

HAPPY
BIRTHDAY

Janet F.
10/8



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.

\$4,000 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 \$4000 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

OCTOBER 2026



October brings exciting new beginnings to Memory Care! We are thrilled to welcome Jackie, our new Life Enrichment Manager, to the community. Jackie comes to us with a fun and creative background in the arts, and we can't wait to see her creativity shine as she gets to know our residents and brings new ideas and meaningful experiences to the neighborhood.

We're also getting into the Halloween spirit with our Door Decorating Contest! Families are invited to join us on Friday, October 16 at 1:30 PM to help residents decorate their doors. Come spend some time together, get creative, and help us fill the halls with Halloween spirit! And don't put those costumes away just yet! Families are also invited to join us for our Halloween Party on Friday, October 30 at 1:30 PM. We're looking forward to an afternoon of festive fun, treats, music, and making Halloween memories together.

We hope to see plenty of our families throughout the month as we celebrate creativity, connection, and a little Halloween magic!

Much Love,
Waltonwood Lakeside



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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

Michael Mcquillen
Environmental Services

Ken McCormick
IL Manager

FAMILY & FRIENDS REFERRAL
PROGRAM!



ASSOCIATE OF THE MONTH - Tyra Griffin

Tyra has been a dedicated caregiver with us for about four months. Her favorite part of her job is caring for our residents, making sure their needs are met, and being someone they can count on each day. Outside of work, Tyra loves to relax and recharge by taking vacations and going on trips. Her special message to our residents is, “Just keep doing the best you can, and if you ever need anything, I’m always here to help.” Thank you, Tyra, for the care and support you provide to our residents. We are so happy to celebrate you as our Employee of the Month!



SEPTEMBER HIGHLIGHTS



Russell H. enjoying the sunshine!



Janet F. using her creative skills!



Peggy S. building friendships!

Forever Fit: Active Aging Week

Celebrating its 23rd year, Active Aging Week kicks off Monday October 5th at Waltonwood. The week-long event highlights the need and importance of actively aging as we celebrate older adults’ contributions and promote healthy lifestyles through engaging wellness programs. Wellness looks different to everyone, and each Waltonwood community will uniquely display what Active Aging means to them. Starting Monday October 5th be sure to check your life enrichment and forever fit schedules for classes, programs and events that uniquely capture the many ways we all can age actively.

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.



Sharon E. soaking up the sun with care staff, **Amani**



Sharon E. helping with Baking Class with **Janet F.**

Gina Conway, Executive Director

We are very excited to welcome several new members to the Waltonwood Lakeside leadership team! Michael McQuillen joined us as Environmental Services Manager at the end of August and has already made a positive impact, jumping right in with work orders and building improvement projects. Ken McCormack recently joined us as our new Independent Living Manager and looks forward to getting to know our residents and becoming part of the Lakeside community. Next week, we are thrilled to welcome Jackie Weaver as our new Memory Care Life Enrichment Manager, bringing creativity, fresh ideas, and engaging experiences to our Memory Care residents. We are excited to have them all on board and look forward to what they will bring to Lakeside!