



Donna S - 1st
Tom B - 4th
Joan D - 6th
Janet Z - 13th
Elaine A - 14th
Shirley J - 21st
Pat S - 22nd



SAVE THE DATE: Mark
your calendars for
Saturday, August 2nd

COMMUNITY COMMUNICATION

Your July 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.



LAKESIDE CONNECT JULY 2025



"If I had my way, I'd remove January from the calendar altogether and have an extra July instead." —Roald Dahl

As July begins, we're thrilled to welcome a month filled with sunshine, warmth and wonderful opportunities to connect and enjoy all our community has to offer. We hope you're all settling into summer, and we're excited to share some of the upcoming events and programs in this month's newsletter.

Some of the highlights include a behind the scenes tour at Comerica Park, a great lineup of entertainment, a trip to the Dodge Park farmer's market, informational seminars on Medicare, life in Assisted Living and available resources through the Sterling Heights Library. Also look for programs centered around our Clear the Shelters initiative in conjunction with our Marketing Team including a bake sale to benefit the Michigan Humane Society. Donations are being accepted throughout the month.

Get ready for a July packed with fun, friendship and memorable moments!

Rene Ruhlman / Life Enrichment Manager



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COMMUNITY MANAGEMENT

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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 - KAREN M

Congratulations to Karen, our wonderful Housekeeping Supervisor! She was selected because she's an amazing leader and a great listener. She supports her staff & makes sure they succeed (and is always willing to help in a pinch). She's worked for Waltonwood for 10 years and has been the Housekeeping Supervisor for 5 years. In her free time, Karen likes to garden and take walks. Most of all, getting to know our Residents brings her joy.

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

The D&A Duo returned and helped us celebrate Jean's 104th birthday a few days early!

10th

Alina from OHH showed our residents how to make adorable charcuterie flower pots.



11th

Our Men's Club was treated to a Tee Party including Arnold Palmers and golf themed snacks.

23rd

We celebrated Pretty in Pink Day with a pink themed Tea & Table Talk.



FOREVER FIT: HEALTHY HYDRATION

Healthy hydration habits are important any time of the year but they become essential during the hot, humid summer months. As we age the water content in our bodies naturally decreases, our sensation of thirst diminishes and the side effects certain medications can greatly increase the risk for serious dehydration in seniors. The good news is small changes to our daily routine can greatly improve our chances to stay healthy and hydrated in the months to come. Making sure there's always fluids nearby to drink throughout the day, eating plenty of water rich fruit and vegetables like cucumber and watermelon, and avoiding strenuous outdoor activities during the peak hours of the afternoon are simple changes that can make a major difference.

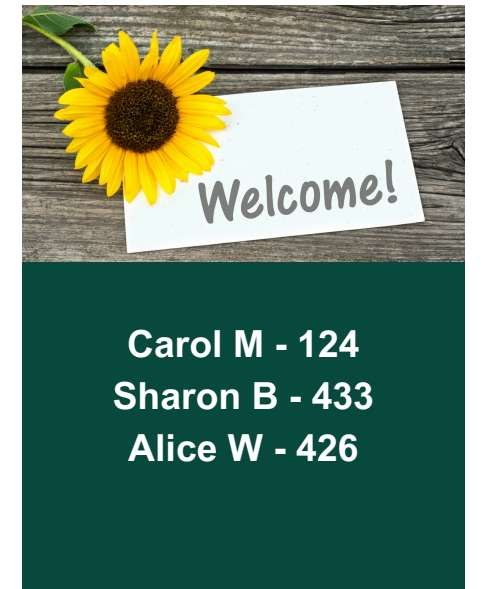
TRANSPORTATION INFORMATION

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.**

JULY HAPPENINGS

- 1st - Humane Society puppy visit
- 3rd - Entertainment with Jim Duprey
- 4th - 4th of July Parade in Assisted Living
- 5th - Musical performance by Carl Winters
- 10th - Musical Performance by Jeff Breza
- 11th - 7-Eleven Day: Slushees at Happy Hour
- 14th - Welcome Committee Meeting
- 15th - Presentation by Sterling Heights Library
- 16th - Medicare Presentation by Robert Rowe
- 17th - Bake sale to benefit Humane Society
- 17th - Musical Performance by Scott Vernier
- 21st - Resident Council Meeting
- 23rd - The Truth About Assisted Living presentation
- 24th - Behind the scenes tour at Comerica Park
- 24th - Entertainment by Marco Floyd
- 31st - Musical performance by Jeff Cavataio



GINA CONWAY, EXECUTIVE DIRECTOR

As a part of our ongoing efforts to support our residents' overall health and well-being, we are excited to partner with Behavioral Care Solutions (BCS) to offer access to a variety of mental health services. BCS will have a dedicated licensed mental health provider onsite on a regular basis to meet with residents and families. If you are interested in learning more, you can contact them directly at (877) 906 – 9699 or the community at (586) 532-6200.