



MEET THE AUTHOR
Phyllis W.

HOPE

Hope is not a wish.
It is much stronger than that.

A wish is a dream,
ensconced in a
Shiny bubble,

That we fling, wistfully, into
the Heavens,

On the chance that it may
come

Floating ashore at the feet of
Some demi god or goddess

With enough power to
Grant some childlike desire.

Hope, on the other hand
Is a purposeful petition,
Borne in the soul,

In the full knowledge that
When shared with the

All loving and abiding
Power of the Almighty,

At the right time,

In the precise place,

And in the correct manner,
Our hopes will be fulfilled.



FAMILY & FRIENDS
REFERRAL PROGRAM!

COMMUNITY COMMUNICATION

*This month, we have teamed up with Detroit Dog Rescue, a local non-profit organization that provides shelter for homeless animals. To support these lovable pets, Waltonwood is contributing our time, efforts, and skills by creating 'Cage Curtains' and preparing thank you cards for the organization.

*As the Summer Olympics draw near, we are excited to announce our own Olympic games starting on July 26. Join us for modified versions of Badminton, Basketball, Ring Toss, and more! Waltonwood 's Summer Olympics event will culminate in August with a ribbon ceremony celebrating our top 3 athletes. Follow along with our Olympians scores in the Trunk Club!

*Don't miss our Men's & Women's Clubs meetings happening weekly! While fishing with Oliver and getting some of our gals their first pedicure ever were fantastic, we are always generating new ideas for both fun outings, and in-house activities. Let's hear your input next week!

DON'T MISS FAMILY FUN NIGHT!

July 25, 2024, at 6:00pm, you and your families are invited to our Family Fun Night! Join us for live musical entertainment & games in the sun and ice cream sundaes & socialization in the shade! Be sure to RSVP to the Concierge or Life Enrichment team no later than 7/19/24! This is one summer party you won't want to miss!

\$3,500 RESIDENTIAL 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!

LAKESIDE CONNECT

July 2024



Peace Love America

INTERNATIONAL JOKE DAY IS JULY 1!

As we grow older, laughter remains a vital form of medicine! Let's kick off this month's newsletter with a light-hearted joke to bring a smile to your face:

EXERCISES FOR SENIORS: A JOKE

An elderly man was talking to a group of his friends about the importance of staying active as you age. One of his suggestions follows: I start by standing outside, behind the house, with a 5-pound potato sack in each hand. I extend my arms straight out to my sides and hold them there as long as I can. After a few weeks, I moved up to 10-pound potato sacks, then to 50-pound sacks, and finally I got to where I could lift 100-pound potato sacks, one in each arm, with arms extended straight out for more than a full minute! Next, I started putting a few potatoes IN the sacks, but I would caution you not to overdo it at this level! 😂

On a more serious note, laughter offers numerous benefits for older adults. It can positively impact heart health, blood pressure, endorphin levels, the immune system, stress reduction, and memory enhancement. Studies show that laughter therapy enhances overall happiness, especially for those who may feel isolated or lack social interactions. We recommend finding humor in daily activities provided; if you're not already partaking, you're missing out! Join us today to share a good laugh; it'll boost your mood and your well-being!



Redefining Retirement Living

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ASSOCIATE OF THE MONTH: JESSICA

Introducing Jessica!

You might already be familiar with this cheerful face as our newest full-time receptionist, handling duties in both AL and IL. Despite being new to working in a senior living community, Jessica is adept and quick at her responsibilities. Normally found at Grand Valley State University, she is currently taking a break from her studies to gain practical experience and is looking forward to completing her degree in Creative Writing soon. Jess discovered her passion for working with seniors through her fond memories of spending time with her grandparents and listening to their stories. Her favorite aspect of her job is interacting with people; she loves meeting new individuals and learning about their life experiences.

While Jessica devotes much of her time to Waltonwood, she enjoys spending her free time with friends and indulging in her passion for reading, writing poetry, and crafting fiction.

Glad to have you, Jess! Thank you for all that you do!



