

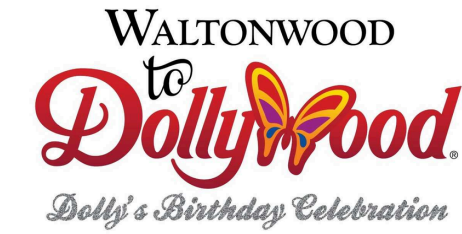


**Katherine S - 1<sup>st</sup>**  
**Dee H - 2<sup>nd</sup>**  
**Diane H - 5<sup>th</sup>**  
**Lorrayne T - 7<sup>th</sup>**  
**Bob F - 8<sup>th</sup>**  
**Idalia F - 10<sup>th</sup>**  
**Vince C - 11<sup>th</sup>**  
**Jerry B - 12<sup>th</sup>**  
**Marcia S - 24<sup>th</sup>**  
**Gale M - 25<sup>th</sup>**  
**Connie M - 26<sup>th</sup>**  
**Pat S - 29<sup>th</sup>**  
**Lena O - 31<sup>st</sup>**



FAMILY & FRIENDS REFERRAL PROGRAM!

**COMMUNITY COMMUNICATION**  
Your January 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.**



On January 16th we will be celebrating the birthday of Dolly Parton by having a day all about her! Join us for puzzle games, cooking demos, line dancing, a happy hour signature cocktail, a themed dinner service and round off the evening with a movie! Don't forget to wear your jeans, boots and bandanas (rhinestones encouraged). In honor of her 80th birthday, we are collecting NEW children's books from January 16-March 1st. All books will be donated to local schools during Read Across America Month in March.



**\$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!

**LAKE SIDE  
CONNECT  
JANUARY 2026**



**“In the New Year, never forget to thank to your past years because they enabled you to reach today! Without the stairs of the past, you cannot arrive at the future!”**  
— Mehmet Murat ildan

Happy New Year and welcome 2026! As we step into this new chapter, it's the perfect time to reflect on the joys of the past year and set intentions for the one ahead.  
Have you thought about ways to start the year off on a positive note? One idea is to focus on nurturing both your physical & mental well-being. Research continues to show that staying mentally engaged and learning new skills can do wonders for brain health. Picking up a new hobby, exploring an interest, or even taking part in a discussion group can improve focus, memory, and overall happiness.  
This month, why not challenge yourself to try one new activity? You'll be surprised how these experiences can energize you and connect you with others. Let us know how we can help you discover something new! We do understand this time of year can also bring about feelings of nostalgia or loneliness for some. We encourage you to reach out and participate in social gatherings so that you feel valued & more connected within our community.

Cheers to 2026, Rene Ruhlman / Life Enrichment Manager

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**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 - OLIVER H.

Please join us in congratulating our Associate of the Month, Oliver. He just celebrated his 7<sup>th</sup> anniversary with Waltonwood, and to say that he’s made an impact would be an understatement! Our resident’s faces light up when they see him, he is known throughout the community and makes every day brighter. One of his favorite parts about being a driver is learning the resident’s history and learning from their experiences, wisdom and love.

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.



DECEMBER HIGHLIGHTS

1<sup>st</sup>

Kicked off the holiday music season with a performance by Mr. Christmas - Jeff Cavataio.

6<sup>th</sup>

Residents were treated to a concert by the GBU German Choir featuring our own Inge!



10<sup>th</sup>

We visited The Brewery for our Annual Holiday dinner.

31<sup>st</sup>

Our traditional Toast to Noon was a wonderful time filled with music, friends, snacks & champagne.



FOREVER FIT: DON'T GO 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 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.**

JANUARY HAPPENINGS

- 1<sup>st</sup> - Happy New Year, Welcome 2026
- 5<sup>th</sup> - “Un-decking” the Halls begins (volunteers welcome)
- 8<sup>th</sup> - Musical Performance by Scott Vernier
- 13<sup>th</sup> - Tasty Tuesdays - Cooking with Allison
- 15<sup>th</sup> - Entertainment with Marco Floyd
- 16<sup>th</sup> - Waltonwood to Dollywood Day
- 19<sup>th</sup> - MLK Jr. Day
- 20<sup>th</sup> - Veterans Luncheon (by invitation)
- 20<sup>th</sup> - Art Class with Nicole
- 22<sup>nd</sup> - Belated birthday celebration with Elvis tribute artist Bryan Dixon.
- 23<sup>rd</sup> - Waltonwood Amenities & Opportunities Presentation
- 26<sup>th</sup> - Tea & Table Talk (Please RSVP)
- 29<sup>th</sup> - Entertainment with the D&A Duo



Thank you to everyone who participated in our Family Christmas Tree. It was wonderful to see the ornaments you shared. Ornaments can be picked up starting January 1st.

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.