

March Birthdays

Jackie F. - 3/3



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.



FAMILY & FRIENDS REFERRAL PROGRAM!

\$3500 RESIDENTIAL REFERRAL BONUS

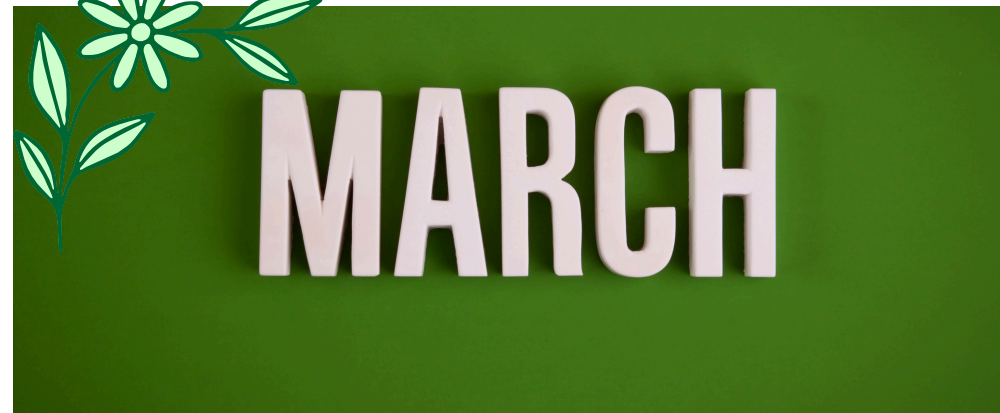
Have you shared your love for Waltonwood lately? When you refer someone to our community, they'll thank you for it - and then we'll thank you for it too!

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



MARCH 2026



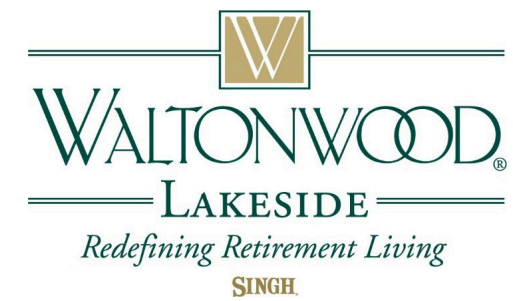
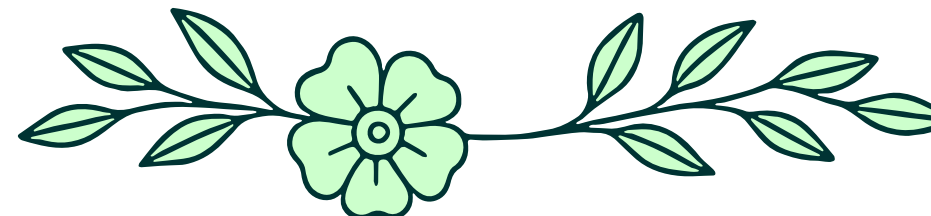
"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."

— Charles Dickens, *Great Expectations*

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



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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

Ashley Hutek
Resident Care Manager

ASSOCIATE 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!



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.

MARCH HAPPENINGS



- 3/1: Read Across America begins
- 3/2: Dr. Seuss Spirit Week starts with the color green!
- 3/3: Travel Tuesday: Poland
- 3/4: Entertainment in IL: Vanessa Carr
- 3/5: Gordy the Piano Man
- 3/6: Outing to Friday Flock at Trinity Lutheran
- 3/9: Travel Tuesday: Iceland
- 3/11: Kindness Council
- 3/12: Entertainment in IL: Matt Ball
- 3/13: Outing to Casino (Please sign up)
- 3/17: St. Patty's Day Scavenger Hunt
- 3/18: Resident Council
- 3/19: Entertainment in IL: Tom Reid
- 3/20: Outing to Belle Isle Aquarium
- 3/24: Travel Tuesday: Egypt
- 3/26: Entertainment in IL: Joe Caruso
- 3/27: Outing to Resident Shopping
- 3/31: Lukas the Accordion Player

Moriah Dean, Life Enrichment



We are thrilled to introduce an exciting new currency: the "Walton One Hundred"! This innovative currency is designed to reward community engagement and participation. Each resident who takes part in our scheduled daily activities will earn Walton One Hundreds. These unique notes aren't just for show; they hold real value in a special bidding event at the end of the month. During this auction, residents will have the opportunity to use their accumulated Walton One Hundreds to bid on a variety of specialty items. It's a fantastic way to encourage involvement, foster community spirit, and add a fun twist to our activities. Be sure to join in, collect your currency, and prepare for the bidding war!

February HIGHLIGHTS



FOREVER FIT: Rest and Recover



We know how important diet and exercise can be on our overall health, but did you know there's a third factor just as crucial. The rest we get, in particular the sleep we get lays the foundation for how our bodies recharge and repair. Aiming for 7-9 hours of night shut-eye can improve your immune system, help lower the risk of heart attack and stroke, reduce the risk of dementia and promote health weight management. This March aim for better bedtime habits. Put down the book, unplug from your phone and TV and make sleep a top priority to help improve your overall health and wellbeing.

Emily Long, Associate ED

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.