

Green Thumbs Get Started at Lakeview

Not to be caught dormant in the cold weather months, the Lakeview Gardeners filled many companionable afternoons with the symbolic harbingers of spring. On one occasion, colorful bouquets of red carnations and baby's breath were artistically arranged for a perfect afternoon tea party while heart-shaped butter cookies baked in the oven.

"What could be more soothing than sipping a lovely cup of tea, and nibbling on cookies, all the while admiring our beautiful handiwork accomplished with flowers?" noted Sharon Lohse, a Horticultural Therapy intern from Delaware Valley University. Pointing out a delicate display of 'grandmother's teacups' planted with grass and flowering roses, Sharon expressed, "Our gardeners love to get their hands in the moist soil and watch the green sprouts pop up."

Sharon's activities create a comforting air that nurtures residents as they clip long stems and talk about their gardens and what they love to grow. Zinnias are popular because they bloom all summer and lend an endless variety of colors to vases of all shapes and sizes. Seeds have been started for the vegetable patch too. Grazers and gardeners alike anticipate crisp lettuce, radishes, and cucumbers for fresh summer salads. Homemade pickles are also mentioned as seasonal favorites at Lakeview.

Thanks to Sharon and other volunteers lending assistance from Del Val and the Village Improvement Association (VIA), the green scene at Lakeview is ever growing. "With the addition of more raised garden beds, the 'green thumbs' will have even more space this year to navigate safely and trowel the soil," enthused Maureen Riley, director of life enrichment at Lakeview. "Having fresh flowers and vegetables right here in the garden beats a trip to the store every time!"



LakeVIEW Spring 2018



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 **Pine Run**

Lakeview Personal Care
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Grand Reopening of The Arbor



Who knew dancing would be so popular for elders typically using walkers? A sense of celebration and fun moved residents to the dance floor for the grand reopening of The Arbor, a specialized memory care wing, at Lakeview Personal Care Community that is a part of the Pine Run continuum of care.

Music, dancing, and tasty nibbles fueled the energy at the grand reopening, and hearty applause greeted Senior Administrator Barbara Dumas, RN, when she took the microphone at the close of the party. "The renovations exceeded our expectations. I feel certain the dedication of our staff, including Daniel Alonzo, Tamika Brown, and Teresa Sawyer, was a big part of the reason our transition proceeded smoothly."

Located just a block from Doylestown Hospital, Lakeview's specialized program in The Arbor is staffed 24 hours a day by passionate and committed caregivers who tend to just 13 residents.

Individualized care and approaches to activities are elevated by creating a complete picture of resident preferences that begins with families completing a form about their loved ones' lives called "My Life Story." The sheet includes questions about what name the resident likes to be called, hobbies they enjoy, and how they take medications to promote more responsive bedside care.





Art for All

"Look what I did!" exclaimed Corinne Furst, a resident at Lakeview surprised to find her "inner artist" could paint a lovely scene in art classes sponsored by The Michener Museum in Doylestown.

The painting classes pair each Lakeview participant with a volunteer from Central Bucks West High School. "We were mutually inspired by color and texture," said Natalie Bachman, life enrichment assistant. "It was amazing to see Mrs. Furst dip her brush in the water colors and capture a brilliant design."

The unique art sessions culminate in a gallery exhibition celebrating the artists' accomplishments while also educating the public about the creative capacities of people with dementia.

Questions? Call Kate Gilbert at 215.489.5874.

Affection Unleashed

With almost as much surety as an extreme weather forecast on television, the residents are quick to gather around "Nike" when she arrives for cuddly visits every Tuesday afternoon at Lakeview. Nike is a lovable red-rust Doberman, age 3 ½, with just the right temperament for the affectionate crowd.

Scratching her soft cropped ears, gently shaking paws, and warm belly rubs are all part of the playful routine mutually enjoyed by the residents and Nike. "She loves to get petted and lay her head in a lap," said owner and volunteer Janet Stavrides. "Parading down the hall invites interesting encounters for Nike; the training got her used to being bumped by wheelchairs, and she has fun poking her head through the walkers too!"

"Everyone feels the mood lift when Nike arrives," enthused Elizabeth Hansen, volunteer coordinator at Lakeview. "All of the smiles we see are proof that we all can benefit from a bit of canine company, and other furry friends."

For more information about Therapy Dog Prep Classes at Doylestown Parks & Recreation, call Susie Danzis at 215.348.9915





Elizabeth Hansen,
Volunteer Coordinator at Lakeview

Volunteer Power

Volunteering has been a powerful tradition throughout Pine Run for decades. There is a niche for every one to brighten the day by contributing their time and thoughtfulness. The most appreciated talent is a big smile which does its beautiful work on residents and volunteers alike.

Elizabeth Hansen is the Volunteer Coordinator at Lakeview who works with individuals of all ages and organizations who look for meaningful ways to give back and pay it forward:

- Arts & crafts assistants
- Friendly visitors
- Card and game players

Give Elizabeth a call for more information about volunteering at Lakeview! 215.489.5848

Susan Purcell, MD

Susan Purcell, MD has been delivering the highest quality health care for patients since 1995. She received her Bachelor of Science in Biochemistry from Rutgers University and a Master of Business Administration from Rutgers School of Business. She attended Jefferson Medical College, where she earned her Medical degree. She also went on to complete an Internal Medicine internship and residency at Jefferson.



Dr. Purcell is Board Certified in Internal Medicine and a member of the American College of Physicians and the Pennsylvania Medical Society.

Words of Wisdom

From Lakeview Residents

Be flexible

Maintain a sense of dignity and integrity

Be tolerant of others

Make up your own mind

Slow down

Get some traveling in

Be true to yourself

Young people are capable of learning from their own experience

Try not to be influenced by others

Follow your instincts

Be kind to animals

Try to get along with your family

All generations, even the youngest, are invited to sample good times at Lakeview. Special occasions, holidays of all varieties, and popular events bring everyone into the fold of community life.



To arrange a visit, call Kate Gilbert at 215.489.5874 • pinerun.org

Lakeview is located at 2425 Lower State Road, Doylestown, PA 18901