



April

## Birthdays

Joann D. 4<sup>th</sup>

Hermina R. 22<sup>nd</sup>

Mary C. 24<sup>th</sup>

Doris D. 25<sup>th</sup>

Geri C. 27<sup>th</sup>

Mark P. 29<sup>th</sup>

## Reminders

- ✓ An April 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.
- ✓ As we are able to make more community errands, be sure you sign up for trips by calling the front desk! Outings for grocery, pharmacy, bank runs, and other trips will be listed in the calendar and on the InTouch screens.

# LAKE SIDE CONNECT

APRIL 2021

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



## 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*

Karen Moore  
*Housekeeping Supervisor*

### Helping Residents Keep in Touch

COVID-19: HOW PEOPLE ARE STAYING CONNECTED\*

 <b>81%</b> are using phone calls to keep in touch with family and friends 76% text messages 47% video calls	<b>Top 5</b> 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
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**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.

**WALTONWOOD**  
Redefining Retirement Living SINCE 1954

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 Pewpoll survey.

### SAFETY FIRST

Face coverings are required in our community.

Please see the Executive Director if you need a mask.

**WALTONWOOD**  
Redefining Retirement Living SINCE 1954

April may bring showers but we're all about Spring and sunshine at Waltonwood! We are starting to open up and many programs are coming back to put the pep in your step!

Spiritual services will resume in the community as well as reflexology appointments. Please contact the front desk for further information. We are also encouraging residents to reach out and welcome the many new residents that have joined our community and make new friends!

Remember to keep active with our many exercise classes offered daily! Also, we are embracing our crafts each week and our book club is up and swinging.

Spring is in the air and it fills us with hope and invigoration. Try a new hobby, plant a flower, say hello to someone new. A smile (even beneath a mask) can mean more than you think.

## \$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 -

Grace works as a Server at Lakeside. She joined our team last fall, but has been a hard worker since day one. Her kind attitude and willingness to help makes her a great teammate. She is currently a senior in high school and will go to Oakland University in the fall. Next time you are at dinner, make sure you say "Hi" to Grace!

## March Highlights

3

The Dining Room re-opened! Residents enjoyed eating together again while keeping social distance.

12

A balloon release for the loved ones not with us reminded us of the love surrounding us.



18

We had our final round of the Covid Vaccine given to our community! One step closer to normalcy.

20

Balloon Volleyball got several residents active and energized! Check it out every Saturday.



## 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.

April 1- Baseball Opening Day- wear your favorite team's colors or shirts

April 7-National Walking Day- plan to get outside and walk today

April 8- Opening Day of the Masters Tournament- wear green or golf attire

April 13-National Scrabble Day -wear something with letters on it and enjoy a treat!

April 22-Earth Day- wear your favorite Earth colors and help beautify the courtyard

## TRANSPORTATION INFORMATION

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

## April Special Events

1

It's Opening Day! Celebrate America's past time with ball park food and watching the Tigers game in the Theater room.

4

Easter Sunday is a day of hope for many people. Enjoy the day with friends and family and welcome spring!

Beginning April 5<sup>th</sup>, every 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month we will host Catholic Mass at 10:00am. Rosary service will precede at 9:30am. Bible Study will resume every Tuesday at 2:00pm beginning April 13<sup>th</sup>. Reflexologist will be back in the community on April 9<sup>th</sup>.



## Forever Fit :

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!