

COMMUNITY COMMUNICATION

LAKESIDE CONNECT



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NOVEMBER 2023



What Is It Truly Like to Be 94 Years Old?

Recently, Mary invited a lovely 94-year-old woman to join her on a vacation to the beautiful storm-battered coast of Washington State's Olympic Peninsula. Ninety-four years is a very long time to live — few people make it that far. I'd like to. My grandmother died at the impressive age of 102 and my aunt passed away a few weeks after her 100th birthday. The elegant lady who joined me on this excursion (let's call her "Ann") is the third-oldest person I've spent quality time with. *What is it like to be very old*, I've always wondered. If my grandmother's and aunt's lifespans are an indication, it's likely I'll be very old one day too — and that makes me curious about my future. What does one do when one reaches such a distinguished age? And even more importantly: What does one *think*? Will death infect my thoughts all day long, or will I push it away until I can no longer ignore it? Will I pine for the old days and live in the past? Will I cower in fear or face down the Reaper with an indomitable spirit? Death, health, finance, family, mental acuity, friendships, loneliness, happiness, and fear — I want to know about all these things. I never asked my grandmother or aunt what it was like to be old. It would have been an overreach for me at the time, and the question still feels like a deeply personal intrusion. Society has its taboos, and this is one of them. Still ... I'm curious.

\$5,000 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!

Resident Birthday's in November!

Jack, 14

Luz, 20

- **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.
- **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!
- **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.
- **Triva-** Research has shown that mental stimulation, such as that provide trivia questions, can help improve memory recall and slow cognitive decline in seniors with dementia.
- **Arts & Crafts-** Creating art helps to stimulate brain plasticity and create new connections between brain cells. Alzheimer's erodes the neural pathways in the brain, resulting in loss of memory. Creating art can help in the creation of neural pathways, allowing for better memory and recall.
- **Bingo-** Research has shown that senior bingo can boost brain function among seniors with Alzheimer's disease.



FRIENDS & FAMILY REFERRAL PROGRAM!

COMMUNITY MANAGEMENT

Gina Conway
Executive Director

Nick St. Onge
Culinary Services Manager

Ahmed
Al'Zayed Environmental
Services Manager

Lisa Kendrick
Business Office Manager

Allison Neal
Independent Living Manager

Marcia Combs
MC Life Enrichment Manager

Christina McCarthy
AL Life Enrichment Manager

Rene Ruhlman
IL Life Enrichment Manager

Melissa Wright
Marketing Manager

Sharron Daniel
Marketing Manager

Madison Goodman
Resident care Manager

Tracy Chamberlain
Wellness Coordinator

Katelyn Clark
Move-in Coordinator

ASSOCIATE OF THE MONTH – SHAWELL MILLER

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!



OCTOBER HIGHLIGHTS

5

Residents enjoyed Active Aging week with our RCM Dancing!

8

Memory care got to participate in a cooking demo with chef Nick!



20

Residents enjoyed Balloon volleyball!

27

Residents enjoyed Parachute Popcorn!



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

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. Our memory care outings have changed to every Wednesday of each week. Please look to the Memory Care calendar for location and description and utilize the sign up sheet to reserve your spot on the bus!

NOVEMBER SPECIAL EVENTS

1

Outing Imperial Bowling Lanes to have lunch and bowl!

8

Outing Missions BBQ!



16

Come join us for our Thanksgiving Buffet!

21

Memory care will be having Lunch and a musical in the Maple Kitchen.



EXECUTIVE DIRECTOR – Gina Conway

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.

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. you there!

Thanks, Gina