



### LAKESIDE LIFE



## RESIDENT & ASSOCIATE BIRTHDAY'S

7 Marilyn  
24 Janet  
26 Melissa

# LAKESIDE CONNECT

JUNE 2021



14560 Lakeside Circle 48313  
[www.waltonwood.com](http://www.waltonwood.com) | 586-532-7601  
Facebook: /WaltonwoodLakeside



## COMMUNITY MANAGEMENT

Jenel Stoinski  
Executive Director

Kelly Mattox  
Business Office Manager

Paul Gilleran  
Culinary Services Manager

Mauricio Martinez  
Maintenance Manager

Allison Neal  
Independent Living Manager

Tonya Wilson  
Life Enrichment Manager MC

Rae Matey  
Marketing Manager

Melissa Wright  
Marketing Manager

Tracy Chamberlain  
Wellness Coordinator



## \$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!

## UPCOMING EVENT HIGHLIGHT

Let's Celebrate Dad's!

"My Father gave me the greatest gift you could give another person: he believed in me." J Valvano

We will be celebrating our dads in a special way; surprises are on their way.

If you have any questions, ideas, suggestions and concerns please do not hesitate to reach out! My email is; [Tonya.wilson@singhmail.com](mailto:Tonya.wilson@singhmail.com)





## TRANSPORTATION INFORMATION

We strive to provide exceptional transportation service for our residents. All outings occur on Friday, and those interested can sign up at the front desk. Sign up is required for all outings. We love when family joins us, so please consider attending--the more the merrier! Additionally, we carefully plan our outings based on residents' interests, to provide continued success in the community at large.

## MAY HIGHLIGHTS

05

Cinco De Mayo

09

Happy Mother's Day



26

National Senior Health and Fitness Day

31

Happy Memorial Day

## JUNE SPECIAL EVENTS

07

National Donut Day

11

National Corn on the Cob Day

16

Happy Father's Day

21

Longest Day, Summer Solstice.



## FOREVER FIT / WELLNESS

### Beat the Heat

As the temperatures start to rise staying hydrated plays a vital role in maintaining our health and wellness throughout the summer months. As we age the water content in our bodies naturally decreases, our sensation of thirst diminishes and the side effects certain medications can greatly increase the risk for serious dehydration in seniors. By making just a few small changes to our daily routine you can greatly improve our chances to stay healthy and fit in the months to come. Keep these simple tips in mind as you enjoy the warm weather ahead.

Making sure there's always fluids nearby to drink throughout the day. By the time you feel thirsty is usually too late, drinking small amounts regularly will help to ensure sustained balanced hydration. Water does have to be your only source of fluids. Fruits and vegetables like watermelon and cucumbers also offer a healthy dose of hydration. As heat and humidity rise avoiding strenuous outdoor activities during the peak hours of the afternoon. By dressing properly for the elements and finding shaded areas to provide an extra level of protection you can help minimize the unwanted effects from the heat of the sun.

## EXECUTIVE DIRECTOR CORNER

Summer is just around the corner. The weather has been very kind to us this spring, we have so much to be grateful for this June of 2021. Being outdoors on the patio, going for a walk, a nice cool glass of lemonade are the simple pleasures of spring and summer. I hope you take the time to sit back, relax and enjoy.

We will continue with the visitation in your loved one's apartment and or outside, please keep guest to a maximum of 4 and no consuming food or beverages while visiting in the apartment. These guidelines issued by the CDC, Governor and Waltonwood are in place for the continued safety of our community.

The outlook is good, progress continues.

Jenel Stoinski, Executive Director Waltonwood Lakeside