

Reminders

- ✓ **A September Calendar is included with this Newsletter.**
Please keep in mind that all scheduled activities are subject to change depending on the executive orders and community policies. Programs are posted in the elevator, the Hobby Room, the TV screens and in-room channel 952.
- ✓ **Be sure you sign up for trips by using the book in the library!**
Outings for grocery, pharmacy, bank runs, and other trips will be listed in the calendar and on the InTouch screens.

New Changes at Waltonwood Lakeside!



Please welcome our new Forever Fit Coordinator- Deb! Deb brings a wealth of Senior Exercise knowledge including yoga, balance, core development and is a corporate fitness professional.

Our Forever Fit exercise program will be changing slightly. Please note, some classes will be held in the Trunk Club. Consult your September calendar for new times and locations for the Forever Fit classes.

“Nature has given us all the pieces required to achieve exceptional wellness and health, but has left it to us to put these pieces together.” –Diane McLaren

\$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!



September Birthdays

Janet S. 9th

Daniel L. 12th

Sharon S. 17th

Sally S. 21st

Joanie P. 23rd



FRIENDS & FAMILY REFERRAL PROGRAM!

LAKE SIDE CONNECT

SEPTEMBER 2022



September to Remember!

As summer draws to a close, we look forward to that unique time between the seasons. We'll be celebrating the remaining warm summer days with a S'mores party by the fireside on our deck accompanied by one of our favorite musical performers, Jeff. We are excited to invite family to celebrate Grandparent's Day with a beautiful breakfast buffet. Join us on Thursdays for lunch outings, we'll be trying a brand new restaurant, Smokey Bones! Make the most out of these beautiful summer evenings by taking a stroll around our lovely community with the Walking Club. Say hello to our new Life Enrichment Assistant, Diane! She will be a familiar face in all the Life Enrichment programs. We are breathing new life into our Forever Fit exercise program and we're so happy to welcome Deb to our Waltonwood Lakeside Family. Let's invite September in with open arms and a grateful heart.



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COMMUNITY MANAGEMENT

Gina Conway
Executive Director

Travis Parshell
Culinary Services Manager

Mo Martinez
*Environmental Services
Manager*

Karen Goracio
Business Office Manager

Allison Neal
IL Manager

Emilia Gnida
AL Life Enrichment Manager

Marcia Combs
MC Life Enrichment Manager

Rae Matey
Marketing Manager

Melissa Wright
Marketing Manager

Tracy Chamberlain
Wellness Coordinator



ASSOCIATE OF THE MONTH -

Garrett Damon – Culinary Artist

These past couple of weeks have been a bit trying for our kitchen staff but they have managed to get through it! One of the main reasons being our amazing fairly new cook Garrett Damon. He has taken his position and made into something very special. We are happy and honored to have him here!

August Highlights

4

Our amazing resident liason Claudia did a wonderful job presenting her recipe for shortbread. Not to mention she had a full crowd!

16

Inge kicked off her jewelry class and oh how we missed her! Beautiful designs were created.

17

Ice Cream social hosted by the Waltonwood marketing team was an absolute success. The residents mingled with new folks from outside the community.

24

Our monthly new resident luncheon was a huge success! Our residents received luxury dining and they felt really special.



Forever Fit

Focus on Flexibility

Flexibility refers to our bodies ability to freely move around one or multiple joints pain free and through a full range of motion (ROM). As we age muscles lose their elasticity becoming more rigid and stiff. This age-related decline can cause pain, stiffness and decrease ROM in many of the bodies most used joints. While factors such as inactivity, decreased muscle strength and osteoarthritis can impact our bodies flexibility, regular stretching exercises can greatly improve the way we move and feel. By maintaining our flexibility as we age, we help to minimize the risk of falls while maximizing our performance of daily activities. Below are just a few tips and exercises that can help keep you loose, limber and feeling your best

- Identify the joints and surrounding muscles that are in the most need of attention, and use than as a starting point.
- Warm the body up emphasizing proper posture and technique to ensure safe and effective flexibility training
- Move slowly to the point of mild tension not to the point of pain
- Hold each static stretch for 10-90 seconds minimizing bouncing, jerking or excessive force that could cause a potential injury
- Breathe! Inhale before the stretch, exhale upon it and breather normally while holding the movement.

TRANSPORTATION INFORMATION

Transportation will be offered for Independent Living on Monday, Tuesday and Thursday each week for appointments. Residents are able to sign up inside the book at the drivers desk in the Library. Also in the book are outings and community events. Residents are required to fill out slips for all appointments and return to box inside library. Please keep in mind all events are first come first serve.

September Special Events

11th

National Grandparent's Day Breakfast Buffet will take place starting at 9:30am. Dan Bergen will perform at 2pm in the Dining Room.

22nd

All Community Party celebrating the 1st Day of Autumn! We will make S'mores by the fireside with a performance by Jeff!

15th

Lunch Outing at the new restaurant Smokey Bones- sign up in Outings Binder in the Library.

28th

Evening performance by Marie Sings In The Sunshine at 6pm.

See monthly and weekly calendar for more details.



Gina Conway :

Hello Residents, Family and Friends! September is here and we have much to be excited about! Fall is right around the corner, and the Holiday season is approaching quickly. Keep an eye on our Facebook page and website to see all the events that are being scheduled in the coming months. September 11 is Grandparents Day and we are hosting a gourmet brunch buffet for all residents and guests so please RSVP today if you are interested! Assisted Living week is September 11 – 17 and we have a lot of fun activities planned throughout the week including a Carnival-theme celebration on Friday, September 16th. Football is back, and we look forward to hosting tailgate parties for the games on the big screen in the IL theater room and in our AL trunk club. We had a great summer and look forward to transitioning into an exciting Fall!