

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

March 2026



March is a month of transformation and renewal, as we witness the gradual shift from the frosty grip of winter to the blossoming warmth of spring. The changing weather brings with it opportunities for outdoor adventures and a breath of fresh air, literally and metaphorically. It's a time when we often reassess our goals and plans, aligning them with the vibrant energy of the season. Our activity calendars may be adapting to new rhythms, but the resilience and camaraderie we share with friends and loved ones continue to anchor us. Together, we embrace these changes, enriching our lives through shared experiences, laughter, and the promise of new beginnings. In this spirit of togetherness, March becomes more than just a month; it's a celebration of growth, connection, and the enduring strength of community.

Thank you for your resilience,

Waltonwood Family



Redefining Retirement Living

SINGH

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Employee of the Month: Russell Islami

We're thrilled to spotlight Russell, a dedicated team member who has been with us for just over a month. Russell's favorite part of working here is the opportunity to help our residents, their families, and his colleagues, embodying the spirit of teamwork and compassion. Outside of work, Russell enjoys going on walks, watching movies, reading, and spending quality time with friends. His enthusiasm and commitment have already made a positive impact, and we're excited to have him as a part of our community!



FEBRUARY HIGHLIGHTS

05

Residents had a wonderful time participating in cardio drumming with Paula, making it an enjoyable exercise activity, all while basking in the bright sunshine.



16

Residents enjoyed a delightful journey of taste and travel to Spain.

25

Residents had a delightful evening with their families, savoring delicious treats and beverages.



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.



March Special Events

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

- ****March 4****: Enjoy a scenic spring drive followed by a visit to the Pancake Factory.
- ****March 6****: Join us for Friday Flock and savor lunch at Trinity Lutheran Church.
- ****March 11****: Delight in an authentic Mexican dining experience at Primo Cantina.
- ****March 18****: Participate in an outing to Imperial Bowling, complete with lunch.
- ****March 25****: Experience a Virtual Golfing outing with lunch.

Special Performance

- On ****March 11**** at 11:30 AM, let the enchanting melodies of Deep River Music fill the air.
- On ****March 22****, Charlene will mesmerize us with a live performance designed for our Assisted Living and Memory Care residents.



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.

Emily Long, Associate Executive Director

Spring is almost here, and that means Taste of Waltonwood is right around the corner! We are excited to welcome everyone to this special event on March 27th from 1–3 PM. It's a wonderful opportunity to showcase the many talents of our Culinary Department, and it's truly one of our favorite events of the year. Please feel free to invite your friends and call the community to RSVP—we would love for you to join us for the fun!

Thank you all for participating in our annual survey. We truly value your feedback and appreciate you taking the time to share your thoughts and suggestions for improvement.

I would also like to extend a heartfelt thank you for the warm welcome you gave me while I filled in for Gina during her maternity leave. The last three months have flown by, and each and every one of you has made it very difficult to say goodbye at the end of the month.