



INGE A – 2nd

JO ANN S – 4th

GLORIA S – 6th

BETTY W – 8th

IRENE Y – 15th

RAY G – 15th

MICHAEL W – 15th

MARLENE K - 17th

CLAUDIA K - 18th

BOB T – 19th

CHARLES P – 22nd

SHEILA B – 24th

Good to Know...

❖ Your February Calendar is included with this Newsletter.

Please keep in mind that just like your calendar at home, things sometimes change. While we try our best not to make changes, it does happen from time to time. **Remember: The most up-to-date programs are always posted in the elevator, in front of the Hobby Room and dining room and on the TV screens. You can also view them in-room on channel 952 on Comcast.**

❖ Also included with your Newsletter is a Life Enrichment

Survey. Please take the time to share your interests and ideas so we can create programming that you would like to see. Your feedback is very important and appreciated!

❖ 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.

❖ You may find more than one activity scheduled at the same

time. Please understand that we are trying to offer as many opportunities and options to as many residents as possible.

❖ New (or previously paused) programs for this month include:

Flower arranging for the Dining Room – Everyone is welcome! Grab some flowers and a vase and make it beautifully your own.

Tea and Table Talk with Rene – sip some tea, enjoy a cookie and chat with your friends about interesting topics.

Men's Night in the Trunk Club – calling all our male residents. Come hang out after dinner. Play some pool or darts, watch TV or just shoot the breeze – it's your night!

Card Club – come to the kickoff meeting on Sunday the 5th to find your fellow card players & get some games going.



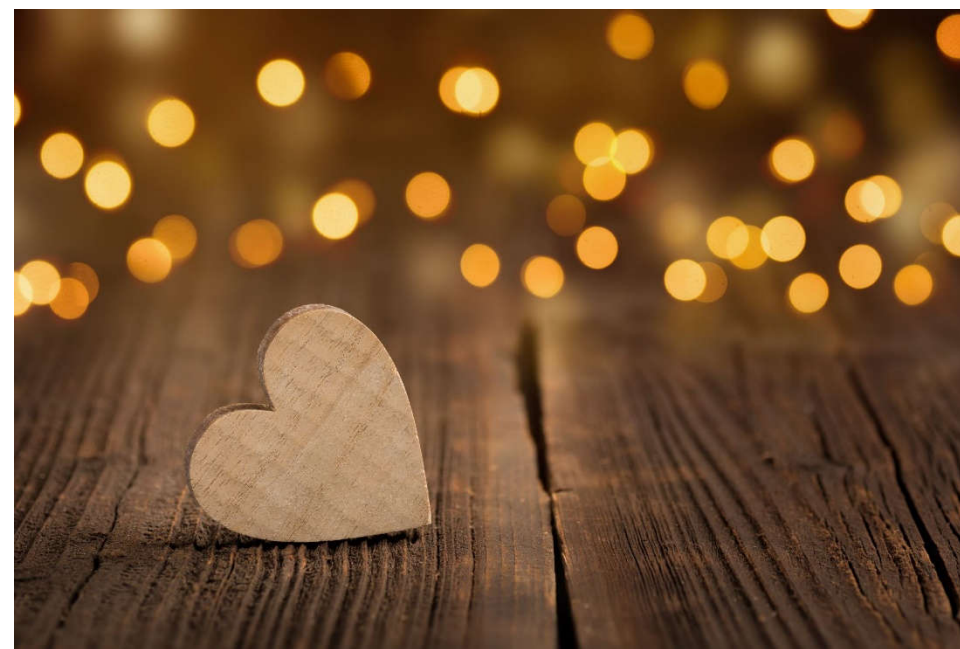
FRIENDS & FAMILY REFERRAL PROGRAM!

\$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!

LAKE SIDE CONNECT

FEBRUARY 2023



Do All Things With Kindness

Even though we only have 28 days, February is filled with an abundance of love and kindness. We're looking forward to spreading happiness and goodwill this month and we hope you do too! Please consider joining us in our challenge as a Waltonwood family to complete 2023 Random Acts of Kindness throughout the month. Watch for information on how you can participate.

