

Forever Fit  
Focus on Fitness



By Chris Grabowski

## Life Happens

Just when we think we have everything figured out or when things seem to be running exactly as planned, life has an innate way of having other ideas. When it comes to our fitness routine things are very much the same. Just as we begin to develop healthy habits, start to see positive results or feel the benefits regular exercise can provide something will come along to knock us down. It could be an injury or fall, maybe it's a really bad cold, regardless the obstacles we still have the opportunity to learn, grow and continue the progress we've made so far. Each new roadblock offers us the chance to shift our point of view and focus on what we can do rather than what we can't. While times like these are certainly frustrating they are by no means absolute. Often our bodies are trying to tell us something so we need to listen, adapt and continue pushing forward to the best of our abilities. It's easy to just give up or give in but it's empowering to dig in, fight through and overcome whatever obstacles life has decided to throw our way.



### It's That Time of Year Again! **Seasonal Flu Vaccine Clinics** **OCTOBER 19, 2017**



**ASSISTED LIVING/  
MEMORY CARE:**  
10:00-12:00PM  
MEDITATION ROOM

**INDEPENDENT  
RESIDENTS:**  
1:00 PM TO 3:30 PM  
IN SINGH COLLEGE

RETURN COMPLETED PAPERWORK TO THE FRONT DESK OR CALL 248-865-9418



## Safe Medication & Needle Disposal

If your medicine cabinet is full of medications that have expired or are no longer needed, you've probably wondered about the best way to dispose of them. Safe disposal of unused medication can prevent accidental poisonings, medication misuse and abuse and it helps protect the environment.

**Waltonwood Twelve Oaks makes it easy for our residents. Simply drop your items off with the front desk receptionist and we will dispose of them in our Bio-Hazard Safe containers.**

**\*Pill Medication** – can be disposed of in the original medicine container but with the prescription and personal information removed or scratched off. Or you may place the pills in a zip lock bag. If you have unwanted “blister pack” medicines, the pills must be removed from the packaging and placed in a zip lock bag. The empty packaging can be discarded.

**\*Needles** should be placed in a hard-sided sealed containers such as coffee cans or peanut butter jars.

Excerpts from September 2017, The Costco Connection

If you are cleaning out your closets and are looking to donate your craft supplies or seasonal decorations please donate to our activities directors: Stefanie in Independent Living, Mary in Assisted Living, or Melisa in Memory Care.

Examples: Buttons, Mason Jars, Paints, holiday decorations, Large Print Books, Games, Playing Cards, Holiday/Seasonal Decorations, Ribbon, Pipe Cleaners, Stickers, 300 or less large piece puzzles, Artificial Flowers, beads, Floral Foam, Scrap-book supplies, and Paper.



### Thursday, October 5<sup>th</sup>

Our own Sherm Case on Tenor Sax will be joined by Tim Twiss, one of Michigan's par excellence guitarist's, playing your old favorites but with a jazz flavor. Join us in the IL Piano Area at 1:00pm



### Friday, October 6<sup>th</sup>

IL will be going to the DSO to take a journey through the most famous hits recorded by two of jazz's greatest legends, Ella Fitzgerald and Louis Armstrong. Tickets have been purchased but if interested, put your name on the cancellation list at the front desk.

### Waltonwood Twelve Oaks



Mary W is offering her talents and is forming a HandBell Choir. If you have prior experience with this instrument or can read music and would like to be part of this new group please join us on *Tuesdays at 12:30pm in the IL Activity Room Starting October 3<sup>rd</sup>.*

## HAVE YOU EVER WANTED TO LEARN MORE ABOUT THE ARMENIAN PEOPLE & CULTURE?

### JOIN US

**\*On October 4<sup>TH</sup> at 1:00pm in the IL Theatre for the showing of “THE PROMISE”**

Brilliant medical student Michael (Oscar Isaac) meets beautiful dance instructor Ana (Charlotte Le Bon) in late 1914. Their shared Armenian heritage sparks an attraction that explodes into a romantic rivalry between Michael and Ana's boyfriend (Christian Bale), an American photojournalist who's dedicated to exposing the truth. As the Ottoman Empire crumbles into war-torn chaos, their conflicting passions must be deferred as they join forces to get themselves and their people to safety.

**\*On October 11<sup>TH</sup> – St. John Armenian Apostolic Orthodox Church, Outing**

“The Church with the Golden Dome”

Sanctuary and Museum Tour followed by a traditional Armenian Buffet Luncheon

## “AGING 101”

**October 22, 2017 – 1:00pm – Singh College**  
**Presented by Robert Louis-Ferdinand, RN BS BSN MS**

\* \* \* \* \*

We are encouraging residents and family members to participate in this informational forum that will discuss and provide useful answers and suggestions for the data that shows that

- 90% of people want to remain in the independent setting yet
- Research shows 50% of medications prescribed are not administrated properly. This issue leads to higher fall rates, hospitalizations and illness.
- Research shows 50% of people over 80 years old fall every year.
- Data shows family members spend 20 hours caring for a loved one.

**ALL ARE WELCOME \* RSVP BY 10-16-17 \* Stefanie 248-735-1500**

## AT YOUR SERVICE

### Community Executive Director

Alissa.Gash@singhmail.com

### Independent Living Manager

Alyssa.Tobias@singhmail.com

### Business Office Manager

Nicole.Mcdonald@singhmail.com

### Leasing Consultant

Heather.Laskos@singhmail.com

### Resident Care Manager-RN

Tammy.Robertson@singhmail.com

### Wellness Coordinator-LPN

Kajenja.Ely@singhmail.com

### Life Enrichment Directors

Stefanie.Roland@singhmail.com

Melisa.Person@singhmail.com

Mary.Hoskins@singhmail.com

### Maintenance Supervisor

Steve.Sabin@singhmail.com

### Culinary Service Director

Nicholas.Lalios@singhmail.com

## RIDDLE and BRAIN TEASERS

The first 3 correct answers receive a Free Lunch!

*(submit your answers to Stefanie  
via a note left at the front desk,  
voice mail or email: [stefanie.roland@singhmail.com](mailto:stefanie.roland@singhmail.com))*

Guess the next number in the sequence

**4, 7, 15, 29, 59, 117, ?**

*September's answer: “You are a barrel of laughs”*

Assisted Living is making hygiene kits for the homeless. We are in need of travel size soap, shampoo, conditioner, lotion, mouth wash, tooth paste, tooth brush, deodorant, comb, and brushes. We will put them in a zip lock and take them to The congregation of every 1.



Lillian F.	10/01
Alia D.	10/01
Philip S.	10/05
James K.	10/06
Rosemary S.	10/07
Louise B.	10/13
Evelyn Z.	10/14
Desmond H.	10/16
Raymond R.	10/17
Jeane L.	10/18
Anita K.	10/20
Ron W.	10/24
Marian P.	10/29
Marianne W.	10/29



**Our Waltonwood family would like to  
Welcome you to your new home:**

**Dolores M.  
Dorothy M.  
Joan W.**



Independent Living, Licensed Assisted  
Living & Memory Care  
27475 Huron Circle  
Novi, MI 48377  
248-735-1500



**October 2017**



*When I  
taste apples  
smell fires burning  
see pumpkins  
hear crunchy leaves  
feel soft blankets  
I know it's fall....*

*Maureen Schoenberger*