

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

January 2026



Winter is a magical season that brings families together in the most heartwarming ways. The chilly air outside provides the perfect excuse to cozy up indoors, surrounded by loved ones. It's a time when the aroma of hot cocoa and freshly baked cookies fills the air, and laughter echoes through the halls as everyone gathers around the fireplace. Winter offers the opportunity to create cherished memories, whether it's building snowmen, enjoying festive traditions, or simply sharing stories and warm wishes. This season is a gentle reminder of the importance of togetherness, love, and the beauty of appreciating the simple joys in life.



WALTONWOOD[®]
LAKESIDE

Redefining Retirement Living

SINGH

14650 Lakeside Circle, Sterling Heights, MI 48313

www.waltonwood.com | 586-532-6200

Facebook: /Waltonwoodlakeside

COMMUNITY MANAGEMENT

Gina Conway
Executive Director

Lisa Kendrick
Business Office Manager

Marcia Combs
MC Life Enrichment Manager

Les Hicks
Environmental Manager

Nick St Onge
Culinary Services Manager

Rene Ruhlman
Life Enrichment Manager

Moriah Dean
AL Life Enrichment Manager

Ashley Hutek
Resident Care Manager, LPN

Tracy Chamberlin
Wellness Coordinator

Melissa Wright
Lead Marketing Manager

Aaron Rodino
Marketing Manager

Allison Neal
Independent Living Manager

Employee of the Month: Corey Adams

I have been part of the Waltonwood team for three months now, and I genuinely find joy in assisting both residents and staff every day. During my leisure time, I enjoy watching movies, spending quality moments with my family, dining out, and taking long drives. My aim is for each resident to feel valued, appreciated, and cared for. Thank you for considering me for this nomination.



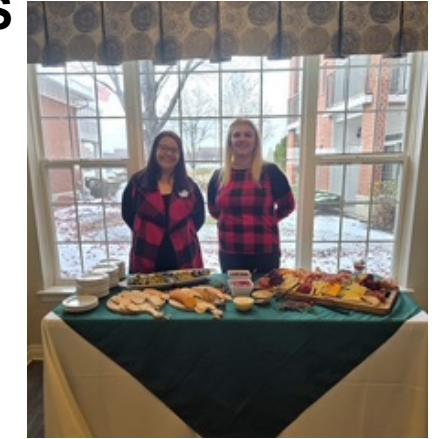
DECEMBER HIGHLIGHTS

05

We had a fantastic time during our open house, welcoming new individuals into our community and giving them the chance to experience what luxury living really means.

08

Our combined Men's Club event for AL/MC was a tremendous success!



22

Residents had a wonderful time participating in a sing-along session with our regional director, Ellen.



13

Residents and staff collaborated to adorn our Christmas tree beautifully.

FOREVER FIT: Don't Do It Alone

When we think of exercise, we often think of stronger muscles and healthier bodies. While this is true, when regular exercise is combined in a social capacity the physical benefits may also extend to our cognitive functioning too. Recent data suggests that those who work out at least twice a week with a workout buddy, or in a small group, also lowered their risk of developing cognitive decline versus those who exercised alone. The data also shows that the social engagement boost motivation, improves accountability and creates a greater sense of belonging. So, when you're setting those New Year's resolutions remember a good workout with some great friends may be the best way to stay healthy for years to come.

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 Assisted 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.



January Special Events

Upcoming Performances, Events, and Outings for Our Memory Care Residents



- Enjoy the delightful sounds of Christmas music, presented by Deep River Music, at 11:30 AM on January 14th.
- Join us on January 22nd for Marco Floyd as he sings the greatest hits of Motown.
- On January 25th, Charlene will delight us with a live performance specifically designed for our Assisted Living and Memory Care residents.



Emily Long, Associate Executive Director

Hello everyone! I wanted to take a moment to introduce myself as I step in as support while Gina enjoys baby snuggles on her maternity leave. I've been with Waltonwood for the past 2.5 years, beginning my journey as the Business Office Manager and, earlier this year, I was excited to be promoted into my current role, Associate Executive Director.

My family and I live in Farmington Hills – my husband, our daughter, and our two dogs keep life busy and fun. We're originally from Northeast Missouri but are proud Michigan transplants who quickly learned to embrace life in the North (yes, even the winters!). I'm looking forward to working closely with residents, families, and team members and supporting the community during this time. I know I have big shoes to fill but please don't hesitate to reach out.