

COMMUNITY COMMUNICATION



Please join us for Resident Council on September 23rd at 1:30pm to stay in the know of community updates!

New Programs for September!

- **Chef Demos-** Enjoy a chef demo on the 27<sup>th</sup> for a tasty Cherries Jubilee dessert!
- **Musical Performances-** This month we have an All Community Party on the 15<sup>th</sup> at 1:30pm where we will celebrate Assisted Living Week with music and treats, as well as the 22<sup>nd</sup> at 1:30pm where we celebrate the beginning of fall with an Autum Fest!
- **Assisted Living Week-** AL week is September 11<sup>th</sup>-17<sup>th</sup> and we plan to celebrate all week! A flyer will be passed out with details of all the exciting events we have planned for this celebration!
- **Grandparents Day Breakfast-** Join us for a special breakfast buffet on Grandparents Day, September 11<sup>th</sup> at 9am. Please call to RSVP by the 8<sup>th</sup>!
- **Oktoberfest-** Enjoy a special Oktoberfest bingo on the 17<sup>th</sup> at 1:00pm with beer and pretzles!
- **World Alzheimer’s Day-** We will be having a special bake sale on the 21<sup>st</sup> to raise money for our local Alzheimer’s chapter- bring your sweet tooth!
- **Special Fall Outings-** Pay attention to the special outings at the end of the month to Westview Orchards and Yates Cider Mill! Sign up at the front desk!



\$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!

LAKE SIDE  
CONNECT

SEPTEMBER 2022



Fall into September!

As we enter the fall season and say goodbye to summer we have lots of fun festivities to enjoy this month! We have a change in some normally scheduled activities, so keep an eye on the calendar this month! There are some special days we celebrate this month such as Sudoku Day on the 9<sup>th</sup>, Grandparents Day on the 11<sup>th</sup>, National Coloring Day on the 14<sup>th</sup>, Oktoberfest on the 17<sup>th</sup>, and National Coffee Day on the 29<sup>th</sup>. We are going to celebrate Assisted Living week the 11<sup>th</sup> through the 17<sup>th</sup> with lots of fun daily activities and a carnival on Friday the 16<sup>th</sup> at 3pm. Not only are we celebrating our wonderful residents, but also our awesome staff! You will see many theme days and activities for the staff while you are out and about this week- make sure to thank the staff for all they do! We also have 2 All Community Parties this month- on the 15<sup>th</sup> and the 22<sup>nd</sup>! Pull out that fall décor and get ready to bundle up! We are excited for the leaves to fall and to warm up by the fire as we head into the holiday season!



SINGH  
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COMMUNITY  
MANAGEMENT

- Gina Conway  
Executive Director
- Travis Parshall  
Culinary Services Manager
- Mo Martinez  
Environmental Services  
Manager
- Karen Goracio  
Business Office Manager
- Allison Neal  
Independent Living Manager
- Marcia Combs  
MC Life Enrichment Manager
- Emilia Gnida  
AL Life Enrichment Manager
- Rae Matey  
Marketing Manager
- Melissa Wright  
Marketing Manager
- Tracy Chamberlain  
Wellness Coordinator



ASSOCIATE OF THE MONTH – 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

4

We celebrated chocolate chip cookie day with a baking class!

10

AL and MC residents enjoyed a campfire party with s'mores.



16

We enjoyed a bratwurst tasting on National Bratwurst day!

25

Our residents enjoyed an All Community Party with banana splits!



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

We have a busy month of outings! This month on the 7<sup>th</sup> we will be going to Emagine for a movie outing at 1pm, then on the 14<sup>th</sup> we are going for breakfast at the Pancake Factory at 9:30am. On the 21<sup>st</sup> we will take a special trip to Westview Orchards to do apple picking and get pumpkins at 2pm! Then on the 28<sup>th</sup> we travel to Yates Cider Mill to get some donuts and cider at 2pm!

All outings are first come first serve. Please sign up at the front desk at least 1 day before the outing. If you have any questions feel free to contact Emilia or the front desk.

SEPTEMBER SPECIAL EVENTS

9

Enjoy a sweet treat and some Sudoku hand outs for National Sudoku Day!

11

Let's celebrate Grandparents Day with breakfast and the start of Assisted Living Week!

16

Enjoy a special Carnival Celebration to end Assisted Living Week!

29

Have an afternoon pick me up with a door to door coffee bar for National Coffee Day!



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 16<sup>th</sup>. 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!