

Newsletter



Lakeview Monthly Newsletter September 2022.

Management Update:

SHP management held their first end of summer cook out for the residents at lakeview on August 30th. It was a pleasure to see all the residents who took their time to come out and socialize with the management staff. We want to thank all of you who made this event a success and we look forward to many more. 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 has resumed to a full day on Fridays the office will close at 5PM. 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, Wednesday, and Fridays 9:00AM-5:00PM.

Thursdays the office will be closed for Administration purposes.

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.

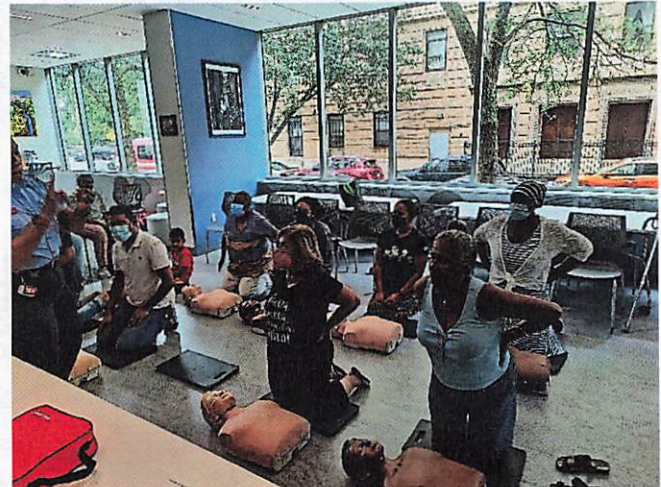
Fridays 10:30AM- 11:30AM

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.

New Class Alert

Moving for life supported by Columbia community service will be hosting a in person class every Friday starting September 16th - October 7th, 2022, from 3-4pm. Moving for life classes use gentle aerobic exercise to motivate older adults and people of all ages with varying abilities to move towards greater health.



CPR Training 08/22/22

FDNY did a phenomenon training if you miss this opportunity, please ensure to attend the next one coming in October.

Up Comming events:

Mindfulness workshop and meditation

Please join the ladies from Me You We and Aspyr Horizon as they introduce their workshops and discuss how to come open and grow in the community with each other.

Event hosted by your Tenant Association:

Walking club June 3rd – October 28th, 2022.

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

Annual Back to School Event September 4th 11am-4PM.

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