

LAKE SIDE CONNECT

FEBRUARY 2023



February Fun!

February is here and there's so much to celebrate! Starting of this month with Random acts of kindness!" Every act of Kindness is a little bit of love we leave behind" We will also be introducing our new activity on Monday's called "A Tour Around the World" in the Maple kitchen at 3:30. This will allow residents the opportunity to take a virtual vacation and get to sample foods that are made in these countries or states. Were also excited about our winter bowling league has started back up. And were working hard this season to get our bowling trophy! Were also happy to welcome back or very own memory care performer Kelly Miller on the 2nd. Followed by on the 3rd were celebrating "Go red day!" In the activity room with heart health snacks along with an awareness video, we will also be providing blood pressure readings. Were painting it pretty for Valentines Day! With our pretty nails for our ladies on the 14th, On the 22nd will be celebrating the Chinese New Year! On Thursdays, at 3 pm well be launching our "Thursday movie nights:" with popcorn and a soft drink! This month well be watching I Love Lucy!

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!

RESIDENT BIRTHDAY!

Cecil ~ 6

Please! Come join us as we celebrate all of our February Birthdays on the 14th at 3pm.



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

Lisa Kendrick
Business Office Manager

Mo Martinez Environmental
Services Manager

Allison Neal
Independent Living Manager

Rene Ruhlman
IL Life Enrichment Manager

Emilia Grinda
AL Life Enrichment Manager

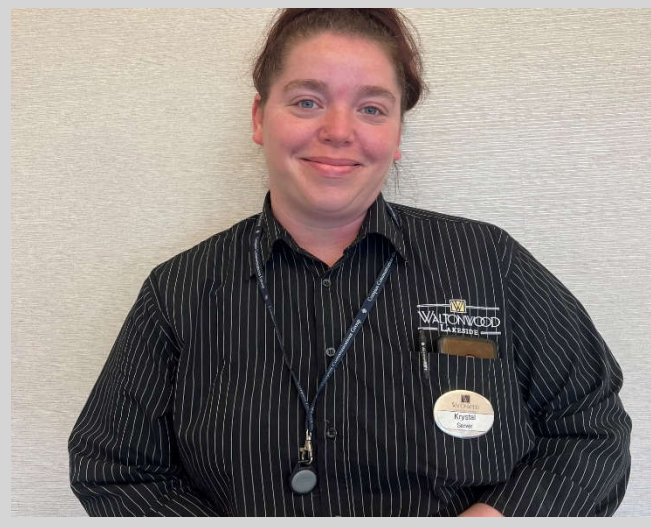
Marcia Combs
MC Life Enrichment Manager

Melissa Wright
Marketing Manager

Tracy Chamberlain
Wellness Coordinator

ASSOCIATE SPOTLIGHT

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!



FEBRUARY HIGHLIGHTS!

3

Residents enjoying Floral Arrangements.

14

Residents enjoyed some nice music while putting together puzzles.



19

Residents enjoyed a nice game of Bowling!

26

Residents enjoyed parachute popcorn!



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.

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!

FEBRUARY SPECIAL EVENTS

2

Live performance in memory care with Kelly Miller!

3

Go Red Day! Residents will enjoy and educational video with some healthy snacks!



14

Residents will enjoy a cute Valentine Day movie with snacks in the activity room.

27

In celebration of Black History month, we'll be celebrating with an educational video and refreshments!



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. 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