



## NEW ACTIVITY: TRIVIA NIGHT

Roll up your napkins and get set for a thrilling treat coming to a dining table close to you! From April 22, get ready to feast on Trivia Placemats loaded with brain-teasing questions, every month! Stir up some lively banter at your table! Test your pals and uncover the trivia king or queen among you. The first theme for this epic event? "Earth Day"! Brush up on your facts and get ready to flaunt your trivia skills like never before!

### A Walk in Spring

The bluest of skies I ever have seen,

And hundreds of trees with all shades of green.

Diamonds, all scattered on green velvet lawns,

And dry leaves that rustle from two lovely fawns.

The great panorama of all living things:

To see God around me, oh how my heart sings!

Phyllis Washburn

## WELCOME ABOARD, ANDREA!

Meet Andrea, the latest addition to our Life Enrichment team! Get ready for an exciting journey as she brings her unique touch to the AL Neighborhood. Andrea comes to us from a Life Enrichment background at her previous place of employment. Her favorite part of her career is meeting and bonding with her residents, and she is especially good at making them laugh. Her enthusiasm for engaging with our wonderful seniors is truly infectious! Stay tuned for her innovative ideas that will soon enliven our daily activities schedule.



## \$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

APRIL 2024



## SPRING: INSPIRING CHANGES!

Spring has arrived, marking the end of our cozy hibernation. It's time to leave behind the blankets, bask in the sunshine, and embrace new beginnings. Just like nature's transformation, let's embark on our own journey of change this April. Get ready for some thrilling adventures!

As spring blooms around us, feel the vibes of renewal and vitality. Embrace the longer days and sunshine for a mind and body boost during this energetic season transition. Spring, the ultimate comeback kid, signals a fresh start after winter's chill. Let's take a cue from this season of change and shake things up in our own lives. Ready for some action? If you're a homebody, it's time to break free! Social butterflies, unite! Join us for a blast at our array of activities (Psst... "Thirsty Thursday" Happy Hour kicks off at 4:00 pm!). It's the perfect excuse to step out and mingle!

Spring is the perfect season to shake up our routines and tweak things here and there, if they are needed. Maybe it's high time to catch up with loved ones, toss in a bit more socializing, or even break up with the TV after a long binge-watching affair. The list goes on! Lately, I've noticed I'm glued to my phone at every opportunity - be it shopping, chatting, scrolling through social media, you name it. It's time for a change, I'm all in for living in the moment without a digital shadow. How about you? What tweaks are on your mind? Let's set some goals, and swap stories! Maybe over our next Happy Hour! 😊



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## COMMUNITY MANAGEMENT

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## ASSOCIATE SPOTLIGHT

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.

Kelli, we extend our heartfelt gratitude for your tireless dedication. Your kindness and commitment are truly valued and recognized.



## MARCH HIGHLIGHTS

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"Art For All Ages" swung by to sprinkle some painting magic on our residents! Under the guidance of our crafty maestro, we all whipped up stunning landscapes, revealing the hidden artistic flair in each budding artist!

8

Our adventure at the Detroit Institute of Arts was an absolute blast! We soaked up oodles of new info, and the dining crew was like a squad of cheerful superheroes, swooping in to save the day with lunch help for our gang. Let's mark our calendars for another expedition because we barely scratched the surface of this colossal treasure trove!

10

Phyllis enjoyed a spectacular evening at the Detroit Symphony Orchestra, complemented by a lavish dinner at Luciano's. Sharing unforgettable moments with her son and daughter added a special touch to the event. It was a pleasure making sure that everyone had a memorable experience.

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Our St. Patrick's Day Party was a hit! Sandy, the Violinist, gave an outstanding performance, and the green beer was brewed to perfection. Now, to begin planning next years event to ensure it is just as successful!

## 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. Below are just a few tips and exercises that can help keep you lose, 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

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 AT LEAST 15 MINUTES PRIOR TO OUR DEPARTURE TIME! THANK YOU!\***

**Friday, April 12 @ 10:30am- Meijer/Shopping Day-** Begin with a quick grocery run, then swing by Hobby Lobby, Kohl's, JC Penny, or wherever you need to go! Just inform us, and we will arrange it, based on availability.

**Friday, April 19 @ 10:30am- The Great Baraboo Lunch Outing-** One of our residents has a special request! The food and the amazing atmosphere have received glowing reviews. We would love for you to join us!

**Friday, April 26 @ 9:30- The Detroit Science Center-** Buckle up for an epic escapade at the Detroit Science Center! Brace yourself for a day jam-packed with wonder and excitement. Pack your patience for this full-day extravaganza, from the bus journey there to the ride back. Punctuality is key – kick-off is at 9:30 a.m. sharp, so don't be late for a mind-blowing adventure!

## APRIL UPCOMING SPECIAL EVENTS

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When Mother Nature decides to crash your Read Across America party with a snowy surprise in March, fear not! Just hit the snooze button and reschedule for April! This time around, we teamed up with the fabulous second-graders from Ms. Christman's class at Graham Elementary School. Fueled by the hype of the upcoming solar eclipse, we zoomed off into space with a cosmic book choice and stellar goodie bags for the little astronauts in training!

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Join us in the dining room for musical entertainment by Steve Elmore. The show starts at 4:00, followed immediately by dinner.

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Our "Welcome Home" happy hour is set for 4 PM! We are excited to meet all the new residents at this gathering, as it is dedicated to welcoming you.

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Join us in the dining room at 4:00pm for a musical performance featuring Gary Pillow!

## EXECUTIVE DIRECTOR CORNER-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.