



**CELEBRATING  
BIRTHDAYS IN  
APRIL,**

**Residents:**  
05 Victor K.

**Associates:**  
05 Elysia  
06 Gregg G.  
10 Fatima S.  
12 Chris D.  
13 Owen S  
16 Cole G.  
17 Ben Y.  
22 Jamie F.  
30 Zachary I.

**Resident Outings**

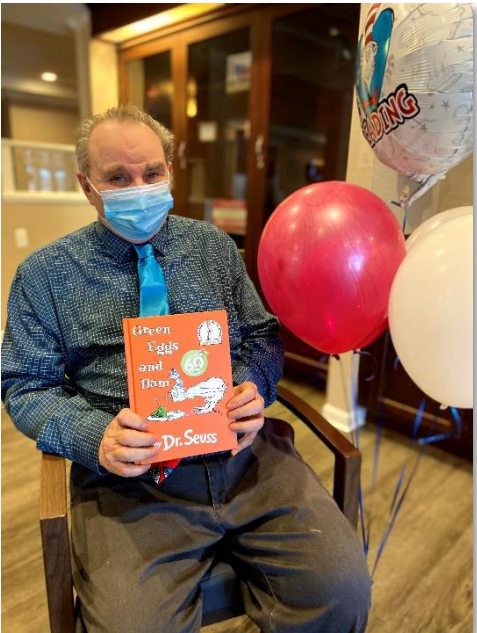
**Hooray!!!**  
Outings will  
resume in April  
more information  
to come, stay  
tuned for updates.



FRIENDS & FAMILY REFERRAL PROGRAM!

**March HIGHLIGHTS:**

**National Read Across America Day**



**\$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!

**LAKE  
SIDE  
CON  
NECT**

April 2021



14650 Lakeside Circle Sterling Heights  
MI 48313  
[www.waltonwood.com](http://www.waltonwood.com) | 586-532-7601  
Facebook: /WaltonwoodLakeside



Happy April!

Hooray Spring is officially here and with it comes much change. Of course, the weather gets warmer and the colors of Spring return to the landscape. Also, the month of April brings much change to Lakeside. Our visitors are returning to the community and that brings much joy to our residents. Also, outings and entertainment will resume, and we are extremely excited! The fair weather will bring more time outdoors in the fresh air, so our Gardening Club will resume soon. Further we have many new programs that have been added to our calendars that are a big hit: Drumming for Fitness, Virtual Biking Around the World, and Drama Club. There is something for everyone on the calendar. I hope to see you at the next event!

Sincerely,  
Jennifer Murray CDP  
AL Life Enrichment Manager

**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
- Rae Matey  
Marketing Manager
- Melissa Wright  
Marketing Manager
- Tracy Chamberlain  
Wellness Coordinator



# Helping Residents Keep in Touch

## COVID-19: HOW PEOPLE ARE STAYING CONNECTED\*



**81%** are using phone calls to keep in touch with family and friends

76% text messages  
47% video calls

**Top 5** platforms people are using to stay connected:

65% Facebook  
39% WhatsApp  
27% Instagram  
22% Skype  
16% Zoom



The first thing people want to do when this is all over:

32% hug family and friends  
10% go to a restaurant

## EMBRACING TECHNOLOGY



Our residents and their family members are using a GrandPad or Echo Show with Alexa to communicate and stay connected with one another.



*We can help you connect too!*

Ask to talk with one of our Life Enrichment team members today.

[www.Waltonwood.com](http://www.Waltonwood.com)



\*Data according to a 2020 PwC survey.

## Thank you for practicing social distancing

Protect yourself and others from infection



## SAFETY FIRST



Face coverings are required in our community.

*Please see the Executive Director if you need a mask.*



## Special Events:

**01**  
**Tiger's Opening**  
**Day Celebration**

**04**  
**Happy**  
**Easter!**

**08**  
**Lakeside's**  
**Masters Golf**  
**Game**

**12**  
**National**  
**Grilled**  
**Cheese Day**

**22**  
**Celebrating**  
**Earth Day**

**30**  
**Celebrating**  
**Arbor Day**



## MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

### A Sunny Spring

Well Spring is finally here and with it comes longer days, warmer temperatures and plenty of sunshine. While there certainly may be reason to proceed cautiously and avoid overexposure to the sun's rays, there are also plenty of reasons to step outside and take some of them in. When done in moderation regular bouts of sun exposure have been shown to provide numerous benefits that can actually help enhance mood and overall wellbeing. Most people know that sunlight offers an abundance of vitamin D, but what most people don't realize is that in just 10-15 minutes of sun exposure each day you can actually achieve the FDA recommended daily allowance of 1000 IU's. Regular sunlight has also been shown to increase serotonin levels, a neurotransmitter often regarded as the chemical responsible for maintaining mood balance. By adding just a few minutes outside to your daily routine you can help ward off some of the seasonal blues that tend to set in over the dark cold winter months. So, this April do yourself a huge favor, step outside take a deep breath and let the power of the sun go to work for you!

~Chris Grabowski MS | Senior Forever Fit Manager