



Virginia W – 1<sup>st</sup>

Jim H – 12<sup>th</sup>

Gail D – 15<sup>th</sup>

Claudette K –  
28<sup>th</sup>

Welcome  
We're Glad You're Here

June B – 211

Gloria F – 331

Pat S - 420

- ❖ **Your March 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.**
- ❖ Forms are now available in the Sign-Up binder in the Library for suggestions for outings, restaurants, movies, activities, shopping and entertainment.
- ❖ Life Enrichment is collecting old, broken or mismatched pieces of jewelry for a craft project in the Spring. Drop off is in the Hobby Room.
- ❖ Independent Living residents are welcome to join in on any of the activities you might find interesting in Assisted Living. Copies of their calendar will be available in the Hobby Room.
- ❖ By popular request, we will be starting a Dinner Club for residents one Wednesday evening per month. Thank you to our driver Keith for offering to stay late!
- ❖ Our rolling TV cart/computer has arrived. This equipment will open up many opportunities for activities using technology based programs.
- ❖ Daylight Savings Time is on March 10<sup>th</sup>. Don't forget to Spring Forward! If you need help resetting any of your devices, please let us know.
- ❖ Thank you for embracing the Waltonwood Kindness challenge in March – Let's keep that positivity going all year long.

## \$4000 RESIDENT REFERRAL BONUS

If you refer a new resident to Waltonwood and they sign a one-year lease with us, you'll receive a **\$4000 Referral Bonus\*** in the form of a check, rent credit or donation to a charity of your choice!

\*New resident must move in by March 31<sup>st</sup> and reside at Waltonwood at least 60 days before bonus will be paid. Ask for details!

FRIENDS & FAMILY REFERRAL PROGRAM!

# LAKESSIDE CONNECT MARCH 2024



**"Every cold and dark phase ends and hence begins a beautiful phase of warmth and vibrance. Don't believe? Just notice March." ~ Anamika Mishra**

March brings with it the promise of warmer weather, blooming flowers, and a renewed sense of energy. We're excited to celebrate the arrival of Spring with a variety of engaging activities and events designed to keep you active, entertained and connected! We are looking forward to introducing some new entertainers and guest speakers as well as bringing back some fan favorites.

Thank you for the wonderful feedback and suggestions from our brainstorming session last month and for being so welcoming to our new Life Enrichment Assistant Jasmine.

March's fitness focus and programming highlights the importance of sleep, so with that, I wish you all sweet dreams,

*Rene Ruhlman/Life Enrichment Manager*



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## COMMUNITY MANAGEMENT

Gina Conway  
*Executive Director*

Allison Neal  
*IL Manager*

Lisa Kendrick  
*Business Office Manager*

Rene Ruhlman  
*IL Life Enrichment Manager*

Melissa Wright  
*Marketing Manager*

Aaron Rodino  
*Marketing Manager*

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 – DEB CLARK-RENARD

As part of the Forever Fit Team at Waltonwood, Deb encourages our residents to stay active through a variety of her exercise classes. It has helped her grow as a fitness professional and she finds it gratifying to see the fun and motivation from her participants. Her catch phrase for all is "Do what you can!"

When not at work, she enjoys spending time with her family and fur baby Bella. She also loves gardening, listening to jazz music and has a passion for Red Wings Hockey and yoga.

Congratulations Deb – we appreciate you!



## February Highlights

2<sup>nd</sup>

Go **RED** for Women's Heart Health Day

8<sup>th</sup>

Interactive musical performance by D&A Duo – Guess that movie score



17<sup>th</sup>

Love song musical performance by crooner Kevin Wills

26<sup>th</sup>

Energetic piano performance by Matt Ball – the Boogie Woogie Kid



## Forever Fit: Rest and Recharge

We know how important diet and exercise can be on our overall health, but did you know there's a third factor just as crucial. The rest we get, in particular the sleep we get lays the foundation for how our bodies recharge and repair. Aiming for 7-9 hours of night shut-eye can improve your immune system, help lower the risk of heart attack and stroke, reduce the risk of dementia and promote health weight management. This March aim for better bedtime habits. Put down the book, unplug from your phone and TV and make sleep a top priority to help improve your overall health and wellbeing.

## 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 add your name to the right side of the sign-up 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.

**NEW THIS MONTH: Restaurant Menus will be printed for any new locations we visit (if available)**

## March Happenings

- 1<sup>st</sup> – Baking with Jasmine – Peanut butter dog treats for our furry visitors and volunteers
- 7<sup>th</sup> – Elvis is back in the building
- 11<sup>th</sup> – Musical performance by Kelly & Darryl Duo
- 12<sup>th</sup> – Girl Scout cookie ordering
- 13<sup>th</sup> – OHH Fall Prevention Presentation + blood pressure checks
- 13<sup>th</sup> – Waltonwood Dinner Club
- 14<sup>th</sup> – Taste of Waltonwood Open House
- 15<sup>th</sup> – Entertainment by Jim Duprey
- 15<sup>th</sup> – Happy Hour St Patrick's Day celebration
- 18<sup>th</sup> – Resident Council Meeting
- 21<sup>st</sup> – Easter Buffet Dinner (RSVP by March 15<sup>th</sup>)
- 22<sup>nd</sup> – Book discussion with author Karen Dybis: Better Made in Michigan, The Salty Story of Detroit's Best Chip
- 25<sup>th</sup> – Entertainment by Scott Vernier



**After being out on maternity leave for the past few months, it's been great to come back and see everyone here at the community! March is going to be a fun month with the Taste of Waltonwood on March 14<sup>th</sup> & Easter Buffet on March 21<sup>st</sup>. I hope to see you there!**

**March is also Sleep Awareness month, and as a new mom I've never been more aware of the importance of sleep as I am now! There is a connection between sleep and wellness, and this month our Life Enrichment and Forever Fit teams have put together programs focused specifically on the value of sleep. These programs can be found on the monthly calendar, and additional information can be obtained by speaking with the Life Enrichment team.**

**Gina Conway, Executive Director**