tsp. cinnamon before baking. Bake at 375 degrees for 10-12 minutes.

ENJOY!



## Calling all Lakeview Residents and Families!

Whether your a cook, baker, griller,  
or just passing along a recipe you  
love - we need your help!

We're compiling recipes for a Lakeview Family Cookbook to include submissions from residents, staff and families! Recipes will be due by the end of August at which point we will compile them and have them made into books. Finished cookbooks will be ready for purchase this holiday season with proceeds going to a charity - they should make excellent gifts!

We really want this project to be a way to highlight the legacies our residents have created but also be a meaningful book for everyone. We hope that you'll send us your recipes for some of your favorite and memorable dishes!

Please include:

- Recipe with complete ingredient list and instructions
- A photo of the finished product OR of memorable family moment (optional)
- 1-2 sentences telling us why this particular recipe is special to you or your family (optional)
- We will guarantee one submission per family but PLEASE feel free to submit more than one!

Soups, snacks, dinners, breakfasts, desserts....we'll take them all! We look forward to hearing from you!!!



# A Salute in the Sky!

By Christi Losinski, Marketing Director

Years ago, Colonel Frank Walker visited Lakeview Assisted Living and recognized an opportunity to honor resident veterans in a unique way that wouldn't require them to go any further than the yard outside their home. He called his friends the "Hooligans," a group of pilots that make up a formation flight team. Their motto, "if it makes them smile, it's worthwhile," drives their main goal: to honor veterans. For over 15 years the Hooligans have donated their time to take flight and show their appreciation. And so the Ganton Flyover was born!

This is the third year Ganton has hosted the event and there was a special twist. Not only veterans, but "their heroes" - the front-line staff who have helped so many during the pandemic - were honored as well.

On July 29, 2020, a dozen veterans and staff from Lakeview Assisted Living gathered outside the building with other residents. This group represented every branch of the military and they had collectively fought in WWII, the Korean War and Vietnam.

The American Legion Riders and Pattiot Guard rode through on to give their thanks and Col. Walker read a proclamation from the Mayor of Battle Creek. Once the flyover commenced the Hooligans left everyone in awe as they flew overhead and demonstrated several formations. For the grand finale the pilots circled while God Bless the USA was played over loudspeakers below. This was a truly remarkable, memorable day for all involved, thank you to everyone who made it possible!



## Excerpt from the Proclamation:

"I, Mark A. Behnke, Mayor of the City of Battle Creek, Michigan, do hereby proclaim that all veterans residing in community senior living facilities, as well as the many employees, caretakers, and their family members, be recognized for their honorable service, sacrifices and support, and urge all citizens to join Ganton Senior Communities in recognizing the many contributions and support that these veterans, staff and families have made to the Battle Creek community, state and nation."