

Celebrating
July
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

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**



Redefining Retirement Living

SINGH

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COMMUNITY MANAGEMENT

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Marcia Combs
MC Life Enrichment Manger

Les Hicks
Environmental Manager

Nick St Onge
Culinary Services Manager

Ebony Johnson
Resident Care Manager

Moriah Dean
AL Life Enrichment Manager

Employee 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

3

Residents had a great time creating clay dogs and painting them with staff.

11

Residents had a wonderful day at George Park enjoying a delightful picnic.



18

Residents loved spending time at Detroit Taco, savoring delicious tacos while appreciating the artwork adorning the walls.

25

One of our Memory Care residents created beautiful memories during his adventure with his daughter.



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 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.



July Special Events

4

Happy 4th of July! Join us on the patio after lunch for refreshing red, white, and blue drinks!

9

Charlene will be here to perform Live at 11:30 am.

21

Live Entertainment Featuring Motown Singer Marco Floyd at 2 PM.

16

Senior Day at Jimmy John's

We will be taking our residents out to a baseball game for Senior Day at Jimmy John's!

23

In honor of our beautiful grandmas, we are thrilled to offer Glamour shots along with hand and facial treatments.



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.