



**December Birthdays!**

Harlan W. - 12/3  
 Janice O. - 12/5  
 June H. - 12/19  
 Carol V. - 12/31



**Waltonwood Welcome!**

Elaine B.  
 Denise P.  
 Shelia M.  
 Bessie J.  
 Joesph J.



**FAMILY & FRIENDS REFERRAL PROGRAM!**

## COMMUNITY COMMUNICATION

Your December 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.



## \$3500 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 \$3500 Referral Bonus\* in the form of a check, rent credit or donation to a charity of your choice! Ask for details!

# LAKE SIDE CONNECT

## DECEMBER 2024



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 Facebook: /WaltonwoodLakeside



**"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home." — Edith Sitwell**

December is a wonderful month. It marks the end of the year and the beginning of a new adventure. During this season, I like to take the time to reflect on what went well and what I need to work on in the months to come. Adapting to change can be difficult, but with loved ones and neighbors who are close to us, we can all enjoy it with comfort. Join us in celebrating the holidays with the love in your heart and the friendly faces around you.

There are some new faces in the halls at Waltonwood. Let's spread the warm "Waltonwood Welcome" to whoever needs it.

Special shoutout to the wonderful kitchen staff for the amazing Thanksgiving buffet hosted in November. We hope you and your families were just as "stuffed" as we were!

Wishing you a very bright holiday season,  
**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*

**Moriah Dean**  
*AL Life Enrichment Manager*

**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*

## ASSOCIATE OF THE MONTH -

I am Africian ( Congolese by origin) and speak fluent in French while actively enhancing my English skills. I've spent two years and seven months at Waltonwood, which truly feels like family to me. This is my first position in this field, and I have gained all my knowledge here. Thanks to Waltonwood, I can now construct sentences in English, and I am thankful for the support I've received during my time here.



## 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.

## Introducing: Moriah Dean AL Life Enrichment Manager

Hello! My name is Moriah and I am so excited to join the team! I haven't always been a LE manager, but I was a General Manager of Rita's Italian Ice for almost a decade. I love dessert, genuine smiles and sweater weather! I was born in Pittsburgh, PA and moved 8 times by the time I finished my schooling. My overwhelming goal in this position is to add value however I can and reinforce the Waltonwood tradition of enhancing the lives of the residents. I plan on doing that by implementing clubs/activities that I personally love, researching new interests and following the lead of my coworkers. Also, I'd like to give a big shoutout to all the staff and residents who welcomed me and made me feel like a part of the team. It meant a lot to me.

## NOVEMBER HIGHLIGHTS

### 5th

TIME TO VOTE! We elected the 47th President of the United States

### 11th

Veteran's Day. Thank you for your service!

### 21st

Thanksgiving Buffet. The community claims this was the best buffet to date!

### 22nd

Traveling Sales Gals Vendor and Craft show. Thank you for supporting the arts!



## DECEMBER HAPPENINGS

- Dec 3rd - Kicking off the season with "Holiday Special": Ribbon Bow Making
- Dec 6th - Outing: Friday Flock at Trinity Lutheran
- Dec 9th - Elvis Impersonator! I'm all shook up!
- Dec 10th - Holiday Special: Gingerbread ornaments
- Dec 11th - Entertainment from Vanessa Carr
- Dec 13th - Visitor: Roxy the Therapy Dog
- Dec 18th - Outing: Imperial Lanes
- Dec 24th - Christmas Eve
- Dec 25th - Merry Christmas
- Dec 31st - Noon Year's Party



New this month - weekly calendars will be available at the front desk. It's an easy way to plan your week and the print is larger than the monthly calendar!



## FOREVER FIT:

The holidays are a wonderful time of the year filled with friends, family and gatherings. It's also a very stressful time packed with events and obligations that pull you from your current routine and into a space that can feel completely overwhelming. So, take this as gentle reminder that the holiday stress is normal and OK, in fact use this opportunity to acknowledge it and find positive ways to work through it. How we manage this stress will directly impacts how our bodies and minds feel in the weeks to come. When your day starts to get too stressful try these simple tips to help you navigate the hectic holiday season.

- Exercise
- Aromatherapy
- Healthy diet
- Hug someone
- Meditation
- Breathing exercises
- Eliminating stressors

## GINA CONWAY, EXECUTIVE DIRECTOR

On behalf of the entire Waltonwood team, we wish you all a very Happy Holiday season! We have several fun events scheduled at the community this month, notably the Holiday Open House on December 13th and our annual Holiday Buffet dinner on December 20th. Please call the community to RSVP for these events. We hope to see you there!