



Janet S - 9th  
Violet D - 9th  
Dora C - 15th  
Bill S - 15th  
Sharon B - 26th

## COMMUNITY COMMUNICATION

Your September 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.



## \$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!

# LAKE SIDE CONNECT

SEPTEMBER 2025



"September tries its best to have us forget summer." - Bernard Williams

This fall, why not escape into a new world and connect with your neighbors by joining our book club. This month, we'll be reading *Extremely Loud & Incredibly Close* by Jonathan Safran Foer. The book delves into a boy's emotional journey after losing his father in the 9/11 tragedy.

Whether you're an avid reader or just looking for good conversation, the book club is a fantastic way to share your perspectives, discover new authors and maybe make a new friend! You have the month to read and we meet the last Monday of the month to discuss and review. Sign out a copy of this month's book in the Hobby Room and join us. We have ten copies available and also try to borrow large print options when available. The book was also made into a movie, so we will be watching that in early October.

The book club already selected October's book as well - *Annie's Ghost* by Steve Luxenberg.

Thank you to Jasmine for serving as coordinator for us!

**Rene Ruhlman / Life Enrichment Manager**



14750 Lakeside Circle, Sterling Heights, MI 48313  
[www.waltonwood.com](http://www.waltonwood.com) | 586-532-6200  
Facebook: /WaltonwoodLakeside

## COMMUNITY MANAGEMENT

**Gina Conway**  
*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*



ASSOCIATE OF THE MONTH - JEREMY R

Please join us in congratulating our Associate of the Month, Jeremy! Although he spends most of his time in the kitchen, he’s made a huge impact. He was nominated because of his hard work, positive attitude and delicious food. Jeremy joined our team as a cook five months ago and we are lucky to have him as part of the culinary team. In his spare time, he likes playing pickleball and enjoys dining on Indian Cuisine.

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.



AUGUST HIGHLIGHTS

4th

Residents were treated to a performance by members of the Detroit Opera House including a fancy champagne cocktail.

16th

Our Clear the Shelters Adoption Event was paws-atively wonderful!



21st

Our Waltonwood Choir delighted residents building-wide with a selection of songs they’ve been working on!

26th

In honor of National Potato Day, Chef Nick presented an informative demo & treated residents to a loaded baked potato.



FOREVER FIT: BETTER BALANCE

September in Fall Prevention Awareness Month, and for many seniors fall prevention is one of their greatest concerns as they age. Each year 1 in 4 seniors reports having a fall. In the past decade alone ER visits resulting from falls has increased by 43%. While it may be impossible to prevent all falls, exercises that focus on strength, balance and coordination have been shown to dramatically reduce the risk of falling in seniors. In fact, research indicates that seniors who strength trained twice per week for as little as six months, decreased their fall risk by 40%. When combined with balance training, which on its own lowered fall risk by 30% over the same six weeks, overall fall preventions rates increased even more. Better balance takes time but by taking a proactive approach with strength training you can set yourself up for long term success.

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.**

SEPTEMBER HAPPENINGS

- 1<sup>st</sup> - Happy Labor Day
- 2<sup>nd</sup> - Crooner in the Courtyard - Music by Kevin Wills
- 8<sup>th</sup> - Welcome Committee Meeting
- 9<sup>th</sup> - Baking Class with Allison
- 10<sup>th</sup> - Fall Bowling League begins
- 11<sup>th</sup> - Entertainment with Vanessa Carr
- 15<sup>th</sup> - Drop of Salvation Army Donations
- 15<sup>th</sup> - Resident Council Meeting
- 16<sup>th</sup> - Art for all Ages Painting Class (Please RSVP)
- 18<sup>th</sup> - Musical Performance by Jeff Cavataio
- 22<sup>nd</sup> - New Resident Social
- 24<sup>th</sup> - Aaron Caruso Concert/Lunch at Andiamo’s
- 25<sup>th</sup> - Senior Fun Festival
- 25<sup>th</sup> - Entertainment with Carl Angelelli
- 29<sup>th</sup> - Tea & Table Talk (Please RSVP)



GINA CONWAY, EXECUTIVE DIRECTOR

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.