



July Birthdays

7/3 Ed C.

7/5 Janet W.

7/14 Frank R.

7/14 Elaine A.

7/15 Anne B.

7/29 Bernice K.

Reminders

- ✓ July has a few program changes! Please check all activities and their times as several have new time slots this month to make space for additional programs. Bingo, Current Events, Brainteasers & Trivia, and exercise are all programs with new times.
- ✓ 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. All trips are first come first served, so be sure to check the calendar early!

Helping Residents Keep in Touch

COVID-19: HOW PEOPLE ARE STAYING CONNECTED*



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 PwC survey.

SAFETY FIRST



Face coverings are required in our community.

Please see the Executive Director if you need a mask.



LAKE SIDE CONNECT

JULY 2021

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



Summer Fun for Everyone!

Waltonwood Lakeside is excited for the month ahead! As the world continues to open up, we are eager to re-engage the community.

In the month of July, residents have the opportunity to enjoy dinners out, live entertainment, and several community-wide activities.

On July 22, we'll be hosting the Soundz of Music band and doing a social with Assisted Living residents. Then, on July 29, we'll have all three communities enjoy a summer picnic and live music.

The summer is heating up and so is life at Waltonwood Lakeside!

COMMUNITY MANAGEMENT

Jenel Stoinski
Executive Director

Kelly Mattox
Business Office Manager

Chris Solomon
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

Keti Stojcevski
Resident Care 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!



ASSOCIATE OF THE MONTH -

Mercedes Chamberlain is the AL & MC Concierge. Her bright personality and can-do attitude make her a wonderful addition to the Lakeside Team. Her favorite food is spaghetti and her favorite color is blue. Currently, she is studying to be a speech pathologist at Wayne State. When visiting friends on AL & MC, be sure to say hello and thank her for a job well done!

June Highlights

4

We Celebrated two residents who turned 100! Mary and Jean, Happy birthday!

11

Outings have returned! Men's Breakfast and Dinner club restarted after a long hiatus during COVID-19.

19

Fathers are amazing! To honor our men, we had a beer tasting, lawn games, and time to socialize.

23

Pink Flamingo day was a hit! We enjoyed tropical cocktails and snacks!



A Note From the Executive Director

Lakeside is a wonderful community! Even as we've had many changes over the last year, I'm proud to see the ways staff and residents are engaging with each other once again. In the past few months we've welcomed a new Business Office Manager, Kelly Mattox, a new Head Chef, Chris Solomon, and a new Resident Care Manager, Keti Stojcevski. With these additions to the team, we are ready, able, and excited to meet the needs of our community! As you meet our new staff members, please give them a warm welcome into our Waltonwood Family.

TRANSPORTATION INFORMATION

Transportation will be offered for Independent Living on Monday, Tuesday and Thursday each week for appointments. Please call ahead at least 24hrs in advance to schedule with the front desk. If you have an appointment outside of the listed days, please speak with Oliver to make arrangements. As special outings begin again, please remember that all events are first come first served. As restaurants and destinations update their service, we will also make changes to our outings calendar.

July Special Events

7

We are welcoming back choir director, Dan Bergen today! Our hearts are singing with joy!

22

Enjoy a live musical performance from The Soundz of Music alongside residents from Assisted Living.

Look out for special trips to Target, Dollar Tree, and Nino Salvagios this month! Sign ups will be at the front desk and dates will be posted in the main communal areas.

29

Summer Celebration! All three Lakeside communities will be coming together to celebrate summer.



Forever Fit: 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.