

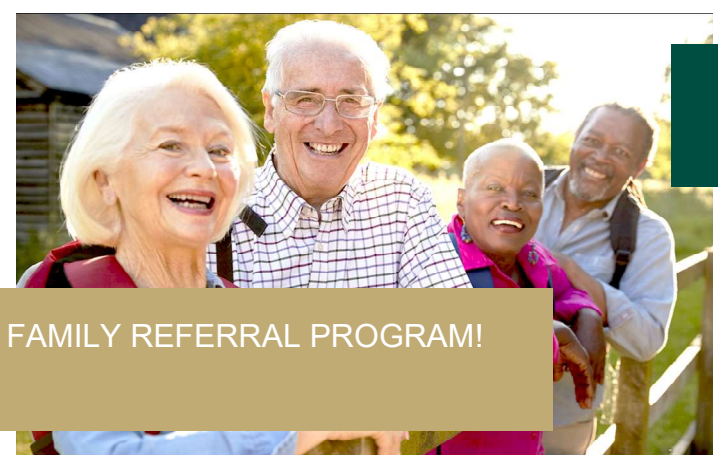


## RESIDENT BIRTHDAYS

Judy, May 15<sup>th</sup>  
Ron, May 17<sup>th</sup>

## COMMUNITY COMMUNICATION

- **Monthly Birthdays**-On the 14<sup>th</sup> 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!



## 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!

# LAKESIDE CONNECT

## MAY 2023



### May Fun!

May is here and there's so much to celebrate! Starting off this month with Musical Mondays in Independent Living with live entertainment by Bob Gracin. May 2<sup>nd</sup> we'll be starting off our Popcorn Tuesday movie premiere with "Shall we Dance", followed by a Cinco De Mayo outing to the Grand Azteca. We'll have the actual Kentucky Derby in our IL Theater room at 12pm on the 6<sup>th</sup>. We are welcoming the Attorney General who will be sharing information on "Robo calls" on the 8<sup>th</sup>. We're heading to the Detroit Zoo on the 12<sup>th</sup>. Musical Mondays with Matthew Ball on the 15<sup>th</sup>. Followed by an outing on the 19<sup>th</sup> to Cranbrook Institute of Science, followed with a Pizza party with Words from Friends in celebration of National Pizza Day! On the 23<sup>rd</sup> we'll be watching "Gidget" in the MC café. On the 26<sup>th</sup> we'll be wrapping our month up with a trip to Stahl's Museum.



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### Community Management

Gina Conway  
Executive Director  
Lisa Kendrick  
Business Office Manager

Allison Neal  
Independent Living Manager

Rene Ruhlman  
IL Life Enrichment Manager

Emilia Grinda  
AL Life Enrichment Manager

Marcia Combs  
MC Life Enrichment Manager

Mellisa Wright  
Marketing Manager

Kara Palazzolo  
Resident Care Manager

Tracy Chamberlain  
Wellness Coordinator

Nicholas St. Onge

Culinary Services Manager

Mo Martinez

Environmental Services Manager

# ASSOCIATE SPOTLIGHT

Trinity Foster has been with Waltonwood for 6 months as a caregiver. She has already proven to the whole community that she's a bright star. She says she looks forward to coming into work everyday to care for her residents. Not a day goes by where they don't make her smile. She loves going the extra mile to make their day. Because she believes it's the little things that matters the most. We are so blessed to have her here with us!



## APRIL'S HIGHLIGHTS

6

Residents enjoyed one of short lived hot days on the patio with a resident led Perks read!

7

Resident enjoyed a visit from our friends at the Reptile Zoo!



21

Residents enjoyed an outing to Imperial Bowling as a league outing!

27

Residents enjoyed their favorite activity Bingo!



## 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 outings 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!

## MAY SPECIAL EVENTS

1

Introducing Musical Mondays in IL.

5

Residents can celebrate Cinco De Mayo at Grand Azteca on an outing!

12

Residents will get to enjoy a nice stroll through the Detroit Zoo!

26

Stahl's Automotive Museum Outing!



## Mark Your Calendar

On the last Wednesday of May Waltonwood joins with other seniors across the country to celebrate National Senior Health and Fitness Day. This year's event marks the 30<sup>th</sup> anniversary of the occasion aimed at encouraging and promoting health and wellness for older adults. With the theme of "Move More to Do More" each community will be highlighting the day in their own unique way. On Wednesday May 31<sup>st</sup> join Waltonwood and your fellow residents as we celebrate National Senior Health and Fitness Day the perfect way to move more and feel better.

## EXECUTIVE DIRECTOR – Gina Conway

After three long years of wearing masks, we are finally expecting for the mask mandate to be lifted this month! This is tentatively scheduled to go into effect on May 11<sup>th</sup>, which would mean staff, visitors and vendors would no longer be required to wear masks in the community. It is possible that masks may be required in the future under certain circumstances, such as a COVID outbreak in the community, but those decisions will be made as the situations arise. We look forward to welcoming our residents and their unmasked families to our Mother's Day Dinner Buffet on Thursday May 11<sup>th</sup>. Please call the community today to RSVP! Chef Nick and the team has pulled out all the stops to offer the deserving mothers a delicious meal including Carved Beef Tenderloin, Grilled Chicken Bruschetta, and Honey Mustard Glazed Salmon. Later in the month, we hope you join us for an important presentation on Senior Scams to be hosted by the Macomb County Prosecutor, Peter Lucido.