



Ellie M – 1st

Betty B - 1st

Ron T – 6th

Pat D – 7th

Bill W – 11th

Ed C – 15th

Mary E – 18th

Angelo B – 23rd

Darla W – 25th

Leann F – 27th

❖ **Your November Calendar is included with this Newsletter.**

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.**

- ❖ If you have suggestions for outings, restaurants, movies or activities, please fill out a suggestion form in the Hobby Room.
- ❖ We will not have **Transportation** available on Thanksgiving or the day after.
- ❖ Come cheer on the **Detroit Lions** with your fellow residents in the Theater Room on game days.
- ❖ **Kelly Miller** will be performing for the entire community on Monday, November 20. If you like what you hear, she visits memory care on a monthly basis.
- ❖ Minister Dave Sheldon leads a **Lutheran Bible study** the first Tuesday of every month at 11:00am in Assisted Living – all are welcome!.
- ❖ Congratulations to Ilene in Apartment 211 for being chosen as the winner of our Fall/ Halloween Door Decorating Contest. Ilene and a guest will be treated to a special lunch at LeAndos Café complete with transportation! Thank you to all residents that participated. We love seeing our community decked out for the holidays. Watch for a new contest in December.



\$5000 RESIDENT REFERRAL BONUS

If you refer a new resident to Waltonwood and they sign a one-year lease with us, you'll receive a **\$5000 Referral Bonus*** in the form of a check, rent credit or donation to a charity of your choice!

*New resident must reside at Waltonwood at least 60 days before bonus will be paid. Must move in by 12/31/23. Ask for details!



FRIENDS & FAMILY REFERRAL PROGRAM!

LAKE SIDE CONNECT NOVEMBER 2023



"Don't wait until the fourth Thursday in November to sit with family and friends to give thanks. Make every day a day of Thanksgiving!" – Charmaine J. Forde

At our Waltonwood community, we're so grateful to share our time with such kind, generous and warm-hearted residents and associates. We have much planned as we round out the last two months of 2023 and enjoy "the most wonderful time of the year". We hope to see many new faces at our life enrichment programs. This month we also celebrate Veterans Day. Our community is filled with Veterans from all branches of the service. We are all grateful for your service!

Congratulations to Adele for participating in our Adventure by Waltonwood program and crossing ziplining off her bucket list! We were so happy to make it happen and witness just how amazing she is!

Wishing you and your loved ones a blessed Thanksgiving,
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

Sharron Daniel
Marketing Manager

Katelyn Clark
Move In Coordinator

Ahmed Al-Zayad
Environmental Services Manager

Nick St Onge
Culinary Services Manager

Marcia Combs
MC Life Enrichment Manager

Tina McCarthy
AL Life Enrichment Manager

ASSOCIATE OF THE MONTH – JOHN NOVAK

Congratulations to Dining Room Server John for being selected for the month of November. John has been with us for four months and is already a resident favorite! Those who nominated him say he goes above and beyond without being asked, he provides warm friendly service and is prompt and has a great attitude. John thinks the staff is amazing and the residents are very sweet and understanding. In his spare time, he helps around his parents' house, hangs out with friends and likes to play piano and write music!

Nominations are accepted at the front desk!



TRANSPORTATION INFORMATION

Transportation is offered for Independent Living residents on **Monday, Tuesday and Thursday** between 8am and 3pm each week for appointments based on availability. Residents are asked to fill out a transportation request form **at least two weeks in advance** so our drivers can create their schedule. Slips are located in the library and should be placed in the box on the table.

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 your name off the list so someone else can take your place.** If the bus is full and you have your own car, you are welcome to sign up on the bottom of the form and join us at the destination. Drivers are not typically available on Wednesdays and Fridays as they are supporting our Assisted Living & Memory Care communities.

October Highlights

4th

Chef Paul treated us to a cooking demo showcasing Sweet Potato Quinoa Cakes with maple glaze - YUM

17th

A beautiful 100th birthday celebration for Erna. It's clear what a positive impact she has here



27th

The Macomb County Sheriff's mounted division visited with their beautiful horses.

29th & 30th

Residents enjoyed a not-so-spooky Halloween with a Trick or Treat party and a boo-tiful Halloween Dinner Buffet



Forever Fit: 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 adaptations 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 way 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.

November Happenings

- November 2 – Performance by Helmut Kolke
- November 6 – Traveling Sales Gals Vendor Show
- November 7 – Lutheran Bible Study in AL
- November 10 – Veteran's Luncheon
- November 13 – Wine Tasting at Filipo Marc Winery
- November 14 – Sterling Heights Library Book swap
- November 16 – Thanksgiving Dinner Buffet
- November 20 – All community musical performance with Kelly Miller
- November 23 – Happy Thanksgiving
- November 27 – All community holiday decorating
- November 30 – All community performance by Jeff Cavataio



Gina Conway Executive Director:

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 won't 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!