

January Birthdays

Rose A. - 1/12

Sharon E. - 1/14

Theresa X. - 1/25

Gail R. - 1/31



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, on the TV screens & now you can access on your phone. If you have any questions, please reach out to the Life Enrichment Team.



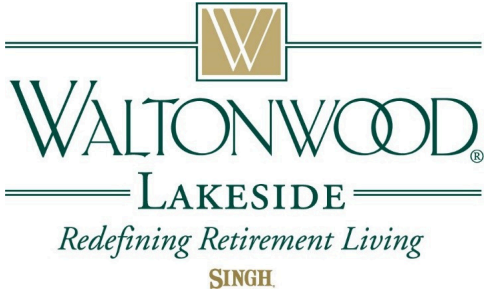
\$3500 RESIDENTIAL REFERRAL BONUS

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



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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.

Life Enrichment invites you to embrace the warmth of winter cheer with an array of exciting activities. Alongside our beloved classics like Bingo and Forever Fit, we're thrilled to introduce innovative programs to keep the spirits high. Dive into the world of interactive gaming with our Xbox Kinect sessions, where fun meets fitness. On Fun with Food Fridays, indulge in culinary adventures that tantalize your taste buds and spark creativity. And don't miss "Monday Morning Groove," a lively way to kick-start your week with rhythm and zest. Join us this January to make unforgettable memories and spread joy together!

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

Ashley Hutek
Resident Care Manager

ASSOCIATE OF THE MONTH - Corey Adams

I have been with Waltonwood for three months and truly enjoy helping both residents and staff each day. In my free time, I like watching movies, spending time with my family, dining out, and going on long drives. My goal is for every resident to feel valued, appreciated, and cared for. Thank you for nominating me.

-Corey



DECEMBER HIGHLIGHTS



Santa and Claudia look so cute together!



Elsa I. posing for the camera!



Kathy M. looks merry and bright next to the festive tree!

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 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.



JANUARY HAPPENINGS

- 1/1: New Years Bingo
- 1/2: Fun with Food Friday begins with Blind Taste Test
- 1/7: Resident Council Meeting
- 1/8: Entertainment: Scott Vernier
- 1/9: Outing: Resident Shopping
- 1/13: Xbox Kinect Games
- 1/14: Kindness Council
- 1/15: Entertainment: Marco Floyd
- 1/16: Dolly Parton Day!
- 1/19: MLK Day!
- 1/22: Entertainment: Birthday Party for Elvia!
- 1/23: Outing: Lunch at Hibachi!
- 1/29: Entertainment: D & A Duo
- 1/30: Outing: Residents Choice



Emily Long, Associate ED

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.