

## COMMUNITY COMMUNICATION

### November Highlights!

- **November 2: Musical Entertainment with Suzi Marsh** Get ready for an energetic show! Suzi Marsh is widely recognized, not only in senior living communities, but in many establishments in Metro Detroit. She brings with her years of experience and TONS of fun!
- **November 9: Americas White Table-** A special reading of “Americas White Table”, a story about Veterans and what this display means to them.
- **November 10 @: Veterans Day Medal Ceremony-** Join us in the Bistro for a special ceremony highlighting the Veterans that are your neighbors and friends.
- **November 12 @ 1:00: Sunday Funday Lion’s Game-** Tailgating fun while we watch the game in the Trunk Club!
- **November 21 @ 12:00: Jimmy John’s Social-** See you at noon for a Jimmy John’s Luncheon! Enjoy good food and GREAT company!
- **November 30 @ 2:30: All Community Party-** Join us in the Independent Living Dining Room for Musical Entertainment with Jeff
- **Every Wednesday @ 4:00: Fireside Chat-** A chat around the fireplace. There will be coffee, cocoa and fun with friends as we learn each other a little more.
- **Every Monday @ 1:00: Arts & Crafts-** Every week, a new craft. This month, we will be focusing on holiday items for your home!

#### A Thanksgiving Garden

Plant three rows of peas:  
Peace in our hearts  
Peace in our school  
Peace in our world

Plant four rows of squash:  
Squash gossip  
Squash indifference  
Squash grumbling  
Squash selfishness

Plant four rows of lettuce:  
Lettuce be faithful  
Lettuce be kind  
Lettuce be obedient  
Lettuce really love one another

No garden should be without turnips:  
Turnip for lessons  
Turnip on time  
Turnip to help one another

Water freely with patience; cultivate with love.  
There is abundance in your garden  
Because you reap what you sow.

To conclude our garden, we must have thyme:  
Thyme for study  
Thyme for friends  
Thyme for family!

### \$5,000 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!

#### FRIENDS & FAMILY REFERRAL PROGRAM!

## LAKESIDE CONNECT NOVEMBER 2023



*Redefining Retirement Living*

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### VETERANS DAY: A HISTORY LESSON

World War I, the “war to end all wars”, officially ended when the Treaty of Versailles was signed on June 28, 1918. However, fighting between the Allies and Germany had actually stopped several months before when an armistice, or temporary truce, was established. The armistice began at the 11<sup>th</sup> hour of the 11<sup>th</sup> day of the 11<sup>th</sup> month-November 11, 1918. One year later, President Woodrow Wilson proclaimed the first Armistice Day to commemorate the anniversary of the end of the Great War.

In 1938, Congress made Armistice Day a federal holiday that celebrated veterans of World War I. In 1945, A World War II veteran named Raymond Weeks suggested that Armistice Day honor all veterans, not just those who served in WWI.

In 1954, President Dwight D. Eisenhower signed the bill changing Armistice Day to Veterans Day-honoring all those men and women who had served in World War I, World War II, and by then, the Korean Conflict.

Veterans Day is largely intended to thank living veterans for their service, to acknowledge their contributions, and to underscore the fact that **all** those who served-not only those who have passed-have sacrificed and done their duty.

**~Thank a Veteran today!~**

### 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

Sharon Daniel  
Marketing Manager

Katelyn Clark  
Marketing Manager

Allison Neal  
Independent Living Manager



## ASSOCIATE OF THE MONTH – SHAWELL



Meet Shawell!

Shawell has been with Waltonwood for about a year. If you ask Shawell about her favorite part of the job, she would say, hands down, it’s the residents! She likes that she can sit and chat with them and make them laugh. She enjoys checking on folks to make sure that they have everything that they need.

Say hello to Shawell when you see her throughout the building!

## RESIDENT OF THE MONTH - CAROLYN



Meet Carolyn!

Carolyn was born on August 1<sup>st</sup> in Mount Clemens. Growing up, Carolyn had the chance to be an exchange student in the Netherlands! It was so beautiful that to this day, her dream vacation would be in the Netherlands. After high school, Carolyn went on to become an Elementary School Teacher at Magahay Elementary. She soon became principle of the school, and remained in that position for 20 years!

If you haven’t already, come and meet Carolyn at one of the activities she enjoys most...Happy Hour!

## How Do You Feel?

How do you feel today? Seems like a simple enough question but if we’re not honest with ourselves sometimes our answers can lead us a stray. When we exercise our bodies adapt to the stress and strain we put upon them with heavy breathing, elevated heart rate and tired burning muscles. This short-term discomfort consistently done over time is actually what produces long term positive, health adaptions for our body. Exercise however, should never be painful. There can be a very fine line between pain and discomfort and you need to be conscious of both. Sharp, stabbing, radiating pains and swelling are telltale signs of pain that you should never ignore. These sensations are our bodies was of telling us that it needs time to relax, rest and recover. The next time you exercise be honest with yourself, acknowledge that discomfort is common but pain has no place in your workout.

## TRANSPORTATION INFORMATION

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

**Friday, November 9** – Trinity Lutheran-Friday Flock (service and lunch)

**Friday, November 10**- Meijer Shopping

**Friday, November 17** – Lunch at Juan Blanco’s (rescheduled from October)

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 FUN!



## EXECUTIVE DIRECTOR – Gina Conway

November is National Gratitude Month and studies have shown there are many physical and emotion benefits of practicing daily gratitude. Reduced stress, improved sleep, and even lower blood pressure are among the many positive effects that can be experienced.

Personally, I have much to be grateful for this year as I plan to welcome a baby girl, due on December 1st. I am very excited to start this new chapter in my life, but will miss the residents, families and associates while I’m away. For the duration of my leave, Regional Director of Operations, Paul Carlson, will be in the community a few days during the week to support as needed. This is my favorite time of year, and I am disappointed I likely wont be around for the annual Holiday Open House on December 8th or Holiday Dinner Buffet on December 21st. However, I do plan to be around for the Thanksgiving Family Buffet on November 13th, unless this baby girl has something else in mind. Hope to see you there!

