

# LAKE SIDE CONNECT

JANUARY 2021

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Facebook: /WaltonwoodLakeside

## Reminders

- ✓ A January Calendar is included with this Newsletter. Please keep in mind that all scheduled activities are subject to change depending on the executive orders and community policies. Programs are posted in the elevator, the Hobby Room, the TV screens and in-room channel.
- ✓ Wash your hands often and wear a mask while in any common area! You are encouraged to move about the community and utilize common rooms and courtyards.
- ✓ A new Forever Fit instructor has joined the team! For the month of January classes will be held at 9:30am, 11:30am, 1:00pm, 2:00pm, & 2:30pm.

## January Birthdays

Joan F. 1/6

Debbie B. 1/8

Jean K. 1/13

Jan S. 1/31



**SAFETY FIRST**



Face coverings are required in our community.  
Please see the Executive Director if you need a mask.




Thank you for practicing social distancing

Protect yourself and others from infection

6 FEET  
OR MORE




## Jumping into a new year at Waltonwood!

January is a great time to look forward to the year ahead. As we set goals and resolutions for the months before us, personal fitness comes to mind.

To go along with these resolutions, Waltonwood is excited to welcome Forever Fit Coordinator, Stephanie Lazelere! Stephanie will start on January 4<sup>th</sup>.

Her class schedule for Independent Living will be:

**Monday, Wednesday, & Friday**  
9:30am – Morning stretch  
11:30am – Balance  
1:00pm – Yoga  
2:00pm – Afternoon Stretch  
2:30pm – Balance

So, embrace the new year and set new fitness goals for yourself. Happy New Year!

## COMMUNITY MANAGEMENT

Jenel Stoinski  
*Executive Director*

Meghan Kahm  
*Business Office Manager*

Paul Gilleran  
*Culinary Services Manager*

Mo Martinez  
*Environmental Services Manager*

Allison Neal  
*IL Manager*

Beth Hagerman-Rossetti  
*IL Life Enrichment Manager*

Jennifer Murray  
*AL Life Enrichment Manager*

Tonya Wilson  
*MC Life Enrichment Manager*

Rae Matey  
*Marketing Manager*

Melissa Wright  
*Marketing Manager*

Stacey Lamphier  
*Resident Care 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!



### ASSOCIATE OF THE MONTH -

Donna Wochaski – Donna is a member of our housekeeping staff at Waltonwood. She is dedicated to making our community spaces spick and span. Even though she's only worked here a short time, she is a fabulous team member! Say hi when you see her in the hallway.

### December Highlights

3

We lit the courtyard today! With holiday music playing, we welcomed Christmas to the building!

15

A jewelry class hosted by Inge made beautiful holiday bracelets. Residents enjoyed having new "bling"



17&18

Our Holiday party stretched over 2 days, and we lived it up! We ate, gathered, and celebrated the season.

24

Christmas Eve Service held by residents made a hard time more bearable. It was a joy to sing together!



### Theme Days

We're celebrating all month long with theme days! Programs will follow the theme for the day! If you can, dress up to go along with the theme too.

January 6- Elvis Day (celebrate the King, listen to his music, and eat peanut butter!)

January 13- Farmer Jack Day (a look into businesses that made Detroit)

January 20- Cheese Lovers Day (Enjoy a cheese tasting and wear yellow)

January 27- Robert Burns Day (Scottish Foods and Poetry day)

### TRANSPORTATION INFORMATION

Transportation will be offered for Independent Living on Monday, Tuesday and Thursday each week for doctor appointments only. Please call ahead to schedule with the front desk. If you have an appointment outside of the listed days, please speak with Beth (Life Enrichment) to make arrangements.

### January Special Events

11

Watch the College Football Championship in the IL theater. Root for your favorite team!

18

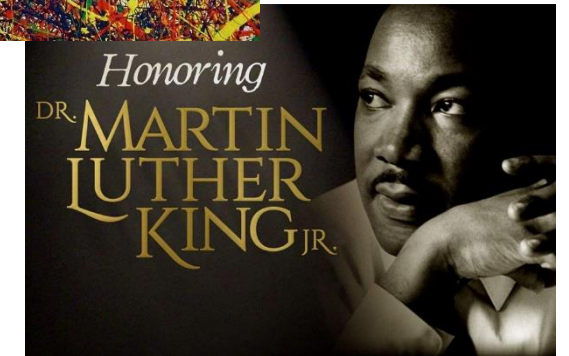
Martin Luther King Jr. Day. We'll be reflecting on his good works and celebrating his life.

19

Jewelry Class with Inge in the hobby room. Make a piece of jewelry perfect for winter attire!

28

Paint like Jackson Pollock! Embrace your inner modern artist and paint like Pollock himself.



### Forever Fit : New Year New you!

Finally! January is here, 2020 is over and 2021 has arrived ready to offer a new sense of hope. Last year was tough, maybe even the hardest year of our lives. We lost so many traditions, milestones and celebrations to a circumstance far beyond our control. It would be so easy to look back and dwell on what could have been wondering what if? While you have every right to reflect on the past twelve months, I encourage you to shift your hopes to the next twelve to come. Take this opportunity to embrace the progress we've made and know this progress puts us one step closer to the way things used to be. There's no doubt the road ahead will still be bumpy but step into the new year with the hope and conviction that 2021 will truly be a healthy, happy new year!

*"It's amazing how a little tomorrow can make up for a whole lot of yesterday."*  
– John Guare