

COMMUNITY COMMUNICATION

New Programs for February!

- **Therapy Dog Visits-** Enjoy a visit from the Pawsitive Therapy Dogs on the 11th and 25th after 2pm!
- **Go Red Day** – Celebrate Go Red for Women day with a heart health seminar and happy hour before exercise class!
- **AL Resident Social-** Enjoy mock margaritas in the AL trunk club with friends on the 24th!
- **All Community Party-** Enjoy a Valentine’s All Community Party on the 16th at 2:30pm!
- **Dinner Music-** Enjoy live piano music during dinner on the 7th and 28th outside the dining room from 5-6pm!
- **Random Acts of Kindness Day-** Lets celebrate all the kindness we see day to day by celebrating the random acts of kindness we see all month!

\$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!

Please join us for Resident Council on February 23rd at 4:00pm to stay in the know of community updates!

LAKE SIDE CONNECT

FEBRUARY 2023



Let’s celebrate love and kindness!

February brings lots of love and happiness! We are celebrating a month of love and kindness in the spirit of Valentines day and Random Acts of Kindness Month! We start the month with Groundhog day on the 2nd to see how much longer before we see the warmer weather. Then we celebrate heart health and healthy habits on the 3rd for Go Red for Women Day! Celebrate National Chocolate Day and National Pizza Day on the 9th and then National Latte Day on the 11th. Watch the Eagles play the Chiefs on Superbowl Sunday on the 12th and then Valentine’s Day on the 14th! Celebrate Random Acts of Kindness Day on the 17th as well as National Caregivers Day! On the 20th we celebrate National Cherry Pie day, Mardi Gras on the 21st, and National Margarita Day on the 22nd! Finally on the 28th it’s National Chocolate Souffle Day!



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COMMUNITY MANAGEMENT

- Gina Conway
Executive Director
- Nick St. Onge
Culinary Services Manager
- Mo Martinez
Environmental Services Manager
- Lisa Kendrick
Business Office Manager
- Allison Neal
Independent Living Manager
- Marcia Combs
MC Life Enrichment Manager
- Emilia Gnida
AL Life Enrichment Manager
- Rene Ruhlman
IL Life Enrichment Manager
- Rae Matey
Marketing Manager
- Melissa Wright
Marketing Manager
- Tracy Chamberlain
Wellness Coordinator



FRIENDS & FAMILY REFERRAL PROGRAM!

ASSOCIATE OF THE MONTH – KRYSTAL

Although Krystal has only been here 3 months she has made an enormous impact on our residents lives. Her favorite part of working here is her awesome team! She loves to visit with the staff and the residents and hear about their lives. She is a bright smiling face that everyone loves to see in the hall, and the dining room! When she isn't serving she likes to visit with the residents and play games with them! Thank you for everything Krystal!



JANUARY HIGHLIGHTS

3

AL residents made muddy buddies in baking class!

20

Residents enjoyed a peppermint milkshake at the resident social!

18

Our Rainforest Café trip was a blast!

27

We celebrated the New Year with a roaring 20s party!



Here and Now

Much like our personalities our fitness experience is uniquely ours. Strengths, weaknesses, abilities and limitations all shape our overall health and wellness. While previous experiences often influence our perception of how we “should” be when assessing our current state, don't let them be the defining factor in your overall success. Having our focus at things too far in the past create an unfair comparison between our current self and a younger version. When we look too far ahead at our future goals, we can forget to establish the smaller steps necessary to create the foundation from which healthy habits are built. While both instances will be part of the bigger picture, they are only some of the steps in our overall journey. By focusing on today rather than how you felt 1, 5, or 10 years ago, you can better identify your current baseline and design a routine that works for you today. Like most things, progress in fitness is rarely linear, rather a series of ebbs and flows that are constantly challenging us. By recognizing these changes and finding ways to reframe our approach we better set ourselves up for success in the here and now!

TRANSPORTATION INFORMATION

We have a busy month of outings! Below is a list of the times and places we will travel this month.

Wednesday February 1st at 1:15pm- Movie Outing

Wednesday February 8th at 12:45pm- Tour of the Ford House

Wednesday February 15th at 11:30am- Lunch at the Aspen

Wednesday February 22nd at 1:30pm- Shopping Trip to Marshalls

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.

FEBRUARY SPECIAL EVENTS

3

Celebrate Go Red for Women Day in the trunk club at the health seminar!

8

Join us for a tour of the Ford House for our outing!

14

Enjoy a baking class to celebrate Valentine's Day.

24

Enjoy a mock margarita for our resident social this month!



EXECUTIVE DIRECTOR – Gina Conway

February is the shortest month but is packed full of holidays, from Valentine's Day to Presidents' Day. February is also National Random Acts of Kindness Month, making it the perfect opportunity to reinforce compassion and empathy throughout the community. Join our Waltonwood family in completing 2023 Acts of Kindness in the month of February. Performing a random act of kindness is exactly what it sounds like: deliberately attempting to brighten someone else's day by doing something kind for no specific reason. Throughout the month, the team will be offering many opportunities to showcase all those acts of kindness, so please keep your eyes and ears open for updates. Together we can make kindness the norm. "How do we change the world? One random act of kindness at a time." - Morgan Freeman