



WALTONWOOD®

Redefining Retirement Living

SINGH

14650 Lakeside Circle, Sterling Heights, MI 48313

www.waltonwood.com | 586-532-6200

Facebook: /Waltonwoodlakeside

LAKESIDE CONNECT

SEPTEMBER 2022



September Fun!

September is here and there's so much to celebrate! Starting off this month with a scenic drive with an icecream social on the 2nd, Starting our I love Lucy series on the 5th, Followed by an outing on the 9th to Buddy's Pizza, We're having a live chef demo on the 13th making Cherry Jubilee, Our all community party with live entertainment by Richard is on the 15th, We are so excited for our ladies in Pink outing to the Royal Tea House on the 16th, followed by an all community party on the 22nd with live entertainment by Jeff, The resident love the Pancake House so much we decied to go back on the 23rd, We'll be having our community outing on September 28th to Yates Cider Mill, Were excited to announce that the IL Warbles will be coming over twice a week now on Mondays at 2:30 and on Fridays at 11:30.

COMMUNITY COMMUNICATION

- **Monthly Birthdays**-On the 14th of each month we're 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. Once a week we will be tapping away on our exercise balls to get those hearts pumping!



\$3,500 RESIDENT REFERRAL BONUS

FRIENDS & FAMILY REFERRAL PROGRAM!

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!

COMMUNITY MANAGEMENT

Gina Conway
Executive Director

Karen Goracio
Business Office Manager

Travis Parshall
Culinary Services Manager

Mo Martinez
Environmental Services Manager

Allison Neal
Independent Living Manager

Emilia Grinda
AL Life Enrichment Manager

Marcia Combs
MC Life Enrichment Manager

Rae Matey
Marketing Manager

Melissa Wright
Marketing Manager

Tracy Chamberlain
Wellness Coordinator

ASSOCIATE SPOTLIGHT-KENYA

Kenya has been at Waltonwood for about 10 years and has given her heart and soul to the residents every day! They are her favorite part of the job and it shows! Her coworkers love working with her and the Memory Care residents and family members are so grateful for her love and dedication. Thank you for everything you do Kenya!



AUGUST HIGHLIGHTS

1 16

Residents enjoyed making artifical fish.



17 23

Residents enjoyed a memory back in time singing music from the 50's.



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.

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 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!

SEPTEMBER SPECIAL EVENTS

15 16

All community Party! Live Entertainment with Richard

Assisted Living week: Carnival



22 28

All Community Party! Live Entertainment with Jeff

Community Outing: Yates Cider Mill



EXECUTIVE DIRECTOR – Gina Conway

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!