We will also be kicking off the month with a Go Red For Women's Heart Health Day on Friday the 3rd. We'll have many fun (and healthy) activities scheduled that day.

We continue to keep our outings closer to home during these winter months, but look forward to branching out once spring is in the air.

Wishing you a month filled with joy, laughter & good health!

Rene | Life Enrichment Manager



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COMMUNITY MANAGEMENT

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Executive Director

Allison Neal
IL Manager

Lisa Kendrick
Business Office Manager

Rene Ruhlman
IL Life Enrichment Manager

Melissa Wright
Marketing Manager

Mo Martinez
Environmental Services Manager

Nick St Onge
Culinary Services Manager

Emilia Gnida
AL Life Enrichment Manager

Marcia Combs
MC Life Enrichment Manager

Tracy Chamberlain
AL/MC Wellness Coordinator

ASSOCIATE OF THE MONTH – CONNIE WEIR

Ms. Connie, our midnight Concierge has been with Waltonwood since 2013 and was nominated because of her kindness and willingness to always lend a hand. Connie is married with 12 children and 15 grandkids! She enjoys church, bowling, entertaining, family gatherings and travel. One of her favorite things about working here is talking with the residents and learning so much history. Congratulations and thank you – we appreciate you.



January Highlights

1st

Residents rang in the New Year with a Countdown to Noon Toast and entertainment by Henrick the Violinist

12th

Everyone enjoyed our Winter Wonderland All-Community party with entertainment by Scott

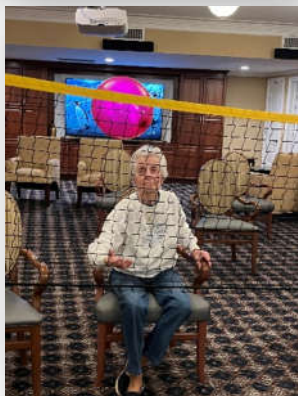


27th

The Roaring 20's party complete with entertainment by Bob Gracin, prohibition era cocktails & our finest attire was the "Bee's Knees"

21st & 28th

Saturday sports are a hit. We brought back ck up with Balloon Volleyball & Putt Golf



Forever Fit: Focus on Fitness

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

Transportation is offered for Independent Living residents on Monday, Tuesday and Thursday each week for appointments. Residents may fill out ride slips at the driver's desk in the Library and return the slips to box on the table. **Please allow a week's notice if possible** so our drivers can create their schedule. Outings and community events sign-up sheets are in the Outings binder. Please keep in mind all events are first come first serve. We request that if you sign up for an outing and end up not being able to attend, you cross off your name so someone else can take your spot. If the bus is full & you have your own car, you are welcome to meet us at the destination. Drivers may not be available on Wednesdays and Fridays as they are supporting our Assisted Living and Memory Care communities.

February Events

Random Acts of Kindness – all month long!

February 1 – Kickoff of Men's Night in the Trunk Club

February 3 – Go Red for Women's Heart Health

February 6 – Emagine Theater: 80 For Brady Movie outing

February 11 & 25 – Pawsitive Changes Therapy dogs visit

February 12 – Superbowl Sunday

February 16 – All Community Valentine's Party with Jeff Cav

February 21 – Paczki Day

February 27 – Morley Candy Factory Outing



Adventure by Waltonwood – What brings you joy? What are you passionate about? Do you have a bucket list item you'd like to accomplish? Our Life Enrichment team wants help make your dream come true. Please reach out to Rene to share your idea or ask any questions! We can't wait to fill your bucket.

Gina Conway Executive Director:

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. Let your Life Enrichment Manager know about each act of kindness and in exchange you'll receive a small treat. The resident with the most acts of kindness by March 1 will receive a Waltonwood gift basket. Together, we can make kindness the norm.

"How do we change the world? One random act of kindness at a time." - Morgan Freeman