

Celebrating  
September  
Birthdays!



Marilyn,  
27

# 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!

# LAKE SIDE CONNECT- MEMORY CARE

September 2025



“The shopping, the food, the views! Paris is a city that entrances us all—and I’m no exception.” —Michael Kors

Welcome to this month’s Memory Care Newsletter!  
We’re exploring the joys of travel and making lasting memories. Travel offers a chance for those in memory care and their loved ones to enjoy new experiences and create cherished moments. Whether it’s a local day trip or a longer journey, travel can refresh the mind and spirit. Plan trips to accessible, sensory-friendly destinations with familiar elements to evoke positive memories. Personalize activities to spark nostalgia and joy. The goal is the shared experience, enriching bonds between loved ones. Embrace travel, even in small ways, to capture beautiful moments. Safe travels!

Your friendly travel agent,

Marcia



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SINGH

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## COMMUNITY MANAGEMENT

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Nick St Onge  
Culinary Services Manager

Moriah Dean  
AL Life Enrichment Manager



**Employee of the Month- Portia**  
**I’ve been a part of Waltonwood**  
**for nine wonderful years, and I**  
**truly love it. My favorite aspect**  
**is engaging with my residents**  
**and listening to their life stories.**  
**It’s incredibly rewarding to be**  
**able to provide care for them.**



**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.

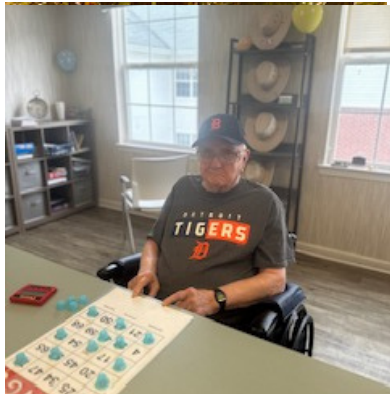
**AUGUST HIGHLIGHTS**

**9**

Residents had a wonderful time participating in a friendly game of Bingo!

**16**

Residents and their families had a wonderful time engaging in Camp Waltonwood activities.



**23**

Residents took pleasure in celebrating the birthdays of those born in August.

**28**

Residents delighted in discovering the familiar faces of celebrities.



**September Special**

**1**

**Events**

**2**

Today is the thrilling kickoff of our monthly travel theme! This month, we will be delving into four distinct neighborhoods in Paris!

Join the Friday Flock at Trinity Church! We will be departing at 10 a.m.

**13**

Heading over to The Forest Cafe for an authentic French culinary experience.

**17**

Returning to our favorite outing for Memory Care: Imperial Bowling.



**GINA CONWAY, EXECUTIVE DIRECTOR**

**FOREVER FIT: A Strong Foundation**

A focal point of the Waltonwood Forever Fit Program is the use of resistance training to significantly improve the quality of life for our residents. A key component in establishing long-term health and independence lies in our ability to maintain muscle strength as we age. Research indicates a direct relationship between aging and the loss of muscle, decrease in bone density and diminished level of physical function. In fact, the average person over the age of fifty can experience a 15%-20% loss in muscle strength per decade in the absence of regular exercise. Whether exercise machines, dumbbells, bands or body weight, resistance training has been shown to dramatically improve over health and well-being while delaying muscular atrophy, increasing bone density and improving balance and coordination. Start slow, build gradually and stick with it. Improvements take time but it’s those improvements that make or time much more prosperous.

We’re proud to share that Singh/Waltonwood will once again be participating in the Walk to End Alzheimer’s, joining thousands of others to help raise awareness and funds for Alzheimer’s care, support, and research. The walk will take place at the Detroit Zoo on Sunday, September 21st. Check-in starts at 7:30 and the opening ceremony is at 9am. We’d love for you to join our team and walk alongside us in support of this important cause. Whether you choose to walk, donate, or help spread the word, every effort makes a difference in the fight to end Alzheimer’s. Please contact the community today for more information if you’re interested in joining our team.