

CHEF'S SIGNATURE RECIPE *Love Potion*



**LAKE
SIDE
CONNECT**

February
2020

14650 Lakeside Circle Sterling Heights
MI 48313

www.waltonwood.com | 586-532-7601
Facebook: /WaltonwoodLakeside



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
- Makes 4 servings

CELEBRATING BIRTHDAYS IN FEBRUARY,

- 5 Portia L.
- 6 Nicole S.
- 8 Tessa T.
- 12 Jim B.
- 14 Oliver H.
- 15 Fatmira S.
- 19 Sierra T.
- 22 Jasmine L.

Faith is taking the first step when you don't see the full staircase
~MLK

Celebrating Black History Month



Happy February! Winter continues on and the weather has been chilly. So here at Waltonwood Lakeside we have much planned to have fun indoors. February is Heart month and to celebrate we are planning to wear red on the 7th. Also, planned is a heart healthy exercise class presented by Lisa C. and we plan on making heart healthy snacks during our cooking class. Speaking of the heart, join us in celebrating Valentine's Day, by attending our "Spread the Love" Valentine's Day party.

The celebrating continues as we get ready for the Lenten season. Fat Tuesday and Mardi Gras kick off the season. So, wear Mardi Gras colors and join us for a party, and of course a Paczki. February promises to be busy with much to do, so mark your calendars and join one of the many programs and outings planned this month. Please don't forget to sign up for outings you are interested in at the reception desk. Have a great month and stay warm!

COMMUNITY MANAGEMENT

- Greg Casebook
Executive Director
- Meghan Kham
Business Office Manager
- Paul Gillian
Culinary Services Manager
- Jennifer Murray
Life Enrichment Manager (AL)
- Tonya Wilson
Life Enrichment Manager (MC)
- Mo Martinez
Environmental Services Manager
- Lauren Vollmer
Marketing Manager
- Jennifer Columbine
Marketing Manager
- Stacey Lumpier
Resident Care Manager
- Char Tate
Wellness Coordinator



\$1,000 RESIDENT REFERRAL BONUS

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

FRIENDS & FAMILY REFERRAL PROGRAM

Associate Spotlight Tessa T.

Tessa is our Assisted Living Life Enrichment Coordinator and also a Care-giver once a week. She has been with Waltonwood Lakeside for over eight years. Tessa loves what she does and it shows. Tessa shares her talents and creativity with our Residents everyday that she is here. She is kind and compassionate and always willing to do what is needed to support our Residents. Tessa has a Bachelor's degree in German Language and does teach the language to our residents. Further, she brings many smiles to the faces of our Residents
Thank you, Tessa, for all you do!



JANUARY HIGHLIGHTS

01
New Year's Eve Party
Many joined in the toast and we rang in the coming New Year together!

11
Bowling Leagues
The momentum is continuing! And the "Lakeside Luck Strikers" are bowling their best each week!

16
Lunch at Bad Brads Barbeque
Great Barbeque at Bad Brad's but more important great company!

23
Pottery Class
A great time was had by all attendees. Join the next Pottery class and make something special.



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Know Your Numbers

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.

~Chris Grabowski

MS | Senior Forever Fit Manager

TRANSPORTATION INFORMATION

We strive to provide exceptional transportation services for our residents. All outings occur on Friday, sign up is located at the front desk and is required. Family is welcome join us on an outing, so please consider attending, the more the merrier. Additionally, we carefully plan our outings based on resident's interests, to provide continued success in the community at large.

- Destinations:
07 Movie Theater
05 Stahl's Museum
19 Movie Theater
21 Louis Pizzeria
28 Nature Center & Lunch

UPCOMING FEBRAURY

01
Creative Writing Class
If you have an interest in writing or would like to try something new, join one of our weekly classes.

14
"Spread the Love" Valentine's Day Party
Bring your sweetheart and join us as we celebrate Valentine's day.

08
Heart Health Week
Wear red for Heart health and join us for "Kitchen Creations" and prepare a heart healthy snack.

24
Mardi Gras Party & Paczkis
Let's celebrate Mardi Gras and the beginning of the Lenten season together.

Winter Weather Transportation Guidelines

- As the winter weather approaches, we would like to remind all of the winter guidelines for the bus.
1. If there is a heavy snow or the drivers deem it unsafe to drive, all outings and appointment transportation will be cancelled for that day or until it is safe.
 2. If the wind chill is at or below "feels like" 10 degrees, all outings will be cancelled.



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 Casebook
Executive Director