

Look Forward to March!

What to watch for:



-  Friday Flock- Come join us for mass and some yummy lunch at Trinity Church on March 1st @ 10 am.
-  March 5th is the Tiger's Opening Day, @ 1pm come watch the game and enjoy some popcorn and pigs in a blanket.
-  All Community Party in IL with live entertainment with Elvis.
-  March 8th is International Woman's Day!
-  March 11th Were hosting our first Spring Men's Club hosted by Daniel.
-  March 12th- Live Entertainment in memory care with Kelly Miller.
-  Come join us on March 14th, for our yearly Taste of Waltonwood.
-  Please fill out your R.S.V.P for the Easter Buffet that will be held on March 21st.
-  March 25th-Scott Vernier is back in IL for Live Entertainment @ 2pm.
-  March 28th- Major League Baseball opening day!
-  March 29th- ED program with Karen on her Better Made Chips Book!

Make sure you keep your eye out for these fun, exciting and helpful events and gatherings taking place all month long!



FRIENDS & FAMILY REFERRAL PROGRAM!

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!

LAKESIDE CONNECT MARCH 2024



Woman's History Month!

Women's History Month is celebrated in March every year in the United States to recognize and honor the contributions of women throughout history . The month-long celebration was born out of a feminist push for equal access to jobs and education, which was one of the main demands of the Strike for Equality march that filled New York City streets to capacity on August 26, 1970 . Women's History Month is an important time to reflect on the achievements of women, both big and small, that have changed our lives for the better . It is also a time to celebrate the excellence of women and their contributions to society . Women have always been part of history, but their participation in it was often overlooked. Early history texts often excluded women altogether, aside from accounts of powerful women like queens. Historians, who were almost entirely men, often saw the past through the lens of the “great man” theory, which holds that history is largely shaped by male heroes and their struggles.



SINGH

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COMMUNITY MANAGEMENT

Gina Conway
Exective Director

Lisa Kendrick
Business Office
Manager

Nick St. Onge
Culinary Services
Manager

Ahmed Al-Zayad
Environmental
Services Manager

Tina McCarthy
AL Life Enrichment
Manager

Marcia Combs
MC Life Enrichment
Manager

Rene Ruhlman
IL Life Enrichment
Manager

Madison Goodman
Resident Care
Manager

PEOPLE TO KNOW

RESIDENT OF THE MONTH – MARY



Meet Mary!

Mary was born on June 26, 1933. She was a house wife/mom.

Mary now has 4 beautiful (and smart!) children. Her favorite thing to do is to sing and dance. She loves to joke and laugh she is a very fun active person. . Bingo is one of her favorite hobbies, and if you want to find her around the community, she is usually in the activity room listing to music. She enjoys, Forever Fit and going on outings with the Life Enrichment team. Recently, you can 🤪 also catch her getting her nails done in the sensory room.

Mary has a heart of gold, and cares deeply for those she is close with. Seeing Mary’s friendly face around the community is something to look forward to every day!

ASSOCIATE OF THE MONTH – REBECCA



Introducing Rebecca, our March Employee of the Month!

This sushi enthusiast excels at assisting in various departments, and always goes the extra mile. With her pink tennis shoes on and her infectious smile, Rebecca is always ready to lend a hand. She cherishes most, the incredible relationships that she has built with our residents over the past year, and is grateful for the opportunity to do what she loves for all of you. She is not content, however, with being in only the caregiving department; she is eager to be involved in all aspects of the industry so that she can continue to be somebody that you can turn to for anything. When asked about her favorite memory at Waltonwood, her response is relatable to all of the staff here-ALL of her memories are her favorite, as they each hold a special place in her heart. If you haven’t had the pleasure of meeting Rebecca, be sure to say hello if you see her passing by! Her unmatched attention and love for our residents truly shines through in all that she does!

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

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 contactthe front desk for more information about Oliver and Keith’s driving schedule. If you have an Adventure you would like your loved ones to go on please let Marcia know and Waltonwood will pay for it!

Friday, March 1st, 10:30am- Trinity Lutheran Church for Friday Flock!

A great church service immediately followed by a homemade lunch in the church community room. The wonderful folks at the church take great care of us, and their cooking sure is good!

Wednesday, March 6th, 11:30am- Lunch Outing-Detroit Taco/ Virtual Golfing!

Let’s go south of the border for some delicious Taco’s! Then head next door and play some Virtual Golf.

Wednesday, March13, 11:30am- Lunch outing to Strawberry Field’s!

Lets go grab lunch at Strawberry Field’s!.

Wednesday, March 20, 11:30am- Cranbrook Art Museum/ Lunch!

FEBRUARY MEMORIES



GINA CONWAY EXECTIVE DIRECTOR:

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 14th and Easter Brunch on March 21st. 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 activity calendars, and additional information can be obtained by speaking with one of the Life Enrichment Managers. Hope to see you there!