

COMMUNITY COMMUNICATION

Engage in Exciting Activities for Cognitive Health

Cardio Drumming

Get ready to rock with the thrill of cardio drumming! Join us for a week of drumming that will pump up your workout experience

Floral Arrangements

Create beautiful floral arrangements that will brighten your space with their fragrance! Not only do these workshops help you remember loved ones through meaningful creations, but they also provide a therapeutic 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 friends with dementia! Come join us for a lively round, and you might just win a delicious treat!

InTouch Games

Sedentary lifestyles can impact cognitive function and our brain's performance. Engaging in games is an excellent way to stimulate the mind and rebuild neural pathways, ultimately enhancing memory.

Trivia

Participate in trivia games that challenge your mental skills, while also providing a fun way to engage with others and stimulate cognitive abilities.

Arts & Crafts

Creating art is a fantastic workout for the brain, strengthening neurons and fostering new connections. While Alzheimer's can be challenging, engaging in these activities can help build new neural pathways and enhance cognitive 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

February 2026



"Memories are like stars; you may not be able to touch them, but you can always look at them, and they will brighten your day!"

February is a month brimming with opportunities to celebrate, reflect, and connect with family and community. As we honor Black History Month, let's take time to acknowledge the remarkable contributions and rich cultural heritage of Black individuals throughout history. It's a chance for families to come together, learn, and appreciate the diverse stories that shape our world. In the spirit of unity and love, Random Acts of Kindness Week offers a perfect opportunity to spread joy and positivity within our communities. Whether it's a simple smile or a thoughtful gesture, kindness has the power to create lasting bonds. And of course, February wouldn't be complete without the excitement of Super Bowl Sunday! Gather with loved ones, enjoy the game, and savor the camaraderie that sports bring. This month let's embrace the warmth of family and the joy of togetherness. February is also woman's heart health month

Waltonwood Family



Redefining Retirement Living

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COMMUNITY MANAGEMENT

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Culinary Services Manager

Rene Ruhlman
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Moriah Dean
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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: Paula Poole

I've spent the last nine months at Waltonwood doing what I love most—bringing joy to residents and making their days a little brighter. In my free time, I enjoy reading, creating art, and attending church with my family.



TRANSPORTATION INFORMATION

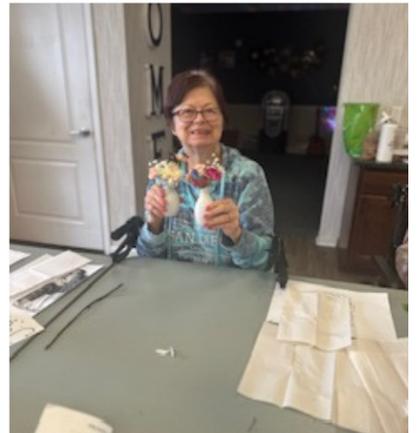
Transportation is offered for Memory Care residents on Wednesdays for outings and appointments based on availability. The bus is used on Monday, Tuesday and Thursday in Independent Living and Fridays in Assisted Living. Limited rides on the bus may be available on those days, and residents who are able 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 HIGHLIGHTS

05

Our Kindness Council came together to create beautiful centerpieces for our dining room tables.



19

Residents had a fantastic time this morning engaging in an exercise focused on building upper arm strength while enjoying a lively game of parachute popcorn.



26

Residents delighted in the experience at Nails and Spa!



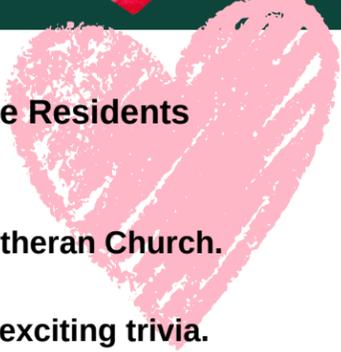
FOREVER FIT: Don't Do It Alone

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.

February Special Events

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

- ****February 4**:** Join us for a fun session of Virtual Golfing and sliders.
- ****February 6**:** Participate in Friday Flock and enjoy lunch at Trinity Lutheran Church.
- ****February 11**:** Experience Imperial Bowling followed by Pizza.
- ****February 18**:** Savor a meal at Olive Garden while engaging in some exciting trivia.
- ****February 25**:** Delight in a classic outing to Buddy's Pizza.
- ***Special Performances:****
- Enjoy the enchanting sounds of music by Deep River Music at 11:30 AM on February 11.
- Join us on February 18 for Marco Floyd, who will serenade us with the greatest hits of Motown.
- On February 22, Charlene will captivate us with a live performance tailored for our Assisted Living and Memory Care residents.



Emily Long, Associate Executive Director

We're excited to share that the Customer Engagement Survey begun! This is a wonderful opportunity for residents and families to share their thoughts and help us continue improving our community. Residents and/or families will have either received a paper copy or electronic copy. Our team has assisted with passing out paper surveys and ensuring everyone receives the correct format. We encourage families and residents to participate and share their feedback—it truly makes a difference. The deadline to complete the survey is February 9. Thank you for taking the time to share your voice, and please don't hesitate to reach out if you have any questions!