



### CELEBRATING BIRTHDAYS IN SEPTEMBER,

- 08 Don S.
- 13 Winnie S.
- 14 Mary Anne B.
- 19 Peg K.
- 19 Elaine E.

Some people, no matter how old they get, never lose their beauty – they merely move it from their faces into their hearts.  
-Martin Buxbaum



WALTONWOOD IS

# Seeking Creative Writers

Are you interested in sharing information with others?  
Do you have a knack for writing?

Waltonwood is offering residents the opportunity to be a guest blogger on our website!

**BLOG TOPICS INCLUDE:**

- Staying Connected During COVID
- Cheers to New Friends
- A Forever Fit Mindset
- Feeling Festive This Fall
- Discovery New Hobbies
- Maintaining My Active Lifestyle
- Positivity During Pandemic
- Rejuvenating While Retired

Articles should be a minimum of 350 words

**Interested in helping out?**  
Please contact your Life Enrichment Manager to get started.



Residents can receive a visit through Skype or Facetime. Most can use Facetime through an Apple iPhone or iPad, or you can set up a Skype account. If you are interested in a virtual visit please E-mail Jennifer Murray at [Jennifer.murray@singhmail](mailto:Jennifer.murray@singhmail) or you can call the Concierge and we would be happy to set-up a time.



### FRIENDS & FAMILY REFERRAL PROGRAM!

## \$3,500 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!

# LAKESSIDE CONNECT

September  
2020



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



Happy September! It has been a hot summer and many of us are looking forward to cooler days. Of course, many restrictions are still in place, and we at Waltonwood Lakeside wait anxiously for a time when we can get back to a sense of normalcy. Our residents and associates have been real troopers through all the changes. During these challenging times we lift each other up with laughter, smiles, positivity, and prayer. We know that we can get through anything together! This Month we celebrate National Assisted Living Week. There is much planned to celebrate our residents and associates, who in our eyes are the real heroes. Please note the Life Enrichment calendars are subject to change at this time as the current situation changes. As we are able, we will adapt our programming to meet the changes. We thank everyone for doing their part to keep our residents and community healthy. Please have a safe and happy holiday!

## COMMUNITY MANAGEMENT

Jenel Stoinski  
Executive Director

Meghan Kahm  
Business Office Manager

Paul Gilleran  
Culinary Services Manager

Jennifer Murray  
Life Enrichment Manager (AL)

Tonya Wilson  
Life Enrichment Manager (MC)

Mo Martinez  
Environmental Services Manager

Lauren Vollmer  
Marketing Manager

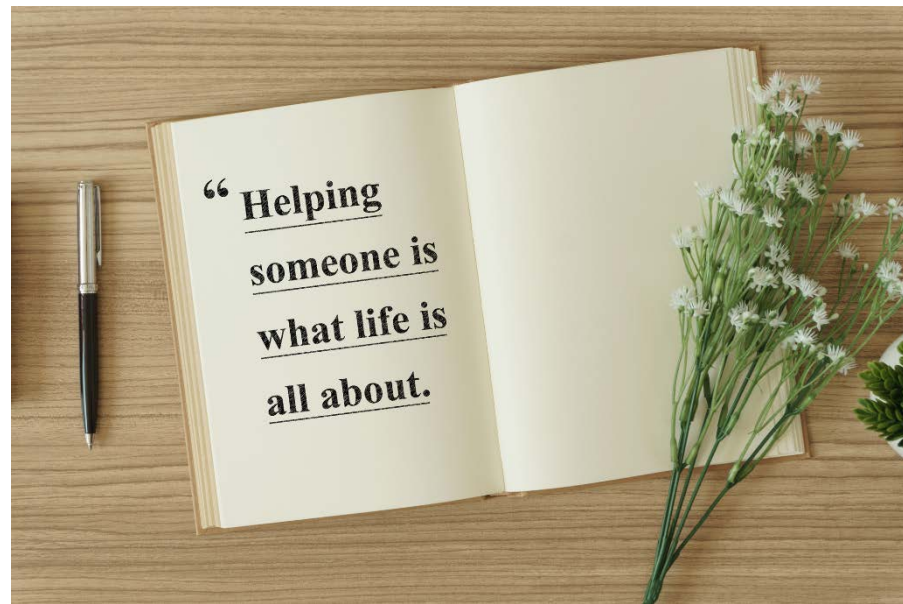
Rae Matey  
Marketing Manager

Stacey Lamphier  
Resident Care Manager

Char Tate  
Wellness Coordinator

### Associate Spotlight Cheyenne K.

Cheyenne was recently promoted to a Med Tech. Cheyenne has been successfully completing all her tasks as a Med Tech. Cheyenne is a team player and is always around to assist our Residents! Cheyenne is such a joy to be around as she strives on making sure the Residents are well taken care of! Waltonwood is honored to have Cheyenne apart of the family!!



A **BIG** thank you! to our Waltonwood heroes and to all Essential Workers!



### MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

#### A Purposeful Plate

Food is a very powerful thing. It can unite friends and family around the table, fuel an active lifestyle and provide the key nutrients essential to feed a growing body. It's no wonder that the dietary choices we make have a direct impact on our overall health and wellbeing. Making conscious, nutritious food selections not only promotes a healthy waistline, but also helps to combat against cardiovascular disease, improves immune health and can potentially reduce the inflammation associated with arthritis. By limiting the number of packaged, processed foods and maximizing a variety of fruit, vegetables, whole grains, lean proteins and healthy fats you can help ensure your body is getting the necessary nutrient rich fuel it so desperately needs. So, the next time you sit down for a meal take a look at your plate because the only thing better than a tasty dish is a powerful plate!

~Chris Grabowski  
MS | Senior Forever Fit Manager



National Assisted Living Week Runs from September 13 through September 19. The theme for the week is Caring is Essential. We would like to recognize all of our employee's to; "Not All Heroes Wear Capes." We think you are Super Heroes! We have a fun week planned for our staff and residents alike to enjoy. Words alone do not give justice to how truly wonderful you are on a daily basis. We hope you enjoy the festivities to celebrate you!