

Happy  
Birthday

# 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.

Ron, 17

Peggy, 27

Carl, 29



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

MAY 2026



“At last came the golden month of the wild folk-- honey-sweet May, when the birds come back, and the flowers come out, and the air is full of the sunrise scents and songs of the dawning year.”—Samuel Scoville Jr.

As we step into the gentle embrace of May, a sense of renewal and hope blossoms around us. This enchanting month, often seen as a bridge between the vibrant energy of spring and the warmth of summer, brings with it a tapestry of delicate blooms, longer days, and the sweet melodies of birds returning home. May is a time to reflect on growth, to savor the gentle balmy breezes, and to find joy in the simple pleasures of life. Let us welcome this month with open hearts, celebrating the beauty and abundance it offers. May it inspire us to cherish each moment and nurture the seeds of our dreams.

Wishing you abundance and love,  
Your Life Enrichment Team



Redefining Retirement Living

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## COMMUNITY MANAGEMENT

Gina Conway  
Executive Director

Lisa Kendrick  
Business Office Manager

Marcia Combs  
MC Life Enrichment Manger

Les Hicks  
Environmental Manager

Nick St Onge  
Culinary Services Manager

Rene Ruhlman  
Life Enrichment Manager

Moriah Dean  
AL Life Enrichment Manager

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: Marjana Zajaku

Marjana has been part of the Waltonwood team for ten months. Her colleagues describe her as remarkable, always ready to lend a helping hand. She consistently gives her all, and her cheerful demeanor brightens the workplace. Marjana is known for her pleasant and patient nature. When asked about her motivation for this line of work, she shared, "I love to help people." In her free time, she enjoys spending moments with her family and caring for her mother. Marjana has proven to be a wonderful addition to the team, and we eagerly anticipate watching her shine.



## APRIL HIGHLIGHTS

**06** Residents had a wonderful time creating centerpieces for our tables during the floral arrangements activity.



**16** This morning, residents participated in a lively exercise class, having a great time playing Kick Ball!

**25** Resident clinched this season's bowling championship, triumphing over all the other memory care facilities.



## FOREVER FIT:Fit & Flexible

As we age, muscles lose their elasticity, becoming more rigid and stiff. This age-related decline can cause pain, stiffness, and decreased ROM in many of the body's most used joints. While factors such as inactivity, decreased muscle strength, and osteoarthritis can impact our body's flexibility, regular stretching exercises can greatly improve the way we move and feel. By maintaining our flexibility as we age, we help to minimize the risk of falls while maximizing our performance in daily activities. Below are just a few tips and exercises that can help keep you loose, limber, and feeling your best.

- Identify the joints and surrounding muscles that are in the most need of attention, and use them as a starting point.
- Warm the body up, emphasizing proper posture and technique to ensure safe and effective flexibility training.
- Move slowly to the point of mild tension, not to the point of pain.
- Hold each static stretch for 10-90 seconds, minimizing bouncing, jerking, or excessive force that could cause a potential injury.
- Breathe! Inhale before the stretch, exhale upon it, and breathe normally while holding the movement.

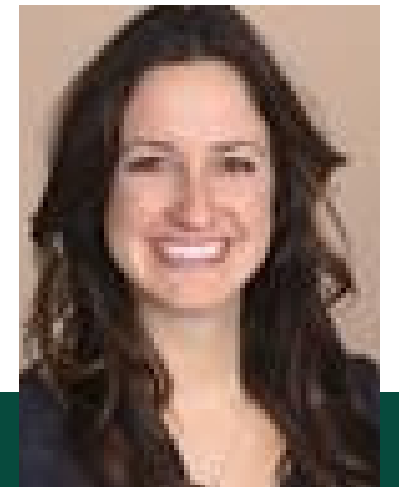
## TRANSPORTATION INFORMATION

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.

## May Special Events

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

- May 4: National Star Wars Day. Join us for a Star Wars movie at 1:30.
- May 6: Musical Performance in IL: Jeff Cavataio.
- May 8: Join us for a Coke for National Have a Coke Day. Today is also the start of our spring Bowling League.
- May 8: Join us for Friday Flock and enjoy lunch at Trinity Lutheran Church.
- May 13: It's a musical Wednesday; we have a live performance with Charlene in memory care.
- May 13: At 11:30, followed by a live performance in IL to listen to Six Strings.
- May 13: We also have an outing today to Cranbrook Institute of Arts.
- May 14: Our Mother's Day Buffet; please RSVP.
- May 17: Sunday Musical Performance in Memory Care with Deep River Music.
- May 20: Is our favorite monthly outing to Imperial Bowling Lanes.
- May 25: Memorial Day.
- May 27: National Have a Grape Popsicle Day.
- May 27: Outing Virtual Golfing.



## Gina Conway, Executive Director

Happy Mother's Day to all the wonderful women in our community!

This month holds a particularly special place in my heart. As many of you know, our family recently grew by two tiny feet.

Being in the thick of early parenthood once again has given me a renewed sense of gratitude for the mothers, grandmothers, and maternal figures who shape our lives. It's a reminder that the bond between generations is our greatest strength. Whether it's the wisdom shared over a cup of coffee or the simple comfort of a familiar smile, the influence of a mother is lifelong.

Watching my newest addition, I can't help but think of the incredible legacies represented right here in our hallways. You have raised families, built careers, and nurtured the next generation with grace. You are the heartbeat of our community, and it is an honor to celebrate you.

I look forward to seeing you at our Mother's Day buffet on May 14. Thank you for your continued warmth and for welcoming my growing family into yours with such kindness.