JUNE HIGHLIGHTS

- 8** We can't emphasize enough how fantastic Camp Waltonwood was this year. From our charming rustic setting to the fascinating Reptile Exhibit and Planetarium, not to mention the scrumptious food – it was truly memorable! We hope that you enjoyed it as much as we did!
- 13** We had an amazing time with Miss Suzi Marsh at a recent Happy Hour event. The joyful expressions on everyone's faces spoke volumes! Suzi always brings joy, and we are eagerly looking forward to her next visit!
- 21** Ocean Spa & Salon, we appreciate you for organizing a delightful morning for our Women's Club! From manicures and pedicures to lunch and just hanging out, it was a memorable experience. For many ladies (and for Oliver!), it was their first pedicure ever. Such a wonderful day!
- 21** The fishing trip at the pond was a success! The gentlemen from the Men's Club had a tranquil morning with Oliver, our Bus Driver, casting out lines and reeling them in. Although we didn't catch anything, we had a great time attempting to. There's always space for more guys to come along! Join us every Friday for anything from fishing to conversation!



TRANSPORTATION INFORMATION

Our upcoming outing schedule is as follows. To join, please sign up near the Trunk Club in the AL Hallway where the bulletin board is. Please remember that the bus MUST stick to the schedule. Plan to gather in the lobby at least 15 minutes before the time indicated on the calendar. Thank you!

Calendar is subject to change

Friday, July 12, at 10:30am - Trinity Lutheran Church-Friday Flock: Finally, we are going back! Making up for June's Flock, the church has decided to schedule July's after the holiday to ensure that we make it. I don't know about all of you, but I miss those homemade lunches, and the beautiful ceremony. Sign up today to ensure your seat is secured!

Friday, July 19, at 10:30am - George George Park (Picnic in the Park): Grab your floppy hat and sunscreen! We are going for a picnic in the park. Boasting 30 acres of serenity, George George Park is the perfect place to grab a bite to eat and be with friends.

Friday, July 26, at 10:30am - Shopping Trip: Grab the essential, or pick up some new gadgets! Your choice today.... where would you like to go?

DAYS TO LOOK FORWARD TO IN JULY

- 4** Residents from IL are preparing a parade for you to enjoy. Keep an eye out around 1:00pm as they cruise through the hallways. Don't miss out on the excitement!
- 23** To us, you are all stunning! Allow us to pamper you like the queens you are with a makeover from a very special guest on Gorgeous Grandmas Day!
- 24** Experience the happiest Happy Hour ever! Get the party going with our very own Country Cowboy, Gary Pillow
- 25** Mark your calendars for Family Fun Night! Games, nibbles and live musical entertainment with Theo is sure to make for a great night! Don't forget to RSVP by 7/19 so you and the family can join in on the action!
- 26** WW SUMMER OLYMPICS
We're having our own Olympic games from badminton to basketball! Watch your calendar for the sport we will be competing in each day. Keep track of your favorite athletes on the white board in the Trunk Club! A medal ceremony will follow in August!

EXECUTIVE DIRECTOR CORNER

Celebrate the grandmothers (and grandmothers-at-heart!) in your life on Gorgeous Grandma Day, observed annually on July 23rd. This day is a chance to recognize and appreciate the wisdom, love, and support that grandmothers bring to our lives. It's also a day to challenge stereotypes about aging and celebrate the beauty and vibrancy of women over 50. Our Life Enrichment managers will have programming to celebrate all the gorgeous grandma's living at Waltonwood Lakeside and we hope you join us for all the fun!

FOREVER FIT: ALZHEIMER'S & BRAIN HEALTH MONTH

June marks Alzheimer's and Brain Awareness Month, a yearly campaign dedicated to raising awareness about Alzheimer's disease and other forms of dementia. The Waltonwood family has long collaborated with the Alzheimer's Association to support the goal of a world free from Alzheimer's and other dementias. While a cure may still be elusive, adopting proactive measures and cultivating healthy lifestyle practices have demonstrated effectiveness in slowing down the progression of the disease and postponing its harmful effects. Just like heart health, cognitive well-being can significantly benefit from increased physical activity and exercise, consuming a balanced and nutrient-rich diet, and effectively managing stress. It's never too early or too late to prioritize self-care, and making small changes today can pave the way for a healthier future.