



## May Birthdays

Gretchen G. 11<sup>th</sup>

Kathy M. 15<sup>th</sup>

Joan N. 16<sup>th</sup>

Carroll K. 24<sup>th</sup>

Peggy S. 27<sup>th</sup>

Marie D. 28<sup>th</sup>

## Reminders

- ✓ A May 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.

### 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><b>Top 5</b> 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>
--	---	--

**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

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 Pwncific survey.

### SAFETY FIRST

Face coverings are required in our community.

Please see the Executive Director if you need a mask.

**WALTONWOOD**  
Redefining Retirement Living

## \$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!

# LAKE SIDE CONNECT

## MAY 2021

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



May is here and filled with many exciting opportunities to get involved at Waltonwood Lakeside! We will create fashionable hats to wear for the Kentucky Derby, have a taste of Mexico for Cinco de Mayo, celebrate mothers of all kinds on Mother's Day and remember loved ones on Memorial Day.

May brings mentions of summer, flowers and warm weather. It is the month of merriment and we are doing all we can to bring that to our residents. We have opened up transportation to grocery stores, banks and pharmacies. We are encouraging outdoor visitation and welcome family and friends with a little less restriction than in the past. We are still remaining cautious and safe around visitation and are keeping you updated through Constant Contact. We appreciate everyone's patience and cooperation as we try to incorporate a little more "normal" into our lives.



## COMMUNITY MANAGEMENT

Jenel Stoinski  
*Executive Director*

Kelly Mattox  
*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*



### ASSOCIATE OF THE MONTH

A well-deserved recognition for Anna Sevaj! Anna has worked for Waltonwood for 4 years. She is very dependable, always has a great attitude and always willing to go the extra mile for her co-workers and residents! The housekeeping team is very proud to have Anna on their team.

### April Highlights

1

We celebrated the Detroit Tigers Opening Day with a party and watched the game on the big screen.

8

Residents celebrated the Opening Day of Masters Tournament by wearing green and playing "hallway putt putt".

14

Residents participated in "Deliciously Michigan" webinars about the history of Zehnder's and Eastern Market.

21

National Kindergarten Day was celebrated by residents donating new books to a local school.



### Theme Days

We're celebrating all month long with theme days! If you can, dress up to go along with the theme.

May 1- Kentucky Derby-wear your fanciest hat and watch the race on the big screen

May 7-Floral Day-celebrate Spring and wear flowers or pastel colors

May 11-Cowboy Day-get out your western gear and enjoy a Cowboy Tuesday Treat

May 14- Animal Print Day-let out your wild side and show your spots-or stripes

May 21-Frank Sinatra Day-listen to great music and watch a classic Sinatra movie

### TRANSPORTATION INFORMATION

Transportation will be offered for Independent Living on Monday, Tuesday and Thursday each week for appointments, grocery store bus trips, bank and pharmacy runs. 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.

### May Special Events

5

Cinco de Mayo-celebrate with Mexican cuisine and learning about Mexican heritage.

9

Mother's Day is a special day for mother's of all kinds. We will be celebrating and recognizing these special ladies.

26

National Senior Health and Fitness Day! Many fun activities are planned for this big event.

31

Memorial Day honors the men and women who died while serving in the U.S. military.



### Forever Fit :

For the past 28 years the final Wednesday of May marks *National Senior Health and Fitness Day*. This annual event works to promote the importance of regular physical activity and exercise while highlighting the many health and fitness opportunities within your community. From fitness assessments to exercise classes and blood pressure screenings to informative talks on key health issues facing seniors, *National Senior Health and Fitness Day* is the perfect catalyst to refresh or jumpstart your fitness routine. Being active is essential at any age and it's never too late to try something new. By adding as little as 30-minutes of daily exercise you can dramatically improve the way to move and feel plus stave off chronic health conditions like heart disease and diabetes. So, mark your calendars, and on Wednesday May 26<sup>th</sup> join with more than 100,000 other seniors across the country as we some together to celebrate *National Senior Health and Fitness Day*.