

COMMUNITY COMMUNICATION

Your September 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, on the TV screens & **now accessible on your phone**. If **you have any questions on how to get started, please reach out to the Life Enrichment Team**.

SEPTEMBER BIRTHDAYS

Cathy C - 2nd
Mickey L - 12th
Selma C - 18th
Elain E - 19th
Brenda O - 30th



Carol V 1007
JoAnn S - 1019
Cathy C - 2015
Kathy M - 1008
Tom D - 1018

LAKE SIDE CONNECT SEPTEMBER 2024



14650 Lakeside Circle, Sterling Heights, MI 48313
www.waltonwood.com | 586-532-6200
Facebook: /WaltonwoodLakeside

**Michigan Theme
Pizza Party**
In honor of Grandparents Day



Wear your Michigan Sports Gear!

Friday, September 6th
Independent Living Seatings 4 p.m. & 6 p.m.
Assisted Living and Memory Care Seating 5 p.m.

Guests: \$20 for adults | \$10 age 5 and under

Dinner includes pizza, pasta, antipasto salad, breadsticks, sundae bar, Michigan beer and wine, and Faygo.
Partnered with Square One Pizzeria

RSVP by September 3rd
and let us know your preferred dining time
586-532-6200




14750 Lakeside Circle, Sterling Heights, MI 48313
www.Waltonwood.com www.SinghCareers.com



“A fallen leaf is nothing more than a summer’s wave goodbye.”

As the days grow shorter and the leaves begin their vibrant transformation, we find ourselves in the heart of fall and it reminds us that change can be beautiful. Speaking of change, you will notice some changes in our programming. Beginning in mid-September, our outing day will return to Wednesdays. We will also be starting our day after breakfast with coffee, conversation and a review of the day’s activities to help plan your day. Following that we will get our bodies moving with a variety of exercises lead by our Life Enrichment and Forever Fit team. We are also excited to welcome our new driver, Jim to the transportation department. He will be working with Oliver to make sure our residents get to and from their destinations safely.

Grandparent’s Day marks a special day dedicated to honoring our grandparents. It’s a time to express gratitude for their love, guidance and endless support. Please join us on Friday, September 6th for a Pure Michigan themed Pizza buffet to celebrate all our amazing grandparents.

Happy Fall from your Life Enrichment Team 

COMMUNITY MANAGEMENT

Gina Conway
Executive Director

Allison Neal
IL Manager

Lisa Kendrick
Business Office Manager

Tracy Chamberlain
Wellness Coordinator

Rebecca Adams
Wellness Coordinator

Rene Ruhlman
IL Life Enrichment Manager

Melissa Wright
Lead Marketing Manager

Aaron Rodino
Marketing Manager

Nick St Onge
Culinary Services Manager

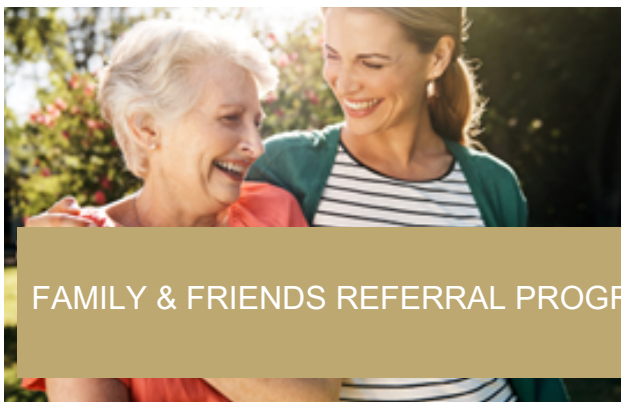
Les Hicks
Environmental Services Manager

Marcia Combs
MC Life Enrichment Manager

\$4,000 RESIDENTIAL REFERRAL BONUS

Have you shared your love for Waltonwood lately? When you refer someone to our community, they'll thank you for it - and then we'll thank you for it too!

If they sign a one-year lease with us, you'll receive a \$4000 Referral Bonus* in the form of a check, rent credit or donation to a charity of your choice! Ask for details!



FAMILY & FRIENDS REFERRAL PROGRAM!

ASSOCIATE OF THE MONTH - EMMA SANDERCOTT

If you haven't met her yet, let me introduce you to Emma. She has been a server at Waltonwood for nearly a year and finds joy in interacting with the residents and her colleagues. Emma takes pleasure in brightening the residents' days whenever possible. During her free time, she loves socializing with friends and treating herself to creative nail designs. Emma's lively character and commitment greatly enrich our community. When you see her, don't hesitate to greet her—her warm and friendly smile awaits you.

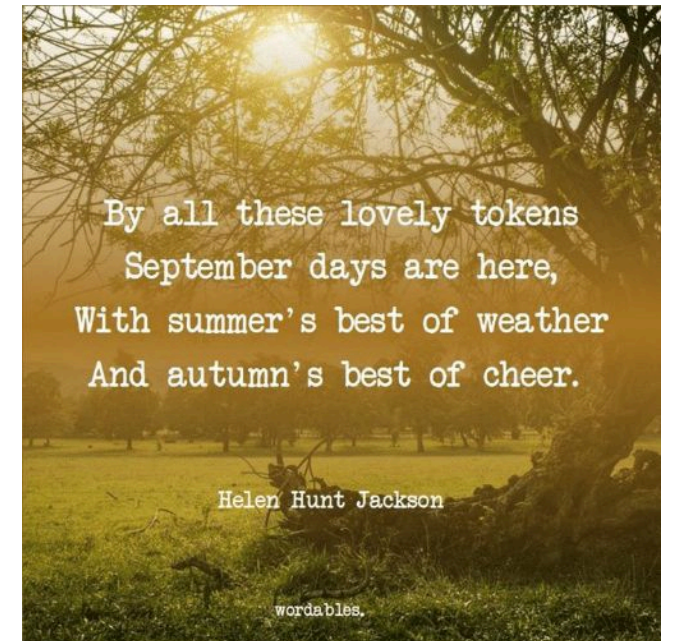
If you would like to nominate an employee (culinary, housekeeping, life enrichment, concierge or maintenance) for exemplary service, forms are available at the front desk!



TRANSPORTATION INFORMATION

Transportation is offered for Assisted Living residents on Wednesdays for outings and appointments based on availability. The bus is used on Monday, Tuesday and Thursday in Independent Living and Fridays in Memory Care. Limited rides on the bus may be available on those days, and residents who are able to transfer into the Cadillac have that option as well.

Transportation request slips are available at the front desk. Please give as much notice as possible so our drivers can create their schedule. We will try our best to accommodate last minute requests but cannot guarantee availability.



AUGUST HIGHLIGHTS

1st-12th 9th

Our residents spent the week participating in their own Summer Olympics games

Our end of summer happy hour with Violinist Sandy was enjoyed by all



22nd

Some beautiful artwork was created during a visit by Art for All Ages Painting

29th

Musical entertainment with Carl Angelelli with our friends in Independent Living resulted in lots of smiles, clapping & warm hugs.



SEPTEMBER HAPPENINGS

- 4th - New Resident Welcome Social - meet your new neighbors!
- 5th - All Community Party with Jeff Cavataio
- 6th - Grandparent's Day Pure Michigan Pizza Party
- 8th - Happy Grandparent's Day
- 9th - Assisted Living Week begins with PJs & donuts
- 10th - Fall Bowling League kicks off today
- 10th - Celebrate our "Totally Awesome Team" and wear favorite team apparel & tie-dye a shirt
- 11th - Wacky Wednesday with mis-matched clothes, photo opps, mug decorating and a walking taco bar
- 12th - Tropical Thursday - wear your Hawaiian apparel, enjoy a smoothie and play trivia with the care team
- 13th - Fun Friday - wear your tie-dye shirt and enjoy a BBQ lunch with games in the courtyard
- 18th - Outing Day - Resident's Choice shopping trip
- 19th - All Community Party with Theo Gridiron
- 24th - Resident Council Meeting
- 24th - Tuesday Tea & Table Talk
- 25th - Outing Day - Erna's Custard
- 26th - Happy Hour to celebrate September Birthdays

FOREVER FIT: PAY ATTENTION

Aches, pains, sprains and strains are all just a common part of daily life. How we manage them however can have a much greater impact on our long-term health and wellbeing. Exercise is important, sleep is essential and our bodies are constantly sending us signals and messages that act as a signpost of when we need to move more and when we need to simply rest. Listening to these feelings is crucial to taking care of ourselves and making our self-health a top priority. You are the one true expert on your own body so be attentive, be truthful and listen to the messages that your body is giving you.

GINA CONWAY, EXECUTIVE DIRECTOR

We are looking forward to a week full of fun to celebrate the individuals that take care of all our wonderful residents during Assisted Living Week September 9 - 13! Established by the National Center for Assisted Living in 1995, National Assisted Living Week provides a unique opportunity for residents, their loved ones, staff, volunteers, and the surrounding communities to recognize the role of Assisted Living in caring for America's seniors and individuals with disabilities. The annual observance encourages assisted living communities around the country to offer a variety of events and activities and we are ready! Check the Life Enrichment calendars to see all the fun events scheduled.