



LAKE SIDE CONNECT JULY 2021



Redefining Retirement Living

SINGH

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www.waltonwood.com | 586-532-7601
Facebook: /WaltonwoodLakeside

RESIDENT & ASSOCIATE BIRTHDAYS

14 Carol N.

Whatever a man's age, he
can reduce it several
years by putting a bright
colored flower in his
button-hole

-Mark twain



COMMUNITY COMMUNICATION: VISITORS

SAFETY FIRST

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



Happy July!

Summer is upon us and although we have seen a bit of rain there have been many days full of sunshine and heat. So, please do not forget to wear sunscreen; a hat and sunglasses will also help to protect you from the sun's harmful rays. As many of our families and residents have enjoyed watching the duck families that have made their home in our Assisted Living courtyard; we wanted to give an update. The ducks have been re-homed to a farm nearby to live. Although, we will miss them we are happy to have given them a great start and a better place to grow and flourish. Please see your Life Enrichment calendars for upcoming events, there is much to do at Lakeside this summer. On behalf of the associates at Waltonwood Lakeside we wish all our residents and families a very happy and healthy Independence day!

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



\$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!

JUNE HIGHLIGHTS: FATHER'S DAY



FOREVER FIT/WELLNESS

A great exercise plan starts with a great foundation and a commitment to wanting to improve how we move and how we feel. The past 15+ months however have taught us that the world around us often has other plans, directly impacting the consistency and success of even the best designed fitness routine. A lack of consistency coupled with countless stressors have changed the way even the most dedicated individual approaches exercise. Putting it simply, *“life gets in the way”* and that’s ok, the good news is that it’s never too late to hit the reset button and get a fresh start on your exercise journey. As we slowly return to normal, now’s the perfect time to reassess your current fitness level and determine what changes can help you return to your strongest, healthiest self. While many of us are ready to reestablish our exercise routine, many of us don’t quite know where to begin. By taking some time to meet with our fitness team whether for just a few quick questions or a full assessment we can help identify your strengths, pinpoint your weaknesses and create an accurate picture of your current fitness level to better help you start your fitness journey on the right foot. This summer commit to movement and let our fitness team help you reclaim the health and fitness that lets you feel your very best.

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.

Destinations:

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.

JULY SPECIAL EVENTS

02

Pre-fourth of July
Social and Patriotic
Sing-Along

23

Senior Olympics,
Passing the Torch

13

Ice Cream Social

29

Community
Social with
Entertainment



EXECUTIVE DIRECTOR CORNER

Regarding the latest mask mandate update:

Please be advised, it is still a requirement to wear a mask while in our community. Even though the mask mandate has been lifted for the majority of the State of Michigan, the state has not lifted the mask mandate for nursing homes, which the Waltonwood community falls under in addition to being considered congregate housing for seniors. The State of Michigan has also given all businesses the right to continue to require masks if they choose to. All Waltonwood visitors, vendors, and staff must wear their masks in all common areas (lobby, hallways, salon, etc.) regardless of vaccination status. Residents should continue to wear their masks in any common areas (lobby, hallways, elevators, salon, around any visitors, caregivers, etc.) We understand this can be frustrating, however we are asking for your patience and understanding. We are making your safety our highest priority. We will notify you as soon as we have updated information. Please let us know if you have any questions.

Thank you.

Jenel Stoinski,

Executive Director Waltonwood Lakeside