



September Birthdays

- Violet D - 9th
- Bill S - 15th
- Dora C - 15th
- John W - 21st
- Edna C - 21st
- Sharon B - 26th

COMMUNITY COMMUNICATION

Your September 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.





FAMILY & FRIENDS REFERRAL PROGRAM!

\$4000 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!

LAKESIDE CONNECT

SEPTEMBER 2026



“When you are reluctant to change, think of the beauty of autumn.”
– V V Brown

There is something undeniably special about September in Michigan. As the humid days of summer gracefully yield to crisp, cool mornings, our corner of the Midwest transforms into a landscape of breathtaking beauty. For our community, September marks a wonderful transition—a time to pivot from sun-drenched patio afternoons to the cozy, vibrant comforts of the autumn season.

With the cooler weather arriving, it is also a great time to refocus on personal wellness. Staying active, keeping hydrated, and taking advantage of our indoor and outdoor community events are fantastic ways to keep energy levels high. Please feel free to reach out to your Life Enrichment team if you have suggestions for the upcoming months!

Thank you for making our community such a warm and vibrant place to call home. Here's to a wonderful start to a colorful Michigan autumn!

Rene Ruhlman / Life Enrichment Manager



14750 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
- Rene Ruhlman**
IL Life Enrichment Manager
- Melissa Wright**
Lead Marketing Manager
- Nick St Onge**
Culinary Services Manager
- Michael Mcquillen**
Environmental Services Manager
- Moriah Dean**
AL Life Enrichment Manager

ASSOCIATE SPOTLIGHT - PARYS

If you’ve been at the front desk or come in through the main entrance, you are sure to have been greeted with a big smile by our newest Concierge, Parys. It took no time at all for residents to begin raving about her professionalism and kindness. We are lucky to have you as part of our team - congratulations!

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.



AUGUST HIGHLIGHTS

8th

Our bake sale fundraiser for the Humane Society was a great success. Thank you to everyone who donated!

27th

Our Thursday lunch outing took us to the Schoolhouse Grille on Harsen’s Island. Such an enjoyable trip.

25th

Crooner in the Courtyard Family Night was amazing. So fun to see residents enjoying from their balconies. Thank you to Kevin Wills for the fantastic performance.

28th

We took advantage of the beautiful day & held our elevated happy hour/ farewell party for Allison on the patio!



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 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.**

SEPTEMBER HAPPENINGS

- 2nd - Entertainment with Vanessa Carr
- 2nd - Diamond Painting in the Dining Room kicks off
- 7th - Happy Labor Day
- 10th - Main Street Dermatology visits
- 10th - Musical performance by Scott Vernier
- 11th - 25th Anniversary of 9-11
- 13th - Happy Grandparents Day
- 15th - OHH Living Well Series - Mobility Aids/Assistive Devices
- 16th - Entertainment in Assisted Living - Mark the Magician
- 18th - Performance by Elvis tribute artist Chris Ayotte
- 21st - Resident Council Meeting
- 21st - Tea & Table Talk
- 24th - Entertainment with Aaron Caruso
- 25th - Happy Hour Oktoberfest celebration
- 28th - Veterans Luncheon
- 30th - Music with Marco Floyd



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 invite our Independent Living residents to join us in celebrating the wonderful spirit of our community. Wishing everyone a fun and memorable Assisted Living Week!