



COMMUNITY COMMUNICATION

Your Novbmber 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.

- Tom A - 1st
- Betty B - 1st
- Betty B - 2nd
- Ofelia S - 4th
- Pat D - 7th
- Sarah C - 7th
- Joann U - 10th
- Bill W - 11th
- James B - 12th
- Angelo B - 23rd
- Leann F - 27th



\$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
NOVEMBER 2025



They say a picture is worth a thousand words and we were so blessed to make so many memories in October that we will use this space to include more!



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14750 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

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 - DAVID

Please join us in congratulating our Associate of the Month, David. David is a welcome addition to our Maintenance Team and after only a few short months has been recognized for his helpfulness and kindness. He enjoys this position because he loves to help people. In his spare time, he likes to bowl, go to the gym and spend time with his family. Previously, David played football in college for Kalamazoo College.

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.



SEPTEMBER HIGHLIGHTS

3rd

Our Marketing Team coordinated a Veteran’s Breakfast with the Macomb County Veteran Navigator.

14th

Author Karen Dybis shared a fascinating presentation on her book - The With of Delray



26th

So many children and their families joined us for our Trick or Treat event. Our residents enjoyed it as much as the kids!

30th

We visited the Solanus Casey Center and enjoyed the peace and beauty. Our residents received many blessings.



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 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.**

NOVEMBER HAPPENINGS

- 3rd 6th - Please visit the front desk for a pendant check
- 3rd - Welcome Committee Meeting
- 6th - Entertainment with Marco Floyd
- 10th - Resident Council Meeting
- 11th - Veterans Day Luncheon
- 13th - Presentation on Medicare Changes by Robert Rowe
- 13th - Musical Performance by Aaron Caruso
- 17th - Tea and Table Talk (Please RSVP)
- 17th - Entertainment with Henrik
- 18th - Art for All Ages Painting Class (Please RSVP)
- 19th - Emergency Protocols Meeting (No Church Today)
- 20th - Thanksgiving Buffet
- 24th - Musical Performance by Suzy Marsh
- 25th - Art Class with Nicole
- 27th - Happy Thanksgiving



Sara C - 226
Bea (Alvina) C - 215



“Don’t wait until the fourth Thursday in November to sit with family and friends to give thanks. Make every day a day of Thanksgiving!” – Charmaine J. Forde

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.