

HAPPY  
BIRTHDAY

Carrol C. 9/16

Sharon S. 9/17



FAMILY & FRIENDS REFERRAL  
PROGRAM!

## COMMUNITY COMMUNICATION

### 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.

### \$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

September 2026



Photo By: Anna Garlick

We're thrilled to welcome so many new faces to our memory care neighborhood! This September, we have an exciting lineup of events that promise to engage and delight everyone. From invigorating outings that explore local attractions to our cherished group activities, there's something for everyone to enjoy. Don't miss our beloved cooking classes every Tuesday, where creativity and culinary skills come together! We invite you to introduce yourself, join in the fun, and make wonderful new memories with us. Let's make this month unforgettable! Let's all give a big hand to our Life Enrichment Assistant, Paula, and our Resident Care staff that work on keeping us happy and healthy!

Thanks for making it worth it,  
Life Enrichment Manager



14650 Lakeside Circle, Sterling Heights, MI 48313  
[www.waltonwood.com](http://www.waltonwood.com) | 586-532-6200  
Facebook: /Waltonwoodlakeside

## COMMUNITY MANAGEMENT

**Gina Conway**  
*Executive Director*

**Lisa Kendrick**  
*Business Office Manager*

**Rene Ruhlman**  
*IL Life Enrichment Manager*

**Melissa Wright**  
*Lead Marketing Manager*

**Nick St Onge**  
*Culinary Services Manager*

**Moriah Dean**  
*AL Life Enrichment Manager*

**Tonicka Benefield**  
*Resident Care Manager*

**Michael Mcquillen**  
*Environmental Services*



## ASSOCIATE OF THE MONTH - Tiana

I have been a server here for about five months, and I truly enjoy being kind to our residents. I've learned that people often remember how they are treated, and I believe kindness and respect can go a long way in someone's day. Outside of work, I enjoy dance, learning about how the brain functions, cooking, and exploring the culinary world. My special message to the residents is: Take life one day at a time—in fact, one moment at a time. You'll find that there is something good in each moment. Perspective is key.



## AUGUST HIGHLIGHTS



**Hilda** keeps the beat during Cardio Drumming!

**Peggy and Paula** loving their outing on Wednesday's



**Karen** cuddles up with the puppies at the Macomb Humane Society!

## Forever Fit: Strength & Balance

September is Fall Prevention Awareness Month, and for many seniors fall prevention is one of their greatest concerns as they age. Each year 1 in 4 seniors reports having a fall. In the past decade alone ER visits resulting from falls has increased by 43%. While it may be impossible to prevent all falls, exercises that focus on strength, balance and coordination have been shown to dramatically reduce the risk of falling in seniors. In fact, research indicates that seniors who strength trained twice per week for as little as six months, decreased their fall risk by 40%. When combined with balance training, which on its own lowered fall risk by 30% over the same six weeks, overall fall preventions rates increased even more. Better balance takes time but by taking a proactive approach with strength training you can set yourself up for long term success.

## 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.

## SEPTEMBER HAPPENINGS

- 9/1: Baking Class w/ Paula
- 9/2: Outing: Blakes Cider Mill
- 9/3: Music with Sara
- 9/7: Floral Arranging
- 9/9: Outing: Detroit Zoo
- 9/15: Relaxation Class w/ Taylor
- 9/18: Elvis Presely Tribute in IL
- 9/22: Baking Class w/ Paula
- 9/27: Deep River Music
- 9/29: Baking Class: Monkey Bread
- 9/30" Outing: Going to the Movies



**Hilda** is all smiles with her fellow neighbors!



**Daniel** is sportin a smile during Friday Happy Hour!

## Gina Conway, Executive Director

September is an exciting month as we look forward to celebrating National Assisted Living Week, September 14–18! This special week gives us an opportunity to celebrate our residents and the friendships, stories and connections that make Waltonwood Lakeside such a wonderful place to call home. This year, we will celebrate with sports-themed activities, entertainment and plenty of friendly competition throughout the week. I look forward to joining in the festivities and celebrating the wonderful spirit of our community. Wishing everyone a fun and memorable Assisted Living Week!