



## COMMUNITY COMMUNICATION

· Cardio Drumming – Get ready to rock with the return of cardio drumming! Join us each week as we drum our way to a heart-pumping workout on exercise balls!

· Floral Arrangements – Flowers are a sensory delight, captivating your senses with their fragrance and beauty while inviting your hands to create! Not only do they evoke cherished memories and alleviate stress, but they also provide a calming activity for individuals dealing with Alzheimer's or dementia.

· Bingo – Here's a fun fact: Bingo is more than just a game; it's a brain-boosting adventure for our senior friends with dementia! Come join us for the next round, and you might just win a delicious treat!

· Intouch Games – Sedentary lifestyles can lead to diminished cognitive function, affecting our brain's task performance. Engaging in games is an excellent way to stimulate the mind and rebuild lost neural pathways, ultimately enhancing memory retention.

· Trivia – Studies have indicated that mental stimulation, like answering trivia questions, can improve memory recall and slow cognitive decline in seniors with dementia.

· Arts & Crafts – Creating art is akin to a workout for the brain, strengthening neurons and forging new connections. While Alzheimer's can be a memory thief, art comes to the rescue, building new neural pathways for enhanced memory and recall abilities.

**Celebrating  
March  
Birthdays!**

**Gail, 21  
Gary, 30**

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



FAMILY & FRIENDS REFERRAL PROGRAM!

### \$3,500 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!

## LAKESIDE CONNECT- MEMORY CARE

March 2025



### March Reflections

“People often remark that I'm pretty lucky. Luck is only important as getting the chance to sell yourself at the right moment. After that, you've got to have talent and know how to use it.”  
-Frank Sinatra

March is the only month that tells you what to do. March! March forward and onward toward longer days, the first day of spring and the lucky days of the leprechaun. I'll be sure to get out my green outfit so I can avoid getting pinched and to celebrate St Patty's Day (March 17th). I am also eager to set my clocks forward for Daylight Savings (March 9th). There are a lot of fun things to anticipate; what are you looking forward to this month? Perhaps you can follow a rainbow and find the pot of gold! Be sure to share the wealth!



Wishing you happiness and luck,  
Your Life Enrichment Team



*Redefining Retirement Living*

SINGH

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## COMMUNITY MANAGEMENT

Gina Conway  
Executive Director

Lisa Kendrick  
Business Office Manager

Allison Neal  
Independent Living Manager

Marcia Combs  
MC Life Enrichment Manager

Moriah Dean  
AL Life Enrichment Manager

Rene Ruhlman  
IL Life Enrichment Manager

Melissa Wright  
Lead Marketing Manager

Aaron Rodino  
Marketing Manager

Les Hicks  
Environmental Manager

Nick St Onge  
Culinary Services Manager

Ebony Johnson  
Resident Care Manager

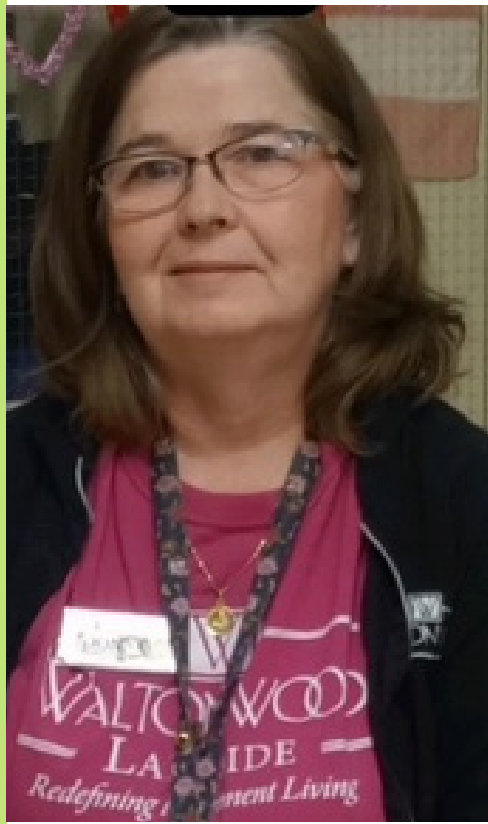
Tracy Chamberlain  
MC Wellness Coordinator



Associate of the Month: Donna

I have been part of the Waltonwood team for five years. My journey here began when I visited my aunt, who lived in the community. I was drawn to the welcoming atmosphere and decided to join the team. Currently, I work in Housekeeping on the Assisted Living side, where I take care of your loved one's laundry.

In my free time, I enjoy creating crafts and sharing them with family, friends, coworkers, and residents. You may have even received a craft from me! I believe in the power of kind words and actions, as you never know who might need a little encouragement. Remember to share a smile with someone today; it can make a big difference.



## ♥ FEBRUARY HIGHLIGHTS ♥

6

Residents had a fantastic time during their chair exercise session this morning, joyfully engaging in a game of balloon volleyball!

17

Random acts of kindness from community members have demonstrated their gratitude towards the care staff.

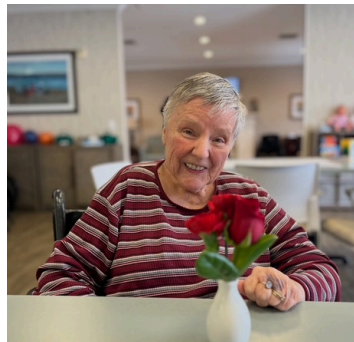


19

Residents were thrilled to craft beautiful floral arrangements for their dining room tables.

28

Residents have been putting in a tremendous effort this season to reclaim our top position among the WW bowling leagues.



### 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 Memorycare residents on Wednesday's for outings and appointments based on availability. The bus is used on Monday, Tuesday and Thursday in Independent Living and Fridays in Assisted Living. 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.

### ☘ March Special Events ☘

7

Friday Flock returns for the first time this year, inviting residents to partake in a lovely mass followed by a delightful luncheon.

12

Residents will participate in activities at the Cranbrook Art Museum and delight in an array of stunning art exhibits.

19

Residents will delight in lunch at Detroit Taco, followed by an exciting session of Virtual Golf!

26

Memory care will be going to their favorite place Imperial Bowling



## 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.

