

COMMUNITY COMMUNICATION



BARB
JULY 17



Engage in Exciting Activities for Cognitive Health

Cardio Drumming: Get ready to rock out with the excitement of cardio drumming! Join us for a week of drumming that will elevate your workout experience.

Floral Arrangements: Craft stunning floral arrangements that will fill your space with delightful fragrances! These workshops not only help commemorate loved ones through meaningful creations but also offer a therapeutic outlet for individuals facing Alzheimer's or dementia.

Bingo: Did you know? Bingo is not just a game; it's a brain-boosting journey for our friends with dementia! Come join us for an energetic round, and you might just win a tasty treat!

InTouch Games: Sedentary lifestyles can negatively affect cognitive function and brain performance. Participating in games is a wonderful way to stimulate the mind and rebuild neural connections, ultimately improving memory.

Trivia: Engage in trivia games that put your mental skills to the test while providing a fun way to connect with others and enhance cognitive abilities.

Arts & Crafts: Creating art serves as an excellent workout for the brain, strengthening neurons and fostering new connections. While dementia can present challenges, engaging in these activities can help forge new neural pathways and improve cognitive skills.



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!

LAKE SIDE CONNECT- MEMORY CARE

July 2026



Welcome, July!

It's a sunny month with lots of fireworks, flowers, and good vibes. Make sure to stay active and keep hydrated. Enjoy hanging out on the newly refreshed patio and spending time with your loved ones. This month let's keep an eye on our seniors' well-being—it's super important! And don't forget to RSVP for Camp Waltonwood on July 18!


WALTONWOOD
LAKE SIDE
Redefining Retirement Living
SINGH
14650 Lakeside Circle, Sterling Heights, MI 48313
www.waltonwood.com | 586-532-6200
Facebook: /Waltonwoodlakeside

COMMUNITY MANAGEMENT

Gina Conway
Executive Director

Lisa Kendrick
Business Office Manager

Tonicka Benefield, LPN
Resident Care Manager

Tracy Chamberlain
Wellness Coordinator

Les Hicks
Environmental Manager

Nick St Onge
Culinary Services Manager

Rene Ruhlman
IL Life Enrichment Manager

Moriah Dean
AL Life Enrichment Manager

Melissa Wright
Marketing Manager

Aaron Rodino
Marketing Manager

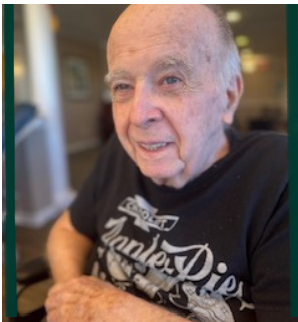
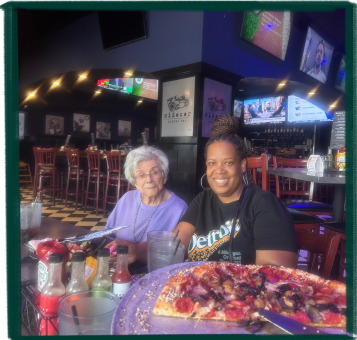
Allison Neal
Independent Living Manager

Employee of the Month: Tanesha Foster

I've been working for Waltonwood as a caregiver and mentor for eight years. I love spending time with my residents, and when I'm not providing care, you can often find me helping out with activities. I enjoy helping wherever I can. I'm a true believer that teamwork makes the dream work. Seeing how my residents light up when they see me is the highlight of my day, as they bring me so much joy. In my spare time, I enjoy being with my family. Lately, I've been planning for my upcoming wedding in September.



JUNE HIGHLIGHTS



Forever Fit - Proper Preparation

Summer's the perfect time to mix things up and take our exercise routine outdoors. The fresh air and sunshine are the perfect combination to help reinvigorate the mind, body and soul. Before you head out the door ask yourself one thing, "What's the weather?" While knowing the temperature is a good start looking at other factors like humidity, dew point, air quality, precipitation and wind speed can also greatly impact the overall safety and enjoyment of your exercise experience. If you happen to be an individual who also suffers from respiratory issues, a quick check of the weather before you head out the door is an even more important first step. This summer get to know the elements because the better prepared you are for the conditions the better your exercise will be.

TRANSPORTATION INFORMATION

Transportation is offered for Memory Care residents on Wednesdays for outings and for 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 and we will try our best to accommodate last minute requests.

July Special Events

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

- July 4: Celebrate America's 250th Anniversary with some patriotic songs, Bomb Pops, and Bubbles!
- July 7: Test your baking skills as we make dog treats for the Humane Society of Macomb.
- July 8: Get hands-on interaction with reptiles and aquatic life at the LegaSea Aquarium
- July 13: Help us create dog toys to donate to the Humane Society of Macomb.
- July 15: Join us for an excursion to UWM Field to celebrate Senior Day with a baseball game
- July 18: Camp Waltonwood - RSVP with the front desk!
- July 22: Participate in a virtual golfing experience, followed by a delicious lunch.
- July 29: Get back to nature with a trip to Stoney Creek Metropark



Gina Conway, Executive Director

We are thrilled to announce that this year's Camp Waltonwood is hitting the field on July 18th from 1:00-3:00, and we want you be a part of the action. Camp is designed specifically as a fun, interactive experience for you to enjoy alongside the children in your lives—whether that's your grandchildren/great-grandchildren, nieces, nephews, or young family friends. This is a wonderful opportunity to lace up your sneakers, share a few stories from the sidelines, and cheer on the next generation. From friendly games of football or basketball toss to tee ball to stadium food and crafts, we'll be celebrating the joy of movement and the spirit of teamwork. We hope you'll join us for a day of laughter, sunshine, and intergenerational fun.