

ASSOCIATE OF THE MONTH - MEGAN POSTEK

I've been at Waltonwood for a month. I truly enjoy putting smiles on the faces of our residents and team. I love building connections and getting to know each resident on a deeper, more personal level. Outside of work, I enjoy spending time with my nephew, being involved in my church community, and taking long drives with the windows down. If I could share one message with our residents, it would be: You are never too old to give your life to Christ. Join in community, get in the Word, and be baptized in the name of the Father, the Son, and the Holy Spirit.

Isaiah 43:2 — “When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you...”



OCTOBER HIGHLIGHTS



FOREVER FIT: Cognitive Resilience

Age-related cognitive decline is a serious concern for many seniors. In addition to keeping a strong body, maintaining a sharp mind can greatly improve independence and over all well-being. According the Mayo clinic, researchers have found that a third of dementia diagnosis are directly linked to modifiable risk factors. Adopting healthy habits early in life can help to lay the foundation for our cognitive wellness as we age. Regular exercise, healthy sleep habits, effective stress management techniques and healthy social relationships can all help minimize the risk for future cognitive struggles. Wellness has many dimensions, and maintaining a strong mind can help ensure that always up for the task.

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.



NOVEMBER HAPPENINGS

- 11/4: Work Out Class with Tammy
- 11/5: Resident Council Meeting
- 11/6: Entertainment: Macro Floyd
- 11/7: Outing: Friday Flock
- 11//11: Veteran's Day
- 11/12: Karaoke Club in IL
- 11/13: Entertainment: Aaron Caruso
- 11/14: Outing: Sterling Heights Library
- 11/20: Waltonwood Thanksgiving Buffet
- 11/21: Outing: Casual Shopping
- 11/25: Art for All Ages
- 11/26: Cider & Song Social at 2:30
- 11/27: Thanksgiving
- 11/28: Outing: Scenic Drive with Oliver

GINA CONWAY, EXECUTIVE DIRECTOR

The Holidays are upon us and our Life Enrichment teams have put together a full schedule of events that can be viewed on the InTouch TV monitors, as well as on the InTouchLinkTV app on your device. If you're not already accessing the app, stop by either concierge desk to grab a copy of the instructions for download. This app will allow you to view daily community events, photos, weather updates, birthdays among many other things for the Independent Living, Assisted Living and Memory Care neighborhoods. Coming up this month we have our annual Thanksgiving Family Buffet on November 20, and are hosting a food drive to support our Veterans. Please contact the community for more information.

NOVEMBER Birthdays

Adele B. - 11/7

Mercedes G. - 11/12

Bob S. - 11/23

Bill L. - 11/30



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!

LAKESIDE CONNECT

November 2025



"The thinnest yellow light of November is more warming and exhilarating than any wine they tell of. The mite which November contributes becomes equal in value to the bounty of July."

— Henry David Thoreau

As we embrace November and the gentle approach of winter, let us find warmth in the coziness of the season ahead. This time of year invites us to slow down, savor the crisp air, and revel in the beauty of frosted mornings. It's a perfect opportunity to reconnect with loved ones, share stories by the fire, and indulge in comforting treats. Let the quiet magic of winter inspire you to reflect on the past year and set hopeful intentions for the future. Embrace the serenity and joy that this season brings, and may it fill your heart with peace and gratitude.

Warmly,
Waltonwood Family

COMMUNITY MANAGEMENT

Gina Conway
Executive Director

Allison Neal
IL Manager

Lisa Kendrick
Business Office Manager

Tracy Chamberlain
Wellness Coordinator

Moriah Dean
AL Life Enrichment Manager

Rene Ruhlman
IL Life Enrichment Manager

Marcia Combs
MC Life Enrichment Manager

Melissa Wright
Lead Marketing Manager

Aaron Rodino
Marketing Manager

Nick St Onge
Culinary Services Manager

Les Hicks
*Environmental Services
Manager*