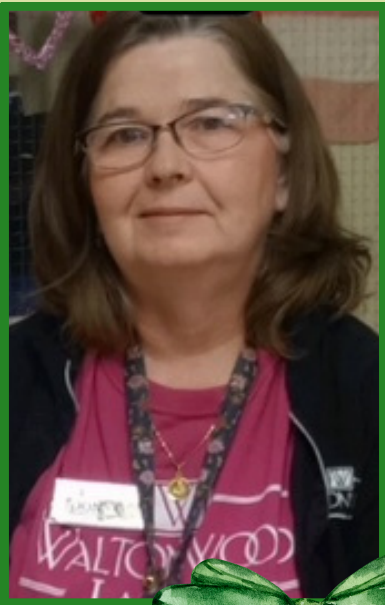


ASSOCIATE OF THE MONTH -

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

- 14th

Valentines Day was full of love and music, thanks to Steve from Vintage Vocals
- 17th

Our community warmed our hearts with our Kindness Quilts!
- 24th

Lukas the Accordion player visits and blows us away!
- 27th

Bryan Dixon gave us a variety show we will not forget!



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 Assisted Living residents on Fridays for outings and appointments based on availability. The bus is used on Monday, Tuesday and Thursday in Independent Living and Wednesdays 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.

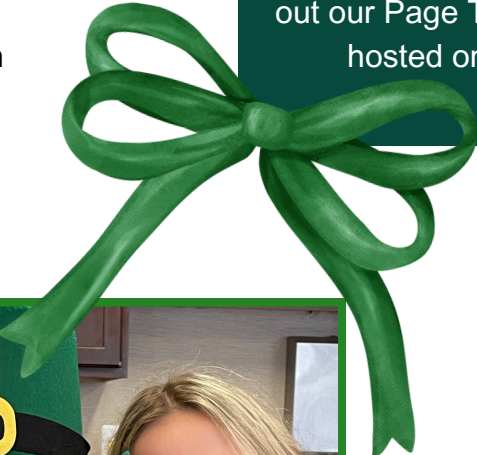
MARCH HAPPENINGS

- 3/2: Read Across America Day
- 3/3: Resident Council
- 3/4: Mardi Gras
- 3/6: Thursday kicks off our Travelogue series for the month
- 3/10: Kindness Council
- 3/12: Gordy the Piano Player comes to visit again
- 3/13: Music from Vanessa Carr
- 3/14: Visit Ms. Stumpfs kindergarten class
- 3/17: St. Patty’s Day
- 3/21: Taste of Waltonwood
- 3/28: Visit the Cranbrook Art Museum

Moriah Dean,
Life Enrichment

Read Across America Day is on March 2nd this year. We will be participating in a very cool program hosted by a local kindergarten class. It is called “Bear Hunt” and the Waltonwood Kindness Council will be hard at work getting it organized in March. Please ask how you can help or wish us luck on our adventure.

If you are currently reading a good book, be sure to check out our Page Tuners class hosted on 3/26.



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.

March Birthdays

Jackie F. - 3/3
Gail D. - 3/15



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, 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!



FAMILY & FRIENDS REFERRAL PROGRAM!

LAKESIDE CONNECT

March 2025



"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



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COMMUNITY MANAGEMENT

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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