

## EASTER BLESSINGS

*The stone was rolled away.  
The door was opened wide.*

*Humanity was given a glimpse  
Beyond the hard, cold fact of death.*

*Oh, what a day! What victory was  
won!  
Beyond the pain; beyond the fear;*

*"Forever" took on a new meaning.  
No longer measured out in years of  
waiting,  
But of unlimited, unfathomable life  
with God.*

*Let me tell you of that day, when  
the stone rolled away,  
And the grave opened up, for all to  
see*

*That the one who died; who'd been  
crucified  
Had risen up and now was free.*

*And He did it all for you and me!*

*God's Blessings-Your neighbor  
Phyllis Washburn*

## What to watch for:



Seniors Supporting Seniors-Discuss your fears and hopes, share your knowledge, and support your neighbors. We will share about different topics every Thursday at 11:00am in the Main Lobby Fireplace Room.



Art for All Ages-painting class. March 6 at 11am. There are only 10 spots available! Please sign up in the Sign-Up Binder, just outside the Trunk Club.



March 7, Elvis will be in the building! If you are interested in attending, we will escort you over to the IL dining room. The show starts at 2, so be ready a little after lunch!



International Women's Day is Friday, March 8. We will be doing a trivia hour all about this wonderful day and what it means.



Pianist, Dave will be here at 5:00pm on Tuesday, March 12 to play some pleasant music at dinner time.



Friday, March 15 is our St. Patrick's Day Happy Hour at 4:00pm! We will have Irish entertainment, green beer (or sprite!), snacks and a game!



A Root Beer Float sounds amazing! Let's have them on the 13<sup>th</sup>, a Wednesday, in the Bistro! See you at 2:30pm.



Remember Dennis F.? He was one of our very first performers, here in our neighborhood. With his steel drums, he will entertain from 4-5 on March 27 in the Dining Room!

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

## LAKESIDE CONNECT MARCH 2024

# Hello, March

### Hello March and Hannah!

We are one month closer to spring! One month closer to warmer weather, walks outside, & picnics in the park! Before we know it, flowers will be blooming, bee's will be buzzing, and birds will be chirping (they already are!) We are so close, that it is hard to contain our excitement! Luckily, the month of March is packed with fun activities, events and parties to take your mind off of waiting.

You may have noticed some changes in our neighborhood lately, so let's talk about it!

First, our beloved Jasmine has transferred over to the IL side of our community to accommodate her busy work/life/school schedule. While we will truly miss her presence each day, we know that she will excel and treat the residents with as much respect, love and dignity that she has shown each of you. (You will still see her on Saturday's, so she is not gone completely ☺.) We thank you, Jazzy, for your hardwork and dedication for the past couple of years!

With Jasmine's departure, we welcome a new smiling face to our Life Enrichment department; welcome, Miss Hannah (or Banana as I call her)! Hannah has shown an interest in caring for people since she was a child. She comes from a hefty Customer Service background and holds a Business Associates degree, which she earned during a dual enrollment of high school and college! This go-getter attitude and approach is exactly what landed her here with us. Hannah enjoys Yoga, ,arts and crafts, and hanging out with her best friend Suzie, her cat! Hannah displays a great interest in getting to know all of you, and figuring out how she can enrich your lives. She brings fantastic ideas to the table and you can plan to see them on the calendar moving forward. We are so excited to welcome you to the team, Hannah Banana!

Have an excellent March, everybody! I look forward to seeing you all at our activities all month!



SINGH

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## 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  
AL Life Enrichment Manager

Marcia Combs  
MC Life Enrichment Manager

Rene Ruhlman  
IL Life Enrichment Manager

Madison Goodman  
Resident Care Manager

Tracy Chamberlain  
Wellness Coordinator

Melissa Wright  
Marketing Manager

Aaron Rodino  
Marketing Manager

Christina Kurzatkowski  
Marketing Manager

Allison Neal  
Independent Living Manager

## FRIENDS & FAMILY REFERRAL PROGRAM!



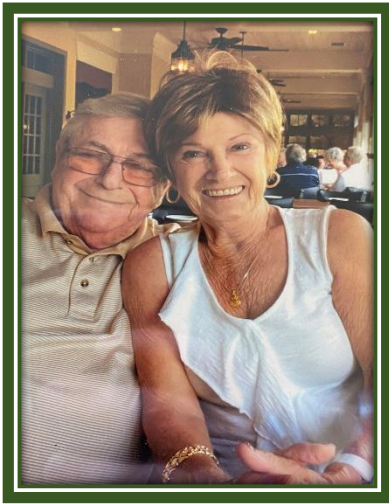
**\$4,000 RESIDENT REFERRAL BONUS**

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!



PEOPLE TO KNOW

RESIDENT OF THE MONTH – CAROL



Meet your neighbor, Carol!

Carol was born on 12/17/1940 in Chicago, IL. Her family moved to Michigan when her dad began looking for work in the auto industry. Following in her fathers footsteps, Carol found herself working for GM at first, then later, at Chrysler, where she eventually retired earlier than typical so that she and her husband could enjoy retired life together in Florida! After moving to Florida, Carol found that she really enjoys golfing; to this day she enjoys going to hit a couple of balls now and then. A Michigan girl, yes, but Carol does miss Florida, and truly found happiness there before moving home to the mitten to be with her family.

Carols personality has many facets, which shine through in her many interests. Besides golf, Carol enjoys the Detroit Red Wings and hockey, getting her pretty nails done, and her cat, Ozzy, whom she inherited from her daughter. Through her son and daughter, you can see what kind of mother that Carol is. Their family bond is one to be idolized, and with 5 granddaughters, there is plenty of family to carry on the matriarch’s kind legacy for generations to come.

If you haven’t met Carol yet, you might consider popping into Bingo one day, where you will most likely find her any Monday, Wednesday or Saturday afternoon. With her amazing sense of humor and sparkling personality, you’ll be happy to have met her!

Congrats on your title, “Mamacita”!

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 relateable 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!

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

See below for a schedule of the outings that we will be going on this month! Be sure to sign up in the hallway, just outside the Trunk Club if you see something here that you would like to sign up for!

**\*THE BUS MUST REMAIN ON SCHEDULE! PLEASE BE IN THE MAIN LOBBY ABOUT 15 MINUTES PRIOR TO OUR DEPARTURE TIME! THANK YOU!\***

**Friday, March 1 @ 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!

**Friday, March 8 @ 10:00am- Detroit Institute of Arts (DIA)**  
With over 100 exhibits, Detroit has one of the largest and most significant art collections in the United States. **We will stop for lunch on the way to the museum.**

**Friday, March 15 @ 10:30am- Morley Candy**  
A delightful company founded in 1919, known for its’ peanut butter blocks, assorted chocolates, & sundae toppings.

**Friday, March 29 @ 10:30am- The Pantry Resturant**  
Whether it is breakfast, lunch or dinner, the Pantry Resturant will serve it up right!

February Fun



GINA CONWAY-EXECUTIVE 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 14<sup>th</sup> and Easter Buffet on March 21<sup>st</sup>. 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!

