

ASSOCIATE OF THE MONTH - Toya Cash

Hello everyone! I'm thrilled to be named Employee of the Month after just one month here. The best part of my job is having the opportunity to talk with the residents and meet so many wonderful people. In my spare time, I enjoy staying home and spending quality moments with my family. I hope this journey continues to be as kind and fulfilling as all of you have been to me. Here's to many more smiles and shared moments. Thank you for your warmth and support! 😊



JUNE HIGHLIGHTS

17th

Art for all Ages helps us create memories and fine works of art!

20th

Father's Day Buffet! Thank you to all the Dad's helping us out!

24th

Gnomes In The Garden Party! With delicious "mischief punch"



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 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.

JULY HAPPENINGS

- 7/1: Happy Hour: Red, White, and Sprite
- 7/3: Entertainment: Jim Duprey
- 7/4: Independence Day
- 7/7: Resident Council Meeting
- 7/10: Entertainment: Jeff Breza
- 7/11: Craft: No Sew Fabric Flowers
- 7/15: Art for All Ages
- 7/17: Entertainment: Scott Vernier
- 7/18: Shelter Dog Biscuits
- 7/22: Family Invite: Cowboy Western Party! Cowboy cookies. Please join us!
- 7/24: Entertainment: Marco Floyd
- 7/29: Happy Hour: Music Bingo
- 7/31: Entertainment: 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.

JULY Birthdays

Kathy M. - 7/10

Carol Sue N. - 7/14



COMMUNITY COMMUNICATION

Your 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**.



FAMILY & FRIENDS REFERRAL PROGRAM!

\$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!

LAKE SIDE CONNECT

JULY 2025



**"Those who expect to reap the blessings of freedom must, like men, undergo the fatigue of supporting it."
– Thomas Paine**

As July unfolds, we are reminded of the spirit of independence and the power of standing confidently in our beliefs. This month marks a celebration of freedom, not just in a historical sense, but also as an invitation to embrace our own unique voices. Being strong in our opinions means understanding and respecting the diversity of thought that surrounds us, while confidently expressing our own perspectives. As we commemorate the independence that shaped nations, let's also celebrate the personal independence that shapes each of us. Stand tall, speak confidently, and let your voice contribute to the vibrant tapestry of ideas that makes our world so rich and dynamic.

Enjoy your sunny days,
Your Waltonwood Family



14650 Lakeside Circle, Sterling Heights, MI 48313
www.waltonwood.com | 586-532-6200
Facebook: /WaltonwoodLakeside

COMMUNITY MANAGEMENT

Gina Conway
Executive Director

Allison Neal
IL Manager

Lisa Kendrick
Business Office Manager

Tracy Chamberlain
Wellness Coordinator

Ebony Johnson
Resident care Manager

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*