



HAPPY BIRTHDAY IN APRIL

Residents:
 11 Helen
 24 Marie

Associates:
 5 Elysia
 6 Gregg
 10 Fatima
 12 Chris
 13 Owen
 16 Cole
 17 Ben
 22 Jamie
 30 Zach

Helping Residents Keep in Touch

COVID-19: HOW PEOPLE ARE STAYING CONNECTED*

	<p>81% are using phone calls to keep in touch with family and friends</p> <p>76% text messages 47% video calls</p>	<p>Top 5 platforms people are using to stay connected:</p> <p>65% Facebook 39% WhatsApp 27% Instagram 22% Skype 16% Zoom</p>	<p> The first thing people want to do when this is all over:</p> <p>32% hug family and friends 10% go to a restaurant</p>
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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.



We can help you connect too!
 Ask to talk with one of our Life Enrichment team members today.

www.Waltonwood.com



*Data according to a 2020 Pureprofile survey.

LAKESIDE CONNECT APRIL 2021



14560 Lakeside Circle 48313
www.waltonwood.com | 586-532-7601
 Facebook: /WaltonwoodLakeside



Happy April;

New and noteworthy; Our Chef on display is back! We are beginning a pen pal program with Plumbrook Elementary School. It all started back on National Reading Day and has blossomed into a continued connection that will be mutually beneficial. Additionally with the weather warming up we will be doing outings on Friday's again soon, stay tuned. Last but not least, Mass will begin in Memory Care on the second and forth Monday of every month. If you have any questions, ideas or concerns please do not hesitate to reach out! My email is; Tonya.wilson@singhmail.com

COMMUNITY MANAGEMENT

- Jenel Stoinski
Executive Director
- Tonya Wilson
Life Enrichment Manager
MC
- Tracy Chamberlain
Wellness Coordinator
- Paul Gilleran
Culinary Services Manager
- Meghan Kahm
Business Office Manager
- Mauricio Martinez
Maintenance Manager
- Karen Moore
Housekeeping Supervisor
- Rae Matey
Marketing Manager
- Melissa Wright
Marketing 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!



FOREVER FIT / WELLNESS

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!

