

Celebrating
June
Birthdays!



Mary, 26
John, 22

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.



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 \$3,500 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

June 2025



"I always say, Lorelei Lee got it wrong in Gentlemen Prefer Blondes. It's not that diamonds are a girl's best friend, but it's your best friends who are your diamonds. It's your best friends who are supremely resilient, made under pressure, and of astonishing value. They're everlasting; they can cut glass if they need to." — Gina Barreca

June is a month that seems to encapsulate the essence of transformation and renewal, offering a bridge from the freshness of spring into the warmth of summer. As nature bursts into full bloom, June provides a canvas for personal growth and new beginnings. The longer days and vibrant landscapes invite us to step outside, embrace the sun, and engage in activities that rejuvenate both mind and body. It's a time for graduations, weddings, and vacations—events that mark significant transitions in our lives. June's ever-changing nature also mirrors the adaptability we need in our own lives, encouraging us to shed old patterns and embrace new opportunities. Whether it's a shift in seasons or personal milestones, June reminds us of the beauty in change and the potential it holds.

**With love and friendship,
Your Waltonwood Family**



Redefining Retirement Living

SINGH

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COMMUNITY MANAGEMENT

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MC Life Enrichment Manger

Les Hicks
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Nick St Onge
Culinary Services Manager

Ebony Johnson
Resident Care Manager

Moriah Dean
AL Life Enrichment Manager

Joshua Kinney

I have been part of the Waltonwood team for just over three years, serving as a Maintenance Technician. What I value most about my time here is the opportunity to work with the residents and ensure their safety. I take pleasure in learning something new every day. A fun fact about me is that I am now a proud father to a little girl. In my free time, although very limited with a new baby girl, I enjoy watching sports and playing video games. Thank you for nominating me and I will continue to work hard.



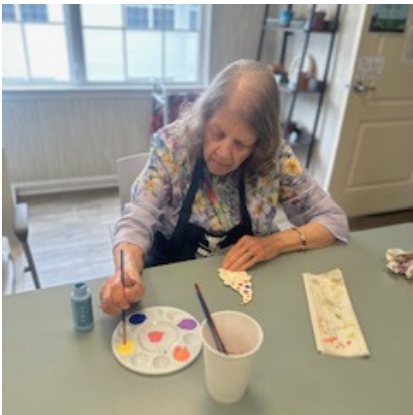
MAY HIGHLIGHTS

1

This morning, residents had a great time with balloon volleyball as a fun chair exercise, and some of them also enjoyed playing keep away.

17

Residents delighted in painting wooden wind chimes during Art class.



19

Residents celebrated May birthday at the MC café with fantastic music and delicious cake. It was fun to discover our birthday twins among us!

28

Residents relished their monthly outing to Imperial Bowling, savoring delicious pizza while having a great time.



FOREVER FIT: Proper Posture

A common concern for many seniors is age related changes in posture that many older individuals often experience. While bone loss, disk shrinkage and muscle loss are all common causes for changes in stature, small changes can help improve and, in some cases, reverse the effects of unwanted postural changes. If you're one of the many seniors currently experiencing an age-related symptom related to improper posture keep these tips in mind to improve the way you move and feel.

- Regular exercise with a focus on core strength including the abdominal, low back, hip and pelvic muscles can greatly improve postural health.
- Talk to your doctor about calcium and vitamin D supplementation to help with bone health.
- Practice better postural habits throughout the day. If you use a walking be sure it's set to the correct height to minimize hunching. If you sit for longs periods, get up regularly and take breaks. A more mindful approach can dramatically help your overall health.

Transportation is offered for Memory Care 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 Assited 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.



June Special Events

4

Residents will have a delightful journey to Partridge Park, followed by lunch at Hop Cat!

6

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



11

Residents will be having a delightful picnic at George Park!

19

In honor of Juneteenth, we will be creating beaded necklaces while watching an educational video.



20

Father's Day Buffet!
RSVP Required

GINA CONWAY, EXECUTIVE DIRECTOR

With the survey results in, we have action plans under way and are excited to see some of the progress. We received a lot of helpful feedback about our culinary department, and are happy to announce we have made a few significant changes as a result. We are now offering vegetarian entrée options, and have expanded our Always Available menu to include shrimp as an additional protein selection. Additionally, we now are offering fountain Coke products with meals. We have many more exciting things to come, so please keep us informed on any additional suggestions you may have by using the suggestion boxes in each neighborhood.

Thank you!