

*March Birthdays*

**Virginia W - 1st**  
**Jim H - 12th**  
**Marion R - 13th**  
**Richard H - 25th**  
**Claudette K - 28th**

*Welcome!*

**Marcia - 102**

**FAMILY & FRIENDS REFERRAL PROGRAM!**

**COMMUNITY COMMUNICATION**

Your March 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 and dining room, on the TV screens & **now you can access on your phone.** **If you have any questions, 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**

**MARCH 2025**



**“May your troubles be less and your blessings be more, and nothing but happiness come through your door - Irish Blessing**

March is a month filled with celebration, reflection, and fun! From International Women’s Day on March 8, celebrating the achievements and contributions of women worldwide, to the lively festivities of St. Patrick’s Day on March 17, there’s a lot to enjoy and appreciate.

We are so thankful for all of the women who serve our residents in all of their roles. This month, as we celebrate International Women’s Day, be sure to thank all the women in your life who have made you who you are today! If you have time, think about a few women who changed your life for the better. Write about them or share their stories!

It’s a month that reminds us of the joy of learning, the beauty of diversity, and the power of connection. Let’s dive into March with curiosity, inspiration, and a spirit of celebration!

Rene Ruhlman / Life Enrichment Manager

**COMMUNITY  
MANAGEMENT**

- Gina Conway**  
*Executive Director*
- Allison Neal**  
*IL Manager*
- Lisa Kendrick**  
*Business Office 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*
- Moriah Dean**  
*AL Life Enrichment Manager*



ASSOCIATE(S) OF THE MONTH - EMMA C. & EMMA S.

This month, the Emma's have it! Both were tied for nominations for excellent service in our Dining Room. Both have been with us for about a year. They love their residents and being able to work with their friends (and each other). They were chosen because they are prompt, anticipate your needs, call our residents by name and always greet you with a smile! Congratulations ladies!

If you would like to nominate an employee (culinary, housekeeping, life enrichment, care team, concierge or maintenance) for exemplary service, forms are available at the Front Desk.



FEBRUARY HIGHLIGHTS

7th

Our Marketing team hosted a wonderful brunch & presentation for our Veterans and Veterans in the community.

9th

Even though our Lions weren't in the Super Bowl, we had a great time at our "Souper" Bowl Party.



24th

National Tortilla Day was celebrated by making personal tortilla pizzas or flavored chips.

25th

Our first Art for All Ages painting class was a huge success! We look forward to welcoming them back soon.



FOREVER FIT: PICK YOUR PACE

Just like our personalities our fitness profile is uniquely ours. Our strengths, weaknesses, abilities and limitations are directly connected to our overall health and wellness. Past experiences often shape our perception of our potential when assessing our current state. While comparison is normal, it shouldn't be the barrier that prevents you from leading a more active, healthy life. What matters most is being honest with yourself and identifying what your current capabilities are. By meeting yourself where you are today can establish a base that your future improvements can be built. By focusing on the current version of yourself rather than a past one, you help to identify what your body truly needs in that moment. Like most thing in life, exercise is not one size fits all, it requires an attention to details and a tailored approach designed to find a pace that suits you best.

TRANSPORTATION INFORMATION

Transportation is offered for Independent Living residents Monday-Thursday between 8:30am and 3pm for appointments based on availability. Residents are asked to fill out a transportation request form at least two weeks in advance so our drivers can create their schedule. Slips are located in the library or at the front desk. We will do our best to accommodate last minute ride requests based on schedule availability. **Medical appointments will take precedence over leisure ride requests.** We encourage family and friends to remain involved with transportation to medical appointments. All rides outside of our 10 mile radius will be charged at \$2 per mile.

Outings and community events sign-up sheets are in the Outings binder. Please keep in mind all events are first come - first serve. We request that if you sign up for an outing and end up not being able to attend, you cross your name off the list. If the bus is full and you have your own car, you are welcome to add your name to the right side of the sign-up form and join us at the destination. **Drivers are not available on Fridays as they are supporting our Assisted Living & Memory Care communities.**

MARCH HAPPENINGS

- 3rd - Read Across America Day
- 4th - Mardi Gras/Paczki Day
- 6th - Entertainment by Beats with Ben steel drum
- 8th - International Women's Day
- 9th - Daylight Savings Time: Spring Forward
- 10th - Welcome Committee Meeting
- 13th - Musical Performance with Vanessa Carr
- 17th - Resident Council Meeting
- 18th - Author Karen Dybis presents - Detroit Style Pizza: A Doughtown History (Please RSVP)
- 20th - Entertainment with Jeff Cavataio
- 21st - Taste of Waltonwood Open House
- 24th - Tea & Table Talk (Please RSVP)
- 24th - New Resident Social
- 27th - Musical Performance by Donnie Rod
- 31st - Special Happy Hour with Marketing



GINA CONWAY, EXECUTIVE DIRECTOR

March is already here, which means it's time for our annual Taste of Waltonwood event. Scheduled for March 21st from 1:00-3:00, this event showcases the many talents of our Culinary Department and welcomes the public to come experience life at Waltonwood. This is one of our favorite events of the year and we encourage our residents to join the fun beginning at 2:00pm.

We'd also like to thank everyone who participated in our annual satisfaction survey. The feedback you share is invaluable to us. If you haven't done so yet please return your survey by March 3rd.