



Rosella W – 9th

Betty C – 9th

Joann D – 14th

Hermina R – 22nd

Mary C – 24th

Conrad B – 24th

Christine G – 24th

Arlene P – 25th

Mark P – 29th



Christine G – 205

Dora C – 301

Annette & Robert A - 421



FRIENDS & FAMILY REFERRAL PROGRAM!

- ❖ **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.**
- ❖ Bank & Pharmacy Runs will now be available on any Tuesday-Thursday our drivers are available.
- ❖ We recently had several beautiful wreaths donated to our community. We will be holding a silent auction for our residents to bid on them. All proceeds will be donated to Wigs4Kids.
- ❖ The Macomb County Sheriff's Office is holding a 2024 Senior Academy at the MISD on April 15. Learn about the many units and their function within your Sheriff's Office.
- ❖ A friendly reminder that items in the Hobby Room, Trunk Club and both their refrigerators/freezers are for Life Enrichment activities and should not be removed by residents.

April is a great month to emerge out of your comfort zone and look ahead to bright new days. We encourage you to seek out one of our "Welcome Committee" members if you're new to the community- they're a wealth of experience and a friendly face that can ease the transition into a new home. According to the Elder Care Alliance Blog, "research has found that social support can play a significant role in overall health as people age. Spending time with friends and family members can boost quality of life, including both physical and mental health." For a quick and tasty mental boost, pop a peppermint! The scent stimulates blood flow to the brain which can help increase alertness. What are some of your favorite ways to embrace a new day? We'd love to hear from you!

Allison Neal, Independent Living Manager

\$3500 RESIDENT REFERRAL BONUS

If you refer a new resident to Waltonwood and they sign a one-year lease with us, you'll receive a **\$3500 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 31st and reside at Waltonwood at least 60 days before bonus will be paid. Ask for details!

LAKE SIDE CONNECT APRIL 2024



14750 Lakeside Circle, Sterling Heights, MI 48313
www.waltonwood.com | 586-532-6200
 Facebook: /WaltonwoodLakeside



"April is a gentle reminder that life's transformations are beautiful and inevitable." ~ Ellen Lovell

April showers bring May flowers, but here at Waltonwood, we're bringing you a spring full of fun activities and events.

Get Active: Beginning April 16, we will be holding a Saturday Chair Exercise class and we are adding a new series called Movement Mondays – all designed to keep you moving. Grab a friend and play balloon volleyball, go on a virtual bike ride with chair cycling, try Tai Chi or Cardio Drumming. Deb will also be offering Brain Speedball training after every class.

Embrace Creativity: Unleash your inner artist with one of our Arts & Crafts programs or have Fun with Food and join us at a cooking (and eating) class.

Stay Connected: Mingle with your friends and neighbors at our numerous social events. Join us for a new reading group called Page Turners. Bring your own book, read quietly for 30 minutes, then discuss your book with your fellow readers.

We're committed to providing an engaging lifestyle. Don't miss out on all the fun. Find these programs and many more on your enclosed April calendar.

Rene Ruhlman/Life Enrichment Manager

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

**SAVE THE DATE:
 Camp Waltonwood
 Saturday, June 8th from 1-3**

Watch for more details!!

ASSOCIATE OF THE MONTH – JULIE PALLACH

After working at Waltonwood from 2014-2019, Julie moved to Florida and then came back to spend time with her family in 2023. We're so fortunate she chose to join the team again as a housekeeper! She was nominated because of all her hard work and the fact that she would do anything for our residents and staff. Her favorite things are her mother, her job & her volunteer work. She thinks of Waltonwood as her happy place. She loves her job and it shows. She likes working with and for people who appreciate her hard work. Julie would like to thank her housekeeping team for making her feel so welcomed – she thinks they are the BEST (and they are).



MARCH HIGHLIGHTS

7th

Back by popular demand – Elvis was once again in the building.

20th

Volunteers from St. Isidore taught a palm weaving class.



22nd

We enjoyed a super interesting presentation on the history of Better Made potato chips by author Karen Dybis.

20th

Read to 1st and 2nd grade students at Clinton Valley Elementary for March Reading Month



Forever Fit: 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.

Be sure to visit your Forever Fit Coordinator Deb to get a few tips and exercises that can help keep you loose, limber and feeling your best.

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.

APRIL HAPPENINGS

- 1ST – Entertainment by Scott Vernier
- 4th – Kick-off of Page Turners reading group
- 5th – Detroit Tigers Home Opener Viewing Party
- 6th – Performance by Julia Shaffer & her students
- 8th – Welcome Committee Meeting
- 8th – Solar Eclipse Viewing & Snacks
- 10th – Dinner Club outing to Mexican Village
- 12th – Wreath Silent Auction fundraiser
- 12th – Tea and Table Talk
- 15th – Macomb County Sheriff's Senior Academy
- 15th - Resident Council Meeting
- 25th – All community musical performance with Jeff Cavataio
- 29th – Musical Jazz performance by Bob Gracin



Gina Conway, Executive Director

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.