

KENTUCKY DERBY

RESIDENT BIRTHDAYS

May 15, Judy

Please come join us as we celebrate all of our March Birthdays on Monday, March 14 at 1pm

COMMUNITY COMMUNICATION

- **Monthly Birthdays**-On the 14th of each month were going to celebrate our resident's birthdays please feel free to come join us!
- **Intouch Games**- Inactive lifestyles require a lower level of cognitive functioning, which can decrease our brain's ability to do the things it once did. Games are one way to engage your mind and rebuild lost neural pathways, which can affect our ability to remember information.
- **Floral Arrangements**- Flowers stimulate the senses of smell, sight and touch and in doing so can also trigger memories, encourage reminiscing and reduce feelings of stress and anxiety. For these reasons, flower arranging is often a beneficial activity for individuals with Alzheimer's disease or other forms of dementia. Creating floral arrangements is a soothing activity that promotes feelings of calm and happiness and we are excited to do floral arrangements with our residents for our dining room tables!
- **Cardio Drumming**- Cardio drumming is back on the schedule for March! Once a week we will be tapping away on our exercise balls to get those hearts pumping!



FRIENDS & FAMILY REFERRAL PROGRAM!

\$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!

LAKE SIDE CONNECT

MAY 2022



MAY Fun!

May is here and there's so much to celebrate! Starting off this month with, Kentucky Derby all community party on May2, Then on May 5th were celebrating Cinco De Mayo, We're celebrating our Mothers with a Mother's Day Dinner with rsvp, on the 6th, We also have an outing celebrating Cinco de Mayo to Grand Azteca on that day. Followed by our all community with Live Entertainment on the 12th, The 13th we're heading out on an outing to Wing- Lee for some Chinese food, followed by our all community party on the 19th. We're also excited about another all community party on the 26th, in celebration of Memorial Day! We'll have a soldier table out all month along with themed snacks. Weather permitting we'll be enjoying our outside patio as much as possible. Check out your activity calendar to see how we are celebrating these event days at Waltonwood.



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COMMUNITY MANAGEMENT

Gina Conway
Executive Director

Travis Parshall
Culinary Services Manager

Mo Martinez
Environmental Services
Manager

Allison Neal
Independent Living Manager

Rosa Martin
IL Life Enrichment Manager

Marcia Combs
MC Life Enrichment Manager

Emilia Gnida
AL Life Enrichment Manager

Rae Matey
Marketing Manager

Melissa Wright
Marketing Manager

Melissa Kania
Resident Care Manager

Tracy Chamberlain
Wellness Coordinator

ASSOCIATE SPOTLIGHT

Portia has been with Waltonwood for five and half years and absolutely loves the residents and feels like they are her own family." I love putting a smile on their face and hearing their words of wisdom and backstories!" Thank you Portia for your dedication to our resident's care!



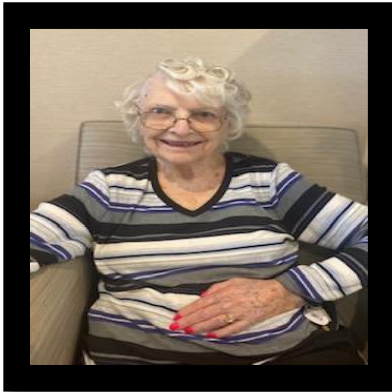
March HIGHLIGHTS

1

Residents enjoyed, putting puzzles together, while having a refreshing Pepsi.

4

Memory Care enjoyed Make over Tuesday's with our care team member, Alexis.



12

Residents enjoyed, Floral Arrangements!

17

The residents enjoyed, calling their own Easter Bingo with a snack.



National Senior Health and Fitness Day

On Wednesday May 25th join Waltonwood and over 100,00 other older adults across the country as we celebrate National Senior Health and Fitness Day. The annual celebration highlights the impact that staying active and fit has on our overall health and wellness as we age. Mirroring the principles of the Waltonwood Forever Fit Program, National Senior Health and Fitness Day promotes the benefits of regular exercise by finding creative ways to incorporate fitness into your daily routine. From group classes to fitness center training and education programs to informative demonstrations, the Waltonwood Forever Fit Program can help lay the foundation for an active, healthy lifestyle. This May 25th, lace up your walking shoes gather a few of friends and join us as we celebrate National Senior Health and Fitness Day 2022!

TRANSPORTATION INFORMATION

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. If you have an appointment that you need assistance with, please contact the front desk for more information about Oliver and Keith's driving schedule. Memory Care special outing's are back in March and we are so excited! They are scheduled for every Friday with Oliver and Marcia. Please look to the Memory Care calendar for location and description and utilize the sign up sheet to reserve your spot on the bus!

MAY SPECIAL EVENTS

2

All-Community: Kentucky Derby!

5

Cinco De Mayo Party! In Memory Care!



12

All-Community: Live Entertainment w/Tom Birchler

19,26

All-Community; Live Entertainment



EXECUTIVE DIRECTOR – Gina Conway

April presented us with unexpected challenges, and we are eager to put those behind us! The month of May offers many exciting and fun opportunities for residents, families and associates. We kick the month off with what is sure to be a fun Cinco de Mayo event, along with a lovely Mother's Day dinner celebration. Then we look forward to burgers on the patio for National Burger Day, a wine-paring for National Wine Day and special fitness offerings to celebrate Senior Health and Fitness Day. Later in the month, we honor our Veterans on Armed Forces Day and Memorial Day. We hope you join us for all the fun!