

Reminders

A November 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.
- ✓ **Water Aerobics is starting!** We're excited to start a water aerobics class every other Tuesday at 11:00am.
- ✓ **Pinochle and Euchre groups are growing!** We're gathering groups together for card games in the Trunk Club. Please see Rene or Diane to sign up and meet new card playing buddies!
- ✓ **Calling all crafters for the Annual Waltonwood Resident and Associate Craft Show!** If you are a crafter and would like to participate in our holiday show, please see Allison to reserve a space to sell your wares. Residents can start their holiday shopping a little early and take home something beautifully handmade.
- ✓ **Say hello to our new Life Enrichment Manager, Rene!** Rene will be kicking off November with a wealth of experience and passion for senior living and life enrichment! We're so happy to welcome her to our community-stop by the Hobby Room and say hello!

\$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!

November

Birthdays

Betty B. 1st

Ron T. 6th

Pat D. 7th

Bill W. 11th

Jack A. 14th

Ed C. 15th

Mary E. 18th

Angelo B. 23rd

Darla W. 25th

Leann F. 27th

FRIENDS & FAMILY REFERRAL PROGRAM!

LAKE SIDE CONNECT

NOVEMBER 2022



November is all about gratitude!

We had such a fun time celebrating the beginning of Autumn and we're looking forward to enjoying even more of this beautiful season. We're so thankful to spend each and every day with wonderful residents. Join us as we explore favorite restaurants and local shopping trips. We'll be making our annual trip to Frankenmuth and enjoying fall food at Blake's Cider Mill. We'll celebrate the Thanksgiving holiday a little early with a special dinner buffet for friends and family and capture the spirit of the holidays to come with another Holiday photo session. Residents will have the opportunity to support our local schools by attending a matinee performance of "Beauty and the Beast" performed at Chippewa High School. We're so grateful to share our time with such kind, generous and warm-hearted residents and associates and we couldn't thank you enough. We hope to see new faces in our life enrichment programs and we'd love to hear your suggestions!

COMMUNITY MANAGEMENT

Gina Conway
Executive Director

Mo Martinez
*Environmental Services
Manager*

Allison Neal
IL Manager

Rene Ruhlman
IL Life Enrichment 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

JORGE RODRIGUEZ- MAINTENANCE



Jorge was born in Detroit and is a hard-core Lions fan! His favorite food is pizza and tacos but not at the same time! He has worked with us for over 13 years and the residents are so grateful for his knowledge and expertise.

October Highlights

7th

Active Aging week concluded with a Chef Demo and awards presented to some of our most involved residents!

19th

Helmut Kolke provided musical entertainment for our All Community Oktoberfest party complete with pretzels, beer and traditional German fare.



29th

Grandkids and Great Grandkids paraded and trick or treated in a Halloween parade with our residents.

30th

Our first initial Veteran's Club started off with a "Get Acquainted" luncheon where residents swapped stories and met new friends.



Forever Fit

Feeling Fine

How do you feel today? Seems like a simple enough question but if we're not honest with ourselves sometimes our answers can lead us a stray. When we exercise our bodies adapt to the stress and strain we put upon them with heavy breathing, elevated heart rate and tired burning muscles. This short-term discomfort consistently done over time is actually what produces long term positive, health adaptations for our body. Exercise however, should never be painful. There can be a very fine line between pain and discomfort and you need to be conscious of both. Sharp, stabbing, radiating pains and swelling are telltale signs of pain that you should never ignore. These sensations are our bodies way of telling us that it needs time to relax, rest and recover. The next time you exercise be honest with yourself, acknowledge that discomfort is common but pain has no place in your workout.

TRANSPORTATION INFORMATION

Transportation is offered for Independent Living residents on Monday, Tuesday and Thursday each week for appointments. Residents may fill out ride slips at the drivers desk in the Library and return the slips to box on the table. Outings and community events sign up sheets are in the binder. Please keep in mind all events are first come first serve. Drivers may not be available on Wednesdays and Fridays as they are supporting our Assisted Living and Memory Care communities.

November Special Events

11th

We honor our Veterans with a special treat to say thank you for your service.

16th

Resident/Associate Holiday Craft Show! Start your holiday shopping early and support your local crafters!

19th

Special group outing to see Chippewa Valley's production of "Beauty and the Beast". Limited tickets are available.

22nd

Richard Sennema will perform for our All Community "Friendsgiving" Party!



Gina Conway :

November is here which means Thanksgiving is right around the corner. Tis' the Season for giving thanks, and our Waltonwood community has much to be thankful for this year! Over the past year we've seen a reduction in COVID infections, have eliminated all agency staffing by welcoming many new staff members and, have had many new residents call Waltonwood home. We have much work left to do and are so thankful for the patience and support shown by the residents and families. On behalf of the entire Waltonwood Lakeside team, we are grateful for YOU!