

COMMUNITY COMMUNICATION

October Highlights!

- **Active Aging Week (October 2-9):** Enjoy all of the activities that we have planned for inspiring wellness throughout our community all week long. From our 5 Day-5K, chair yoga, exercise machine tutorials and healthy cooking demonstrations, to the informational videos and dancing classes, no doubt you will find something that will keep you pushing to keep your body in shape!
- **Ford House Tour-** We have just **7** seats available for our tour of the Ford House on 10/6/2023! Please sign up as soon as possible as it is a first come, first served outing. We have only a limited number of tickets available.
- **Join us for a Halloween Dinner-** On October 30, beginning at 4:00 PM, we will have a special themed Halloween Dinner. Please join us that day for some spooky fun!
- **Sign Language with Phyllis-** She's back! Miss Phyllis will resume her sign language classes every Wednesday at 10AM.
- **Jet's Pizza Social-** Join us for a Jet's Pizza Luncheon on October 12 in the Hobby Room.
- **NEW Activity *Stitch & Chatter*-** Every Sunday afternoon, join your neighbors in the hobby room. Bring your projects and have a chat while you work! We will provide small supplies; should you need anything, please let Tina know and we will make it happen if we can! Yarn, sewing materials, scrapping materials, etc. will be left out for you to use at your leisure every Sunday at 6 pm.
- **SUNDAY FUNDAY!-** Join Tina at 1 PM for the Lions game and some snacks and refreshments on October 15 in the Trunk Club!

THE TENTH MONTH

October, the tenth month of the year
Some hate it, others think it's dear
The heat of the summer is done
In the sky sets high the sun.

But we know what is coming next
October's coolness puts it in context
Winter will soon be upon us
But enjoy the fall without fuss.

The colors of October bring
Beauty to the trees and things
The sunsets against the trees at night
Shine the most beautiful light

October is the month of harvest
We pray and hope for the largest
We give thanks to God above

LAKESIDE CONNECT OCTOBER 2023



ACTIVE AGING AND EATING RIGHT!

In celebration of Active Aging Week, October 2 through October 9, we have put together a checklist of all the ways to keep your meals healthy! Eating right doesn't have to be complicated! There are several ways to choose the correct foods and build a healthy plate with all of the nutrients that you need. Consider the below tips to help you get started on your way to eating right!

- Make half your plate fruits and veggies
- Make at least half your grains whole
- Switch to fat free or low fat milk, yogurt and cheese
- Vary your protein choices
- Limit sodium, saturated fats and added sugars
- Stay well hydrated
- Enjoy your food but be mindful of portion sizes
- Trust that the chef's here at Waltonwood are taking care of your needs everyday with every dish they make!

Eating right doesn't have to be hard, or boring! Be sure to meet up with us at this month's activities for more tips and tricks on how to age actively and inspire wellness!

COMMUNITY MANAGEMENT

Gina Conway
Executive Director

Lisa Kendrick
Business Office Manager

Nick St. Onge
Culinary Services Manager

Ahmed Al-Zayad
Environmental Services
Manager

Tina McCarthy, CDP
AL Life Enrichment Manager

Marcia Combs, CDP
MC Life Enrichment Manager

Rene Ruhlman, CDP
IL Life Enrichment Manager

Madison Goodman
Resident Care Manager

Tracy Chamberlain
Wellness Coordinator

Melissa Wright
Marketing Manager

Allison Neal
Independent Living Manager

FRIENDS & FAMILY REFERRAL
PROGRAM!

\$3,500
RESIDENT REFERRAL
BONUS!

ASSOCIATE OF THE MONTH – EVELYN



If you don't know her already, meet Evelyn! Evelyn has been with Waltonwood for a staggering 16 years! While she started as a caregiver, she quickly made her way up to MedTech, and now Receptionist. Evelyn loves to take care of the residents, and enjoys putting a smile on their faces. Simply seeing all of you happy brings pure joy to Evelyn. Recently, Evelyn has started dabbling in the Life Enrichment areas of Senior Living. No doubt that her outside hobby of crafting and love for her job will bring some new and fresh ideas to the monthly activity calendar.

Congratulations on being our Employee of the Month, Evelyn. This is a well-deserved award for a wonderful and caring person whose passion for people truly shines through!

RESIDENT OF THE MONTH

Meet Cheryl! Miss Cheryl is an absolute blast to be around! In fact, she is considered the "Class Clown" by her friends and family. Born on June 9th in Detroit, Cheryl grew up to work for AAA for many years before settling in as an aide in homecare. A few of her favorite things include her dog, a Shih Tzu named Gigi, the color light blue, pepperoni pizza and red roses. Her dream vacation is a trip to Hawaii (ours too, Cheryl!). If you haven't met Cheryl yet, look for her friendly face in the crowd and say hello! Thank you for being with Waltonwood, Cheryl! You make the days a little brighter!



Active Aging Week

Celebrating its 20th anniversary, Active Aging Week kicks off Monday October 2nd and runs till Sunday October 8th. The annual celebration highlights the physically, socially, spiritually, emotionally, intellectually, vocationally and environmentally wellbeing of those 50 and over. Join with Waltonwood as we celebrate Active Aging Week with daily events aimed at keeping our residents feeling their very best. With exercise classes to fitness assessments and educational seminars to hands on demonstrations each community will offer their own unique experience highlighting the different dimensions of wellness and how they can thrive at any age.

TRANSPORTATION INFORMATION

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

- Friday, October 6 – Ford House Tour (*7 people max!*)
- Friday, October 13 - Great Lakes Crossing Aquarium & Rainforest Café for lunch
- Friday, October 20 – Shopping trip to JC Penny
- Friday, October 27 – Lunch at Juan Blanco's & Tillson Street drive

All outings are first come first serve. **Please sign up outside the Trunk Club**, or tell Tina or Jasmine at least 1 day before the outing. The bus MUST remain on schedule! If you are attending an outing, please be sure to meet us in the Main Lobby at least 15 minutes in advance!

OCTOBER SPECIAL EVENTS

1-8	4
Active Aging Week- Look for tons of activities surrounding aging gracefully!	Musical Entertainment with Dennis F. in the Main Lobby of AL
15	30
Sunday Funday! Lions game fun and tailgating snacks!	Halloween Party/Dinner



EXECUTIVE DIRECTOR – Gina Conway

October is Emotional Awareness Month!

Maintaining a healthy emotional balance helps us to make good choices, keeps good relationships and helps us to achieve our goals. With our hectic schedules and life's daily stresses, it can be difficult to maintain a sense of calm and balance. Some ways to help us disconnect and take some time for our own minds include soothing activities, such as meditation or yoga, getting a good night's sleep, and maintaining a healthy diet. Try to eliminate as much stress from your every day life as possible. If you find it difficult to do so, talk to your doctor or a therapist who can help guide you toward activities that will make you feel like yourself again. October also hosts Active Aging Week, which goes hand in hand with your emotional well-being. So, take some 'you' time! Both physical and mental aspects of your life contribute to aging gracefully!