



February Birthdays

Rosemarie D: 2/14

Claudia K: 2/18



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!

FRIENDSHIP

FAMILY & FRIENDS REFERRAL PROGRAM!

LAKE SIDE CONNECT



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www.waltonwood.com | 586-532-6200
Facebook: /WaltonwoodLakeside

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.

-Waltonwood Family



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 -

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.



JANUARY HIGHLIGHTS



FOREVER FIT: In The Moment

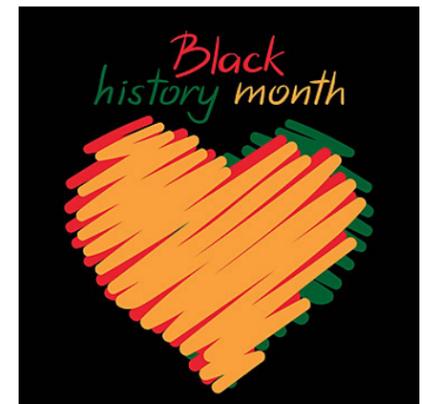
Strengths, weaknesses, abilities and limitations all act to shape our overall health and wellness. While previous experiences often influence our perception of how we “should” be when assessing our current state, don't let them be the defining factor in your overall success. Having our focus on things too far in the past create an unfair comparison between our current self and a younger version. When we look too far ahead at our future goals, we can forget to establish the smaller steps necessary to create the foundation from which healthy habits are built. While both instances will be part of the bigger picture, they are only some of the steps in our overall journey. By focusing on today rather than how you felt 1, 5, or 10 years ago, you can better identify your current baseline and design a routine that works for you today. Like most things, progress in fitness is rarely linear, rather a series of ebbs and flows that are constantly challenging us. By recognizing these changes and finding ways to reframe our approach we better set ourselves up for success in the moment.

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.

FEBURARY HAPPENINGS

- 2/1: Black History Month begins
- 2/2: Move and Music with Moria
- 2/3: Passport Photoshoot
- 2/4: Entertainment: Daniel Bryson
- 2/6: Outing: Friday Flock at Trinity Lutheran
- 2/10: Chair Yoga with Taylor
- 2/12: Entertainment: Theo Spright
- 2/13: Outing: Pink House Tea Room (RSVP)
- 2/18: Resident Council
- 2/19: Entertainment: Steve from Vintage Vocals
- 2/24: Gordy the Piano Player
- 2/25: All Neighborhoods Family Night!
- 2/26: Entertainment: Jeff Cavataio



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!