

ASSOCIATE OF THE MONTH - 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

5th

Cinco de Mayo celebration was mucho bien!



FOREVER FIT:

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.

11th

Art for All Ages helped us create some beautiful artwork!



27th

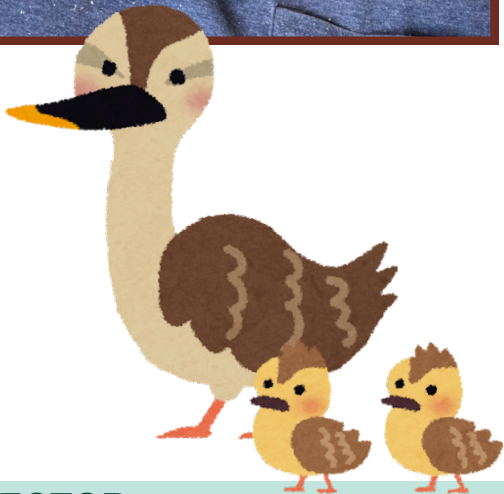
Beach Party was so much fun! Thank you to all who made it sunny and bright!

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.

JUNE HAPPENINGS

- 6/2: Resident Council
- 6/5: Entertainment: D & A Duo
- 6/6: Outing: Friday Flock
- 6/9: Welcome Committee Meeting
- 6/10: Happy Hour: Karaoke Edition
- 6/12: Entertainment: Vanessa Carr
- 6/16: Family Invite: Donuts with Grown-ups party
- 6/17: Art for All Ages: Sponge Painting
- 6/19: Entertainment: In a Jam Band
- 6/20: Father's Day Buffet
- 6/24: Family Invite: Gnome Garden Party
- 6/26: Entertainment: Rachel Shaffer



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!

JUNE Birthdays

Janet G. - 6/28



COMMUNITY COMMUNICATION

Your May 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

JUNE 2025

Hello June

"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



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COMMUNITY MANAGEMENT

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Resident care Manager

Moriah Dean
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Rene Ruhlman
IL Life Enrichment Manager

Melissa Wright
Lead Marketing Manager

Aaron Rodino
Marketing Manager

Nick St Onge
Culinary Services Manager

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