



Lois C - 1st
Harry W - 5th
Jean P - 7th
Lynn P - 8th
Jackie S - 9th
Kathy H - 16th
Margaret M - 16th
Sonny T - 18th
Nancy B - 18th
Gary K - 23rd
James B - 24th
Pam J - 25th
Jan W - 29th

COMMUNITY COMMUNICATION

Your June 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.**

We will be holding a school supply drive to benefit Care House of Macomb County. Donations will be accepted through the end of July. A wish list is posted on the Life Enrichment bulletin board.

Remember to drop off your returnables (rinsed out please) to the blue bin in the Hobby Room. Bottles will be picked up the first Saturday of every month and proceeds will benefit a local school!

Calling all card players - please sign up in the binder in the Trunk Club if you are interested in being included in any card games (scheduled and impromptu)

We are working on an updated Resident Directory. If you have any changes, please contact Jasmine or Rene.



NEW DATE: Mark your calendars for Saturday, August 2nd



LAKE SIDE CONNECT

JUNE 2025



“June is the pearl of summer, shining with warmth and joy.” ~

L.M. Montgomery

June is filled with so many possibilities to enjoy all that Waltonwood has to offer. Father's Day is a chance to celebrate the special men in our lives. We will be hosting a “Tee Party” at Men's Night on June 11th complete with Arnold Palmers and a chance for our men to share their favorite dad jokes. Our Father's Day buffet will be held on Friday, June 20th. We hope to see you and your loved ones there.

June is also National Brain Awareness month, a perfect time to focus on keeping our minds sharp and healthy. We offer a variety of opportunities to help our residents stay mentally stimulated. Join us for Friday Fact Check Trivia on Fridays just before Happy Hour. Fun and Games on Mondays feature fun games that challenge memory, focus and problem-solving skills. There are also numerous Cards & Camaraderie and Rummikub dates on the calendar. All are welcome and they are always looking for players.

Remember, a healthy brain is a happy brain. By incorporating these activities into your routine, you can keep your mind sharp & improve your overall cognitive well-being.

Rene Ruhlman / Life Enrichment Manager



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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

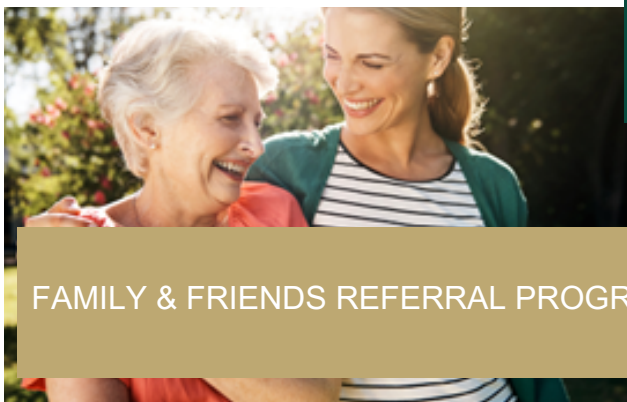
Marcia Combs
MC Life Enrichment Manager

Moriah Dean
AL Life Enrichment Manager

\$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!

ASSOCIATE OF THE MONTH - KRYSTAL

Congratulations to our Dining Room Supervisor, Krystal on being selected. She will have been with us 3 years in November, and she works hard to make the Dining Room experience warm & inviting. Some of her favorite things are spending time with her fiancé and her son and building music boxes. Krystal loves doing culinary demonstrations for and interacting with the residents. Fun Fact: she has done over 50 different diamond paintings!!

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.



MAY HIGHLIGHTS

5th

Our culinary team hosted a guacamole making & tasting demonstration, followed by a special Cinco de Mayo Happy Hour!

9th

We welcomed our residents & their loved ones to join us at our amazing Mother's Day Buffet.



14th

Mr. Lincoln joined us once again with a lively program recounting

28th

Celebrated National Senior Health & Fitness Day with a Fitness Fun Rally



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 long periods, get up regularly and take breaks. A more mindful approach can dramatically help your overall health.

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.

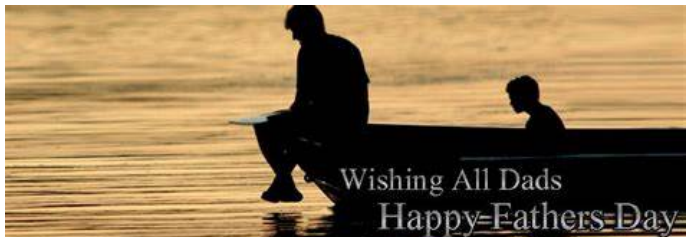
Outings and community events sign-up sheets are in the Outings binder. Please keep in mind all events are first come - first serve. We request that if you sign up for an outing and end up not being able to attend, you cross your name off the list. **Drivers are not available on Fridays as they are supporting our Assisted Living & Memory Care communities.**

JUNE HAPPENINGS

- 3rd - Garden Club Kick-Off Meeting
- 5th - Entertainment with the D&A Duo
- 10th - Charcuterie Board Class with Alina
- 12th - Musical Performance by Vanessa Carr
- 15th - Happy Father's Day!
- 17th - New Resident Ice Cream Social
- 19th - In a Jam Band returns
- 20th - Fathers Day Buffet
- 23rd - Pretty in Pink Tea & Table Talk (Please RSVP)
- 24th - Baking/Taste Testing with Krystal
- 26th - Musical performance with Rachel Shaffer
- 30th - Veterans Luncheon (Please RSVP)



Linda - 103
Idalia - 112
Nancy & Tom - 219
Lorrayne - 331
Bill & Sara - 403



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!