



LAKESIDE CONNECT JUNE 2021



Redefining Retirement Living

SINGH

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

RESIDENT & ASSOCIATE BIRTHDAYS

- 07 Marilyn
- 24 Janet
- 26 Melissa



COMMUNITY COMMUNICATION: VISITORS

SAFETY FIRST

Face coverings are required
in our community.
*Please see the Executive Director
if you need a mask.*



UPCOMING EVENT HIGHLIGHT

Happy June!

Summer is on its way; the sun is shining and the days are much warmer. We at Lakeside are looking forward to the days ahead We can't wait to get outside and enjoy nature. The Lakeside Walking Club is back on the calendars, as well as many other programs to get us moving and grooving this summer. We at Waltonwood Lakeside would like to wish all those Dads out there a very Happy Father's Day and we cannot wait to celebrate this special day with you. There is much planned this month, so please take a lot at the Life Enrichment calendars there is something for everyone!

COMMUNITY MANAGEMENT

Jenel Stoinski
Executive Director

Kelly Mattock
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



FRIENDS & FAMILY REFERRAL PROGRAM!

\$3,500 RESIDENT REFERRAL BONUS

Have you share
d 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!

MAY HIGHLIGHTS: MOTHER'S DAY



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.

~ Chris Grabowski, MS | Senior Forever Fit Manager

TRANSPORTATION INFORMATION

We strive to provide exceptional transportation services for our residents. Life enrichment is able to schedule outings starting this month. All outings will occur on Wednesdays and Fridays. The sign-up sheet is located at the front desk and is required. Additionally, we carefully plan our outings based on resident's interests to provide continued success in the community at large.

Cinema:

Our residents have enjoyed going to the movies monthly and they chose which movie they would like to see. So, join in the fun and attend one of our movie outings, who can resist movie popcorn.

Restaurants:

We have enjoyed going to a variety of restaurants in South East Michigan. Everywhere from Cracker Barrel, Bravo to the Royal Park Hotel. We love recommendations.

We have visited the most amazing places; the Detroit Institute of Art, Port Huron Lady Boat Ride, Detroit Tigers Game just to name a few.

JUNE SPECIAL EVENTS

07

National
Doughnut Day

08

National Best
Friends Day

14

Celebrating Flag
Day

20

Celebrating
Father's Day



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