



Happy Birthday!

Resident Birthdays:

November 20th— Catherine W.

Associate Birthdays:

November 12th— Kristin R.

November 13th— Cayla C.

November 17th— Naja R.

November 27th— Jaclyn S.



November 2017

Upcoming November Exciting Events:

Friendly reminder: If you would like to go on an outing, please be sure to sign up in the Assisted Living Post Office in the Outing Binder on the table on the right. Thank you!

Wednesday, November 1st at 2pm- Live Entertainment by Jack B.

Thursday, November 2nd at 1pm- Thanksgiving Day Parade Company Tour Outing

Monday, November 6th at 11:30- Lunch Outing: George's Senate

Coney Island

Monday, November 6th at 2pm- New Resident Social with Live Entertainment by Jack B.

Wednesday, November 8th at 2:30pm- Live Entertainment with Joe M.

Thursday, November 9th at 1:30pm- Grand Traverse Pie Company Outing

Friday, November 10th at 2pm- Veterans Day Celebration

Monday, November 13th at 11:30am- Lunch Outing: Cracker Barrel

Monday, November 13th at 2pm- Live Entertainment by Howard Meell

Gospel Performance

Thursday, November 16th at 9am- Frankenmuth Outing (Bronner's and Lunch)

Saturday, November 18th Seating's at 11:00am, 12:00pm, and 1:00pm- Family Thanksgiving Dinner— Be Sure To RSVP by Friday, November 10th to Allison.Bock@singhmail.com

Monday, November 20th at 11:30am- Lunch Outing: Applebee's

Wednesday, November 22nd at 2:30pm- November Birthday Party with Live Entertainment by Tom B.

Monday, November 27th at 11:30am- Lunch Outing: Scrambler Marie's

Thursday, November 30th at 6:15pm- Wayne County Lightfest Christmas Light Tour Outing



Independent Living,
Licensed Assisted Living
& Memory Care
42600 Cherry Hill Rd.
Canton, MI 48187



What's Cooking?

Pumpkin Vanilla Pie

Ingredients:

- 2 teaspoons cinnamon
- 2 teaspoons baking powder
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon salt
- 1/3 cup almond flour
- 3/4 cup plus 2 tablespoons milk
- 2 tablespoons oil
- 2 1/2 teaspoons vanilla extract
- 1/3 cup maple syrup or equivalent sweetener of choice



Directions:

1. Preheat oven to 400°F. Spray a 9-inch round baking pan with cooking spray.
2. Combine remaining ingredients in a large bowl until smooth.
3. Transfer mixture into the prepared baking pan.
4. Bake 35 minutes. Allow to cool completely before cutting and serving.

Makes 8–10 servings



Healthy Habits

By Chris Grabowski,
Fitness Instructor

In our constant battle to stay healthy during cold and flu season it seems like we can never take enough precautions to keep us safe. Annual flu shots, frequent hand washing and a steady supply of disinfectant are all great steps but they're just a start. How healthy we stay often hinges on the rest we get, the foods we eat and how active we are. Regular exercise not only decreases your risk of developing chronic conditions such as osteoporosis, diabetes and heart disease it also bolsters your immune system helping to fight off simple bacteria and viral infections too. When combined with a healthy diet rich in vita

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mins A, C and E, plenty of water and enough sleep exercise acts another line of defense greatly improving our chances of staying healthy. So don't forget it's never too late to develop healthy habits, and while the flu shot is a great start it's only the beginning.



Dear Friends,

We have some very exciting presentations in November for you to join and also for you to invite your friends and family to as well. On Thursday, November 9th at 7:00pm, we are having the Wayne State University Institute of Gerontology here to talk about Financial Safety in Assisted Living. On Tuesday, November 14th at 2:00pm, we will have St Marys Hospital here to talk about their Senior Emergency Room in Independent Living. On Friday, November 17th at noon in the Independent Living dining room, we will have a lunch and learn about "Holiday Blues". There are many contributing factors as to why we might not be happy during the holidays. Learn how life experiences contribute to how we approach the holidays. Learn how to enjoy the holidays by controlling the emotional stressors that can impact how you feel. Learn how to develop healthy coping strategies all while enjoying lunch.

Please make sure to RSVP at 734-981-7100 to put your name on the list to attend!!!

Thank you!! -Renee



1012– Jack C.

Executive Director Message:

Dear Residents and families,

Well, we are on our way to the holiday season with Thanksgiving right around the corner! I wish everyone many blessings to be thankful for this year. I am very blessed to be a member of our Cherry Hill family. All of our residents, associates, and families provide me with a sense of belonging and compassion. I take pride in our community and am thankful to have all of you in my life.

We have a great November planned so make sure you mark your calendars and enjoy all the fun. Our annual Thanksgiving Family Dinner is on November 18th. We hope to see all of you there as we strive to provide a fabulous dinner. Please make sure to RSVP by November 10th.

Come and join us for a few great social events. On November 2nd we will be touring the Thanksgiving Day Parade Company. Plan on joining us for a wonderful time. I am told this is an excellent tour! Our new resident social is on the 6th and our Veteran's Day Celebration is on the 10th. We are also taking a road trip to Frankenmuth on the 16th of November. We will be shopping at Bronner's and having lunch. Frankenmuth is such a magical place this time of year and a wonderful way to bring the Holiday spirit into our hearts.

We are working diligently on hiring replacements for the department head positions that are open. We have some excellent candidates that are going through the interview process. We should have some good news soon. Thank you so much for your patience and understanding during this challenging time. I want to thank my great team of salary and hourly associates that have stepped up to help. Many associates have volunteered to help in so many ways. Our Cherry Hill team is very compassionate and want to make sure that all our residents receive the highest quality of care. I greatly appreciate all the extra work many have been doing!!!

I hope everyone has a blessed Thanksgiving! Take care and keep warm as the temperatures continue to drop!

Warm regards,
Sherie



AT YOUR SERVICE

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Cayla.Viar@singhmail.com
Memory Care Life Enrichment Manager



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Independent Living Associate Of the Month

Hanan Barakat
Server

Assisted Living and Memory Care Associate Of the Month

Krissy Edgar
Caregiver