



THURSDAY IS OMELETTE DAY



HAPPY BIRTHDAY IN FEBRUARY

Residents:

16 Maria M

Associates:

5 Portia
6 Tessa
12 Jim
14 Oliver

Love Potion

- Ingredients
- 1/2 cup Sprite
 - 2 tablespoons sweetened lime juice
 - 2 tablespoons grenadine syrup
 - 1/4 cup powdered sugar, 2 cups ice
 - 8 ounces frozen strawberries
- Directions
1. Place all ingredients in a blender. Cover and blend on high until smooth.
 2. Divide into 4 serving glasses and serve immediately.



\$1,000 RESIDENT REFERRAL BONUS

Have you shared your love for Waltonwood lately? When you refer someone to a Waltonwood community, they'll thank you for it - and then we'll thank you for it too! Ask for details!

FRIENDS & FAMILY REFERRAL PROGRAM!

LAKE SIDE CONNECT FEBRUARY 2020



14560 Lakeside Circle 48313
www.waltonwood.com | 586-532-7601
Facebook: /WaltonwoodLakeside



FEBRUARY 2020 UPCOMING HIGHLIGHTS

I have grown to love February in Michigan, it did take me a few years to get to this place. It is the last hard days of winter, the final push before March. We begin to notice the sun rising earlier each day. We cannot reach spring without going through February. We have a new Life Enrichment Coordinator starting in February and I look forward to everyone meeting her. Her name is Joleen,

And she starts on 2/3. Please join me and welcoming her to the Waltonwood Lakeside Family.

Here are some dates to save; 4/4 Easter Brunch, 5/9 Mother's Day Brunch and 6/19 Longest Day Picnic!

Please reach out to me any time via text or email. I love your ideas and suggestions!

Tonya Wilson
Life Enrichment Manager
Tonya.Wilson@singhmail.com

COMMUNITY MANAGEMENT

Greg Cossaboom
Executive Director

Tonya Wilson
Life Enrichment Manager
MC

Charnette Tate
Wellness Coordinator

Stacey Lamphier
Resident Care Manager

Paul Gilleran
Culinary Services Manager

Meghan Kahm
Business Office Manager

Mauricio Martinez
Maintenance Manager

Brenda Mirowski
Housekeeping Supervisor

Jen Cullenbine
Marketing Manager

Laureen Vollmer
Marketing Manager

ASSOCIATE SPOTLIGHT

TESSA TELLIRICO

Tessa has worked at Waltonwood Lakeside since 2011. Tessa works in two roles as a part of the Resident Care team as well as the Life Enrichment Team. She is associate of the month for her Assisted Living Life Enrichment Coordinator position.

Tessa has been going above and beyond to help in Memory Care on Tuesday's and Saturday's. We appreciate all of her valuable help. Her favorite part of her job is; "Socializing with everyone."



JANUARY 2020 HIGHLIGHTS

- 8

We went for a country ride today, just for fun. It is good to get outside for fresh air and see the beauty in the snow around us.
- 10

We visited the family center at the Salvation Army and had so much fun trying on fur coats, and hats. We are excited to go again soon.

- 21

Tessa who normally works in assisted living has been helping us a lot this month. We really appreciate her, please give her a high five or a thank you hug!
- 24

To get an early start on the Chinese New Year we went to our favorite Wing Lee restaurant for green tea, egg rolls and other delightful treats..

FOREVER FIT/WELLNESS

Heart health starts with a healthy lifestyle. Being active, eating well and maintaining a healthy body weight are all excellent ways to help ensure the healthy you have in the healthy you keep. There are however some other factors to consider, numbers than when elevated can greatly impact how you feel. High blood pressure, high cholesterol and elevated blood sugar all place a great amount of stress on the body making your heart work harder and more susceptible to heart disease and stroke. So, this February join with the American Heart Association and help celebrate American Heart Month. Schedule an appointment with your doctor to get your numbers checked. Reducing your risk factors by even a few points can help fight off the serious effects of heart disease and can help you continue leading a healthy, happy lifestyle for years to come.



TRANSPORTATION INFORMATION

We strive to provide exceptional transportation service for our residents. All outings occur on Wednesday or Friday, and those interested can sign up at the front desk. Sign up is required for all outings. We love when family joins us, so please consider attending--the more the merrier! Additionally, we carefully plan our outings based on residents' interests, to provide continued success in the community at large.

FEBRYARY 2020 Destinations: RSVP Required

Movie's	5
Stahl's Automotive Museum	7
Visit the Ice Skaters	12
Movie Outing	19
Louis Pizza	21
English Gardens	26
Marcus Grill & Stony Creek Nature Center	28

FEBRUARY 2020 SPECIAL EVENTS

- 7

Go Red for Heart Health. We will have a special focus on exercise today that contributes to good heart health.
- 14

Spread the love all community party for Valentine's Day! Come one, come all.
- 25

Mardis Gras, join us for Fat Tuesday special events throughout the day.
- 26

Chef Paul will be leading us in a cooking class. Let's awaken our senses together.



EXECUTIVE DIRECTOR CORNER

Dear Residents, Families, and Friends; Happy February to all! I hope you are all settling in to the New Year and any goals that you have set for yourself. I am personally trying to exercise more, watch my diet, and spend more time with family and friends! With any new year comes new opportunity! I wish you all continued success on any endeavor you've set out to achieve! Moving into February, we still have a few loose ends in the community to tie up. We are diligently working on the pool to get that back up and running. I predict that we will be swimming before the end of the month! We are also working on changing the Bistro menu to adhere to more of what you want to see. If you have any final suggestions of food or drink that you'd like to see, please relay it to the front desk or and of the managers when you see us in the community. Lastly, I'd like to personally thank every again for filling out their surveys and turning them in. Stay tuned for all the results and plans to address the common areas of improvement to keep our community moving forward! Have a great month everyone!!

Sincerely, Greg Cossaboom, CALD Executive Director