

# VIRTUAL VISITS



FaceTime

Virtual Visits are a part of our daily lives. This is a wonderful opportunity for you to connect with your loved one. The positive benefits are incredible for our overall health and wellness. You will notice them regularly scheduled on the calendar. Please reach out to me via email; [Tonya.Wilson@singhmail.com](mailto:Tonya.Wilson@singhmail.com) if you have not already done so. I promise a 24 hour response!

## JULY BIRTHDAY'S

### Residents:

16 Chet

### Associates:

- 1 Nekeia
- 2 Tracy  
Lisa
- 6 Joslin
- 17 Jorge
- 19 Renee
- 24 Alisha  
Tiara
- 25 Cameron
- 30 Meghan

# LAKESIDE CONNECT

## JULY 2020



14560 Lakeside Circle 48313  
[www.waltonwood.com](http://www.waltonwood.com) | 586-532-7601  
 Facebook: /WaltonwoodLakeside



## JULY 2020

Daily Gratitude is a fabulous exercise in tackling a poor attitude. I found this quote; *"The Struggle Ends when Gratitude Begins."* It is a good practice to review both at the beginning of your day as well as the end; a Gratitude List. Keep it simple and then expand. Our Residents are wonderful at creating a Gratitude List. Here are some examples; "A roof over our head, a bed to sleep in,

people that care for us so well and prepare our meals. Pretty flowers to take care of in the garden and exercise class."

Summer is finally here. We are making sun tea and lemonade and enjoying popsicles on the patio.

If you need anything please reach out;

[Tonya.wilson@singhmail.com](mailto:Tonya.wilson@singhmail.com)

Tonya Wilson, *Life Enrichment Manager Memory Care*

## 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

Laureen Vollmer  
Marketing Manager



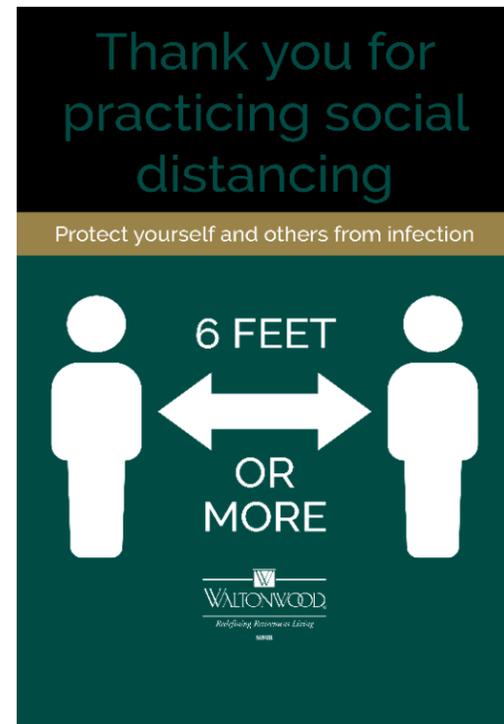
## \$3,500 RESIDENT REFERRAL BONUS

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!

## HEROES WORK HERE; SOPHIA SERRA

Sophia has worked at Lakeside since 2016. She started in dietary and with her very personable and empathetic personality she was recommended for the Concierge Team back in 2018. Sophia is kind and always goes above and beyond in her role here. Her favorite part of her job is "when residents visit her." We are grateful to have her work here at Waltonwood Lakeside.



# OH, THE PLACES WE CAN GO!



## EXECUTIVE DIRECTOR CORNER

Dear Residents, Families, and Friends; Happy July everyone!! Talk about hot! As are many of the dog days of summer, it looks like we are in for another warm summer. I hope you are able to get outside and enjoy some of this nice weather as the days get longer. We've officially celebrated over a month of COVID free living here at our community! I know that the day in and day out operations are still restricted, however our team is doing everything we can to continue to bring engagement, energy, and fun to the community. Please keep an eye on your calendars for exercise class that is happening twice a day. It's a great opportunity to keep moving and stay physically healthy. As we did last month, we are committed to bringing you up to date on all executive orders and correspondence on how reopening is going to go. We will continue with our family and resident calls on Thursday mornings. Please let me know if you need any more information in regards to these. I can't wait to see all the fun times and memories that are to come as we get things back to normal.  
**STAY SAFE AND HEALTHY EVERYONE!**  
Sincerely, Greg Cossaboom, CALD Executive Director

## FOREVER FIT / WELLNESS

### You Can!

Henry Ford once said, "Whether you think you can, or you think you can't...you're right." Often the ultimate success of an exercise program starts with the words we tell ourselves. Far too often we don't give ourselves the credit we deserve for the strengths we have. Far too often we focus on what we can't do instead of embracing what we can. At a time when motivation can be hard to find and positive thoughts are replaced by uncertainties give yourself the credit you deserve. The words we tell ourselves are the foundation our potential so let those words be kind, confident and powerful!