



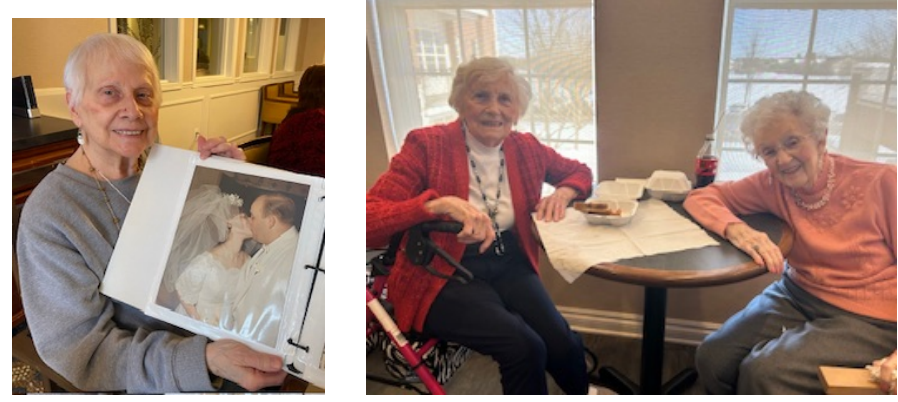
Virginia W - 1st
Gordon B - 8th
Jim H - 12th
Marion R - 13th
Diane G - 19th
Richard H - 25th
Claudette K - 28th



FAMILY & FRIENDS REFERRAL PROGRAM!

COMMUNITY COMMUNICATION

Your February 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, in front of the Hobby Room and dining room, 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!

LAKE SIDE CONNECT

MARCH 2026



“March comes in like a lion and goes out like a lamb, teaching us that even the fiercest storms eventually give way to peace.”
 As the days grow a little longer and the sunshine lingers just a bit more, March reminds us that spring is right around the corner. It's a season of fresh starts and brighter mornings.

March is also month of celebrations. On St. Patrick's Day, we'll enjoy a touch of green, a bit of Irish cheer and maybe even a little luck. It's a wonderful excuse to gather with friends. March 8th is International Women's Day where we celebrate the achievements & contributions of women worldwide. We are thankful for all the women who serve our residents in all their roles. Be sure to thank all the women in your life who've made you who you are today.

Don't forget March 20 is the first official day of spring - a perfect time to look ahead to blooming flowers, outdoor walks and opening the windows to let in fresh air!

Wishing you a month filled with sunshine, laughter and a little extra spring in your step!
 Rene Ruhlman / Life Enrichment Manager



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14750 Lakeside Circle, Sterling Heights, MI 48313
www.waltonwood.com | 586-532-6200
 Facebook: /WaltonwoodLakeside

- ### 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 - SAFETE K

Please join us in congratulating our Associate of the Month, Safete. She started with Waltonwood in 2016, then left to raise her son. Now she's very happy to be back. In her spare time she enjoys shopping and spending time with her son. Safete loves our residents.

She was nominated because of her outstanding work which is noticed by the residents and staff. We are very lucky to have her back!

If you would like to nominate an employee (culinary, housekeeping, life enrichment, care team, concierge or maintenance) for exemplary service, forms are available at the Front Desk.



FEBRUARY HIGHLIGHTS

2nd

This month's coffee and conversations focused on wedding memories. We loved hearing all your stories and seeing your beautiful photos.

4th

Daniel Bryson returned to entertain our residents with his accordion playing skills. This time he also played some piano!



8th

We enjoyed 3 delicious soups and other goodies prepared by our culinary team for our "Souperbowl" Sunday tailgate party.

25th

Our first Family Night of the year was a great success. Residents and their family members enjoyed game night, snacks and prizes.



FOREVER FIT: REST & 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.

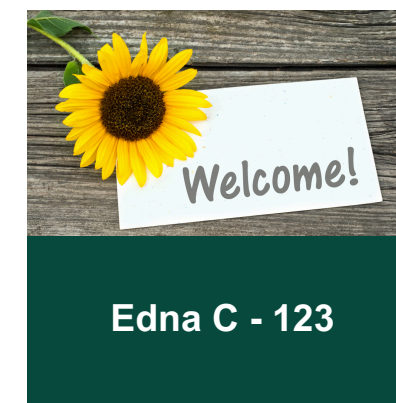
TRANSPORTATION INFORMATION

Transportation is offered for Independent Living residents Monday-Thursday between 8:30am and 3pm for appointments based on availability. Residents are asked to fill out a transportation request form at least two weeks in advance so our drivers can create their schedule. Slips are located in the library or at the front desk. We will do our best to accommodate last minute ride requests based on schedule availability. **Medical appointments will take precedence over leisure ride requests.** We encourage family and friends to remain involved with transportation to medical appointments. All rides outside of our 10 mile radius will be charged at \$2 per mile.

Outings and community events sign-up sheets are in the Outings binder. Please keep in mind all events are first come - first serve. We request that if you sign up for an outing and end up not being able to attend, you cross your name off the list. **Drivers are not available on Fridays as they are supporting our Assisted Living & Memory Care communities.**

MARCH HAPPENINGS

- 3rd - Oldies Bingo with the Sterling Heights Library
- 4th - Entertainment with Vanessa Carr
- 5th - MGM Casino Trip
- 6th - OHH Fall Prevention Presentation
- 8th - Daylight Savings Time: Spring Forward
- 9th - New Resident Social
- 10th - Veterans Luncheon (Please RSVP)
- 12th - Musical Performance by Matt Ball: Boogie Woogie Kid
- 14th - Ten Warning Signs of Alzheimer's presentation
- 16th - Resident Council Meeting
- 17th - St Patrick's Day - WEAR GREEN
- 19th - Entertainment with Tom Reid
- 24th - Palm Weaving Class with volunteers from St. Isidore
- 24th - Painting Class with Nichole
- 26th - Musical Performance with Joe Caruso
- 27th - Taste of Waltonwood Open House (residents join at 2:00pm)
- 30th - Tea & Table Talk (Please RSVP)



Edna C - 123



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.