

A Letter from our Director

In Honor of Waltonwood's Veterans
As the grandson and son of military veterans who served their country honorably in combat, it is at this time every year that I personally take some extra time to reflect, honor and thank all of the brave men and women who served The United States of America. We as a nation, all of us need to stop and think about the courage and sacrifice shown by the men and women (and their families) who have served our country. We visit memorials and cemeteries of family members who gave literally all that they had to defend our shores and uphold our freedom. And we remember the words of President Ronald Reagan, who said, "The price for freedom at times has been high, but we have never been unwilling to pay that price." Here is another excerpt from that speech, President Reagan's First Inaugural Address

The crisis we are facing today does not require of us the kind of sacrifice that you and so many thousands of others were called upon to make. It does require, however, our best effort, and our willingness to believe in ourselves and to believe in our capacity to preform great deeds; to believe that together, with God's help, we can and will resolve the problems which now confront us."

And, after all, why shouldn't we believe that? We are Americans.
In this time when OUR country seems so divisive, let us all come together and say **THANK YOU** to the heroes of the United States of America. So, I; WE thank you all of you residents, and family members for working, saving, sacrificing, enduring and serving in the military.
Thank You,
Lance Helton

Please welcome our newest residents to the community!

Peter Berko #215
Dorothy Dixon #316
Thelma Miller #331

Forever Fit: A letter from our fitness expert, Chris! Healthy Habits

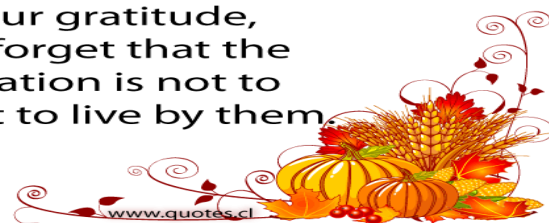
In our constant battle to stay healthy during cold and flu season it seems like we can never take enough precautions to keep us safe. Annual flu shots, frequent hand washing and a steady supply of disinfectant are all great steps but they're just a start. How healthy we stay often hinges on the rest 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 vitamins 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.



Congratulations to our October Employee of the Month, Baskim Balla!
Baskim is always working hard and fixing anything that needs to be fixed. Thanks for all you do!

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

- John Fitzgerald Kennedy.



November Happenings

This November we are very much looking forward to our Thanksgiving Dinner Party. We hope to celebrate Thanksgiving with as many of you as possible on Thursday, November 16th. There will be music, great food, and wonderful company. Our community is very grateful for our Residents and their families, and as the Holidays approach we would like you all to know how thankful we are for each and every one of you. Without you, our jobs mean nothing and we could not be more appreciative for this Waltonwood family.

We would also like to thank everyone who came out to our Oktoberfest Party as well as our Halloween Bash. Hope you had as much fun as we did! Another Exciting outing that we are looking forward to is our Casino Trip on Friday, November 17th. We plan to leave around 9:45, stay for lunch, and then return to the facility around 2:00. Any family members or friends are more than welcome to join us! There is no charge to come along, just the money you want to spend on lunch and gambling. Don't forget to sign up at the front desk!

Here's some of our favorite October Moments!



Friendly Reminder:

Please don't forget to fill out your activity interest surveys! If you need a new copy of if a family member would like on, please come see Kathy or Amanda. It's just a short survey to help us get a better idea of what our Residents enjoy doing, and what is working and is not working for our community. Our goal is to make sure we have a large variety of activities so everyone here is able to find something that they enjoy doing. We would love to try some different things. Thank you in advance!

AT YOUR SERVICE

Executive Director:
Lance Helton
Business Office Manager:
Michele Hamm
Resident Care Manager:
Tuong Do, RN
Wellness Coordinator:
Adam Mazur-Baker
Life Enrichment Manager:
Amanda Schwark, CTRS
Housekeeping Manager:
Kathleen Whitehead
Environmental Services Manager:
Darrell Shively
Culinary Services Manager:
Dan Auberle
Marketing Manager:
Lisa Sadowski
Marketing Manager:
Jeremy Kopaniasz



NOVEMBER BIRTHDAYS

Associates:

11/1 Erica Bowen
11/7 Alma Ceco
11/8 Tierra Butler
11/14 Roberta Lilly
11/14 Angela Applewhite



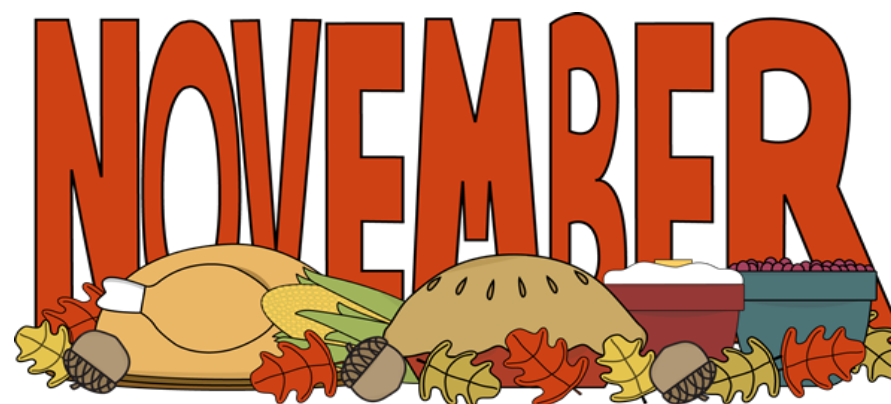


Save the Date!
November 2017

1st	6:00	Music with Paul Krass
2nd	6:30	Ferndale Church Choir
3rd	10:00	Somerset Mall Outing
5th	6:00	Scott on the Piano
6th	3:30	Chair Yoga with Joyce
7th	4:30	Pasquale's Dinner Outing
8th	10:00	Bible Church Service with Pastor Ray
9th	1:30	Fall Jewelry Craft
10th	10:00	Meijer Shopping Outing
10th	3:30	Veteran Recognition Party
11th	3:30	Berkley Choir Group
13th	11:00	Thankful Hands Craft
14th	11:00	Lunch Bunch: Kam's Chinese Carryout
14th	12:45	Massage Therapy with Audrey
14th	3:30	VA Benefit Presentation
16th	5:00	Thanksgiving Dinner Party!
17th	9:30	Casino Outing
17th	3:30	Music with Jonathan Swift
18th	2:00	Saxophone Joe
19th	6:00	Joe on the Piano
20th	3:30	Chair Yoga with Joyce
20th	7:00	Royal Oak Handbell Choir
21st	11:00	Lunch Bunch: The Avenue
21st	3:00	Balancing Earth Entertainment
23rd		HAPPY THANKSGIVING!!
23rd	2:00	A Charlie Brown Thanksgiving Movie Feature
24th	3:30	Happy Hour & New Resident Social
25th	3:00	Darryl on the Piano
28th	11:00	Lunch Bunch: Red Lobster
28th	12:45	Massage Therapy
28th	6:00	Bingo Night!
29th	6:00	Cello Bella Music
30th	1:30	Residents' Council



Assisted Living Care
3450 W.13 Mile Rd.
Royal Oak, MI, 48073
248-549-6400



*They sacrificed the comforts we enjoy;
The list is long of all the things they
gave.*

*Our veterans are