

COMMUNITY COMMUNICATION



Resident Birthdays!

Victor 19th

Jackie 22nd

- **Floral Arrangements-** Flowers are like a sensory explosion - they tickle your nose, dazzle your eyes, and invite your fingers to dance! Not only do they bring back sweet memories and ease stress, but they can also be a soothing activity for those battling Alzheimer's or dementia.
- **Cardio Drumming-** Get ready to rock and roll with cardio drumming back on our agenda! Come jam with us weekly as we drum our way to a heart-pumping workout on exercise balls!
- **Intouch Games-** Inactive lifestyles lead to reduced cognitive functioning, impacting our brain's ability to perform tasks effectively. Engaging in games is a helpful method to stimulate the mind and reconstruct lost neural pathways, ultimately influencing our memory retention.
- **Trivia-** Research has shown that mental stimulation, such as that provided by trivia questions, can help improve memory recall and slow cognitive decline in seniors with dementia.
- **Arts & Crafts-** Crafting art is like a brain boot camp, flexing those neurons and building fresh connections. While Alzheimer's plays the memory-munching villain, art swoops in as the hero, constructing new neural highways for sharper memory and recall skills.
- **Bingo-** Psst! Here's a juicy tidbit: Bingo isn't just a game, it's a brain-boosting bonanza for our senior pals with Dementia! Swing by for the next round and who knows, you might snag a scrumptious surprise!"

\$3,500 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.

FRIENDS & FAMILY REFERRAL PROGRAM!

LAKESIDE CONNECT- MEMORY CARE

APRIL 2024



APRIL FUN!

April brings a lot of reasons to celebrate! Here's what we have lined up for the month:

- Kicking off Spring with a performance by Marco Floyd on April 2nd.
- A fun outing to Iron Golf on the 3rd.
- Spiritual reading session with Mrs. Regina on the 4th.
- Charlene will be joining us for musical entertainment on the 6th at 11:30am.
- Kelly Miller's performance on the 9th.
- An exciting bowling trip to CJ Barrymore's.
- Visits from Roxy the Therapy Dog on April 14th and 24th.
- A trip to Belle Isle Aquarium on the 17th.
- A visit to Sea Life Aquarium in Ann Arbor on the 24th.
- We will wrap up the month with a community party featuring live entertainment by Jeff Cavataio.

We can't wait for the upcoming month full of fun with our awesome residents! The buzz of Spring's arrival is contagious!



SINGH

14650 Lakeside Circle, Sterling Heights, MI 48313

www.waltonwood.com | 586-532-6200

Facebook: /Waltonwoodlakeside

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

Tina McCarthy
AL Life Enrichment Manager

Rene Ruhlman
IL Life Enrichment Manager

Melissa Wright
Marketing Manager

Aaron Rodino
Marketing Manager

Madison Goodman
Resident Care Manager

Tracy Chamberlain
Wellness Coordinator

ASSOCIATE OF THE MONTH - KELLI

This month, we want to honor a remarkable individual, Kelli, who embodies strength, compassion, and beauty—both inside and out. Despite having 16 years of caregiving experience, Kelli joined our team at Waltonwood just last December. Her lifelong passion for helping others began at a young age, where she aspired to be a nurse or schoolteacher to make a positive impact on people's lives.

At 14, Kelli took on the responsibility of caring for her mother, a role that ignited her journey towards caregiving. Her dedication continued as she cared for her grandmother, solidifying her path in this field. It was during this time that Kelli realized her true calling.

When not caring for others, Kelli indulges in shopping and cherishes moments with her three grandchildren. Her favorite foods are chicken and pizza, and she gravitates towards the colors pink and purple. A delightful fact about Kelli is that her daughter, Ayana, has followed in her footsteps and recently started her career at Waltonwood in March. Now, two individuals embody the same level of care Kelli is known for.



MARCH HIGHLIGHTS

5

Residents enjoyed playing Bingo!

8

Arts & Crafts included painting furry forest friends while enjoying light refreshments with friends!



20

Residents enjoy hump-day treat! Mini Mani's by Marcy!

27

Residents blew up the fun with a friendly game of Balloon Volley Ball with Assisted Living!



Fit & Flexible

As we age muscles lose their elasticity becoming more rigid and stiff. This age-related decline can cause pain, stiffness and decrease ROM in many of the bodies most used joints. While factors such as inactivity, decreased muscle strength and osteoarthritis can impact our bodies flexibility, regular stretching exercises can greatly improve the way we move and feel. By maintaining our flexibility as we age, we help to minimize the risk of falls while maximizing our performance of daily activities. Below are just a few tips and exercises that can help keep you loose, limber and feeling your best.

- Identify the joints and surrounding muscles that are in the most need of attention, and use than as a starting point.
- Warm the body up emphasizing proper posture and technique to ensure safe and effective flexibility training.
- Move slowly to the point of mild tension not to the point of pain
- Hold each static stretch for 10-90 seconds minimizing bouncing, jerking or excessive force that could cause a potential injury
- Breathe! Inhale before the stretch, exhale upon it and breather normally while holding the movement.

TRANSPORTATION INFORMATION

Brace yourselves for the lowdown on the next thrilling adventure for your beloved family member. Need a lift to an appointment? Head over to the Front Desk and have a chat regarding the bus drivers schedule. Circle the date because our Memory Care trips are a fantastic Wednesday tradition. Scan the calendar for more info and secure a seat for your loved one on the bus ASAP!

APRIL SPECIAL EVENTS

2

Musical entertainment with Motown singer Marco Floyd! See you in the Activities Room at 2:30!

3

An excursion to Iron Virtual Golfing! FORE!!!!



9

Entertainer Kelly Miller dazzles us with a musical performance! To enjoy her show, meet us in the Activities Room at 2:00pm!

24

Outing to the Sea Life Aquarium in Auburn Hills! Bus leaves at 11:30.



EXECUTIVE DIRECTOR – GINA CONWAY

Spring is here and we are ready! In April we turn our focus to the outside, working to get the outdoor spaces cleaned up and ready for the warm weather. Community wide power washing is expected to take place the last week of the month, and we will be working with our landscaping company to help trim and plant shrubbery throughout the grounds. Last month we welcomed Allan Carr to the Maintenance team, and he will be an integral part in helping the community look it's best. We are also excited to announce that we will be implementing a recycling program in April, which is another step towards becoming a more sustainable community and minimizing our impact on the environment. We hope you will join us in our efforts, by using the recycle bins that will be placed in the trash rooms and throughout the community.