



Celebrating August Birthdays!

Paul M.- 3

Barbara D.- 14

Eileen C. 17

Barb V. 18

Joe J.- 24

Mary M.- 27

Marie H.- 29

Maryann C.- 30

Carol Y.- 31

Eleanor B.- 31

Important things to remember!

- ✓ Please keep in mind that all scheduled activities are subject to change depending on the current situation. As of now, scheduled activities, except for exercise classes, will be "To-Go" or brought to your door.
- ✓ Wash your hands often and wear a mask while in any common area!
- ✓ The only group activities that are able to be held at this time are exercise classes. Please pay attention to the schedule of classes and when each floor can participate. Each class will be limited to 4 or less. Walking the halls with a mask and outside are encouraged! The pool and fitness center will remain closed until further notice.



LAKE SIDE CONNECT

AUGUST 2020



14750 Lakeside Circle, Sterling Heights, MI 48313
www.waltonwood.com | 586-532-6200
 Facebook: /WaltonwoodLakeside



Our New Executive Director

I would like to take a moment introduce myself. My name is Jenel Stoinski. I am the new Executive Director at Waltonwood Lakeside. I have been working with seniors in some capacity for the greater part of 30 years. I received my Bachelor's Degree from Saginaw Valley State University. I received a double major in Criminal Justice and Social Work. Additionally, I completed a Master's Degree from Central Michigan University. While at Central Michigan I studied Healthcare Administration and Organizational Leadership with a focus on Gerontology. I hold a license as a Nursing Home Administrator and Social Worker. I'm very passionate about education, and have continued with certifications in Dementia, and Addictions. This education has served me well. I have had the pleasure to serve in all campus roles during my career. Most recently as a Regional Director of Operations.

Personally, I have been married almost 25 years to my husband James. We have a 16-year-old daughter Gabriella. It is not uncommon for us to have a household guest. Our favorite hobby is hosting students from other countries. This has given us an extended family of 10 daughters from various countries. When I am not working, I enjoy traveling and cruising. Quilting and crafting for the holidays give me the greatest pleasures.

I am honored and humbled to be part of Waltonwood Lakeside.

COMMUNITY MANAGEMENT

- Greg Cossaboom
Jenel Stoinski
- Meghan Kahm
Business Office Manager
- Paul Gilleran
Culinary Services Manager
- Mo Martinez
Environmental Services Manager
- Nicole Gavas
Independent Living Manager
- Jenna Durlock
IL Life Enrichment Manager
- Jennifer Murray
AL Life Enrichment Manager
- Tonya Wilson
MC Life Enrichment Manager
- Laureen Vollmer
Marketing Manager
- Rae Matey
Marketing Manager
- Stacey Lamphier
Resident Care Manager
- Charnette Tate
Wellness Coordinator



FRIENDS & FAMILY REFERRAL PROGRAM!

\$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!

EMPLOYEE OF THE MONTH: BARB JEFFERSON

This month's employee of the month has been working to make sure that our building is sparkling each and every day even through these unprecedented times. She has done what it takes to keep us all safe. Thank you Barb for everything that you do and your love and dedication to all of us here at Waltonwood at Lakeside!



Baseball is Back!

For its ONE, TWO, THREE strikes you're out at the Tiger's game! The sports world is buzzing with excitement that baseball is back! This year will be unlike any other. We are excited to be able to show games this year. Games can be viewed in the Trunk Club. A weekly schedule will be available with game times. Feel free to come down when the game is on! Please contact the front desk if the TV is not on or you need help finding the game.



Finding A Sense of Calm

The stress of that past few months has been a heavier load than many of us have ever had to bear. So many unknowns that seem to keep growing by the day leave us with restless mind and an exhausted body. Now more than ever how we manage this stress can directly impact our health and well-being. Finding positive outlets that bring us a greater sense of calm are key to maintaining peaceful mind and a strong body. Low-impact rhythmic exercise, calming meditation & deep breathing techniques and even listening to soothing music all help to all help to lower cortisol levels in the body and boost the immune system. At a time when so much is out of our control dedicate a few minutes every day to embrace the things you can. Acknowledge those things that weight heavy on your mind but let your true focus be on the things that bring you joy. Take the extra time to slow down, breathe and allow yourself to find a personal sense of calm.

TRANSPORTATION INFORMATION

We will be resuming transportation for essential medical appointments only at this time. We will be following a very strict "one resident at a time" policy, so please be flexible with departure and pick up times. We ask that you avoid Thursday and Friday appointments if at all possible. Thursday appointments will be considered, but can not be guaranteed. No appointments will be taken on for Fridays. We will not be providing transportation to stores or beauty shops of any kinds until further notice. Thank you for your cooperation and patience!

Summer Spirit Days

7

Destination Day

Been there, done that! Do you have that t-shirt? Wear a shirt from your favorite destination!

14

Color Day

Wear your favorite color shirt and pants combination!

21

Disney Day

Join us on Wednesday to make some ears to wear on Friday!

28

Tie Dye Day

The unofficial uniform of summer, the tie dye t-shirt!

Summer Time is Here!

Join us in celebrating summer! Each Friday this month we will be hosting theme days. Look out for special food and drinks those days to enjoy! Please, if you do choose to participate with friends, remember to wear your mask and try to stay 6 feet away from one another.

EXECUTIVE DIRECTOR CORNER

Dear residents, families, and friends,

The past few months have shown that we can overcome any obstacle that is put in our way. Thank you all for your support and dedication to your Waltonwood community. Thank you for partnering with us as we adjust our operations to meet guidance from local, state and federal agencies. As we continue along this journey together, please contact us to discuss any concerns that you have so we can continue our work toward the goal of remaining COVID free in the community.

While, changes have occurred rapidly, the leadership team that serves your day to day is stronger than ever and is steadfast in their commitment to serve and protect each of you. As my time in the community has recently increased, I have appreciated meeting and talking with as many residents, families and friends as possible.

Richard Mabe- Regional Executive Director