

# Newsletter



## Lakeview Monthly Newsletter August 2022.

### Management Update:

SHP management had its first resident meeting on July 13<sup>th</sup>. It was a pleasure seeing all the residents who came out. SHP Management is looking forward to serving Lakeview resident and building lasting relationships. Please look out for the more information in the coming weeks about SHP second resident meeting.

Just a reminder you can go on the website to see upcoming events and access online payments.

<https://lakeviewnyc.com>.

### Updates:

Lakeview management office will be closing at 3PM on Friday's during the summer months until September 2<sup>nd</sup>, 2022.

We are happy to announce we have a 24 hours / 7 day a week live maintenance call center. Please call 1844-934-4120 going forward for any maintenance calls. Use this number for both emergency and routine work order.

### Office Hours &

**Office Number: 646-905-3751.**

Monday, Tuesday, and Wednesday, 9:00AM-5:00PM.

Thursdays the office will be closed for Administration purposes.

Friday's office will be closed at 3:00pm.

### Staff

Senior Manager: Jennell Howard

Property Manager: Nicola McCalmon

Resident Service Coordinator: Adetta Samuels-Agard

Assistant Property Manager: Shelly-Ann Griffin

Assistant Property Manager: Tamika Stevenson

Property Assistant: Wanda Ramirez

# Lakeview Wellness Classes

Weekly wellness classes continue to be held in the community room.

**Monday 11:00AM-12PM**

## **Gentle Chair Yoga**

Bringing awareness to your breath and explore yoga poses while seated in a chair. Benefits include stress reduction, Flexibility and Balance.

**Wednesdays 10:30AM-11:30AM**

## **Qigong and Tai Chi Easy**

This fusion class combines gentle movement, energy work, and self care techniques with seated and standing exercises (chair modifications offered). Class ends with a deep relaxation and meditation to refresh the body and spirit.

**Every 2nd and 4th Thursday**

## **Zumba 6:30PM-7:30PM**

A fitness program that involves cardio and Latin inspired dance. Get fit, stay fit and burn calories while having fun.

**Fridays 10:30AM- 11:30AM**

## **Stretch and Strengthen**

Increase joint flexibility, mobility and balance. The instructor Tia will guide you in how to use everyday objects as weights and resistance band. Some standing exercises are included.



**Nutritional Workshop held 7/26/22**

### Up Coming events:

**CCNY-MSK** held their health screening and nutritional workshop it was amazing for those who turned out. Shot out to Ms. Burke for being the amazon gift card prize winner.

**Lakeview end of summer cook out** will be held on August 30<sup>th</sup> in the courtyard at Lakeview. All residents are encouraged to attend.

**LINC NYC** will be hosting a reading program for the children at Lakeview. Please look out for the flyers being posted in the bulletin board, scan the bar code to register. Please note registration is required for participation.

### **Event hosted by your Tenant Association:**

**Walking club** June 3<sup>rd</sup> – October 28<sup>th</sup>, 2022.

**Game Night** every other Friday from 6:30PM-9:30PM

**Annual Back to School Event August 27<sup>th</sup> 12PM-6PM**

**Please reach out to Resident Service Coordinator Adetta Agard 315-512-4118** for help with:

Medicare/Medicaid

Rent Arrears

Transportation

Food Pantries

Community Programs

Life/rental/car insurance

Safety Planning

Advanced Directive Estate Planning