



## SEPTEMBER BIRTHDAYS!

Ronald T. 9/30

\*Please check with Marcia about planning your loved ones next Adventure!

## COMMUNITY COMMUNICATION

·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!

·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.

·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!

·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 like a hero, constructing new neural highways for sharper memory and recall skills.

## \$4,000 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!

FAMILY & FRIENDS REFERRAL PROGRAM!

# LAKESIDE CONNECT-MEMORY CARE

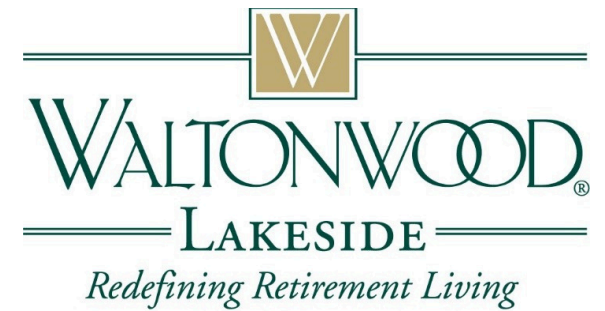
SEPTEMBER 2024



## SEPTEMBER REFLECTION

Upcoming Memory Care Events:

- September 5: Enjoy Live Entertainment with Charlene at 11:30
- September 6: Join the Outing to Trinity Church with a Social Lunch
- September 8: Celebrate Grandparents Day!
- September 9: Waltonwoods Fall Bowling resumes
- September 10: Live Entertainment with Kelly Miller
- September 13: Outing to Sterling Bowling
- September 19: Piano Performance by David featuring light dinner music
- September 20: Visit Miller’s Apple Orchard
- September 24: Marco Floyd returns for a live performance
- September 27: Virtual Golf event with Tacos
- September 26: RSVP for Family night between the hours of 4-6 pm
- September 30: Celebrate Happy Birthday Ron followed by a Sing-Along with Dinner



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## COMMUNITY MANAGEMENT

Gina Conway  
Executive Director

Lisa Kendrick  
Business Office Manager

Allison Neal  
Independent Living Manager

Marcy Combs  
MC Life Enrichment Manager

Rene Ruhlman  
IL Life Enrichment Manager

Melissa Wright  
Marketing Manager

Aaron Rodino  
Marketing Manager

Les Hicks  
Environmental Manager

Nick St Onge  
Culinary Services Manager

Rebecca Adams  
Wellness Coordinator

Tracy Chamberlain  
Wellness Coordinator

## ASSOCIATE SPOTLIGHT: 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.



## AUGUST HIGHLIGHTS

5

Our resident had a great time playing chair balloon volleyball.

17

The residents had a delightful picnic at George George Park!



26

Residents are diligently crafting their masterpieces for the upcoming Art Gallery exhibition next month.

27

The residents had a great time getting warmed up for the start of fall bowling!



## TRANSPORTATION INFORMATION

- Memory care outings are switched back to Friday!
- Friday, September 6, at 10:30 am: Trinity Lutheran Church - Friday Flock  
Enjoy a lovely service followed by a homemade lunch served by volunteers in the church's community room. If you can't make it today, no worries! This event happens on the first Friday of every month.
- Friday, September 13, at 10:30 am: Sterling Bowling, join us for a game of bowling as we continue to kick off our fall bowling season.
- Friday, September 20, at 11 am we're heading over to Miller's Apple Orchard for a tasty lunch and cider!
- Friday, September 27, at 1:30 pm we'll be heading out to check out the trees and have some tasty cocoa.

Please note that the calendar is subject to change.\*

## SEPTEMBER SPECIAL EVENTS

5

Residents will have the pleasure of enjoying live entertainment from Deep River Music featuring Charlene.

6

Grandparents Pizza Party at 5pm. RSVP with front reception.

9

Let's get artsy and crafty: Create passports for armchair adventures.

10

Live Performance with Kelly Miller.



## EXECUTIVE DIRECTOR CORNER

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.

Gina Conway

## 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 well-being. Exercise is important, sleep is essential, and our bodies are constantly sending us signals and messages that act as signposts 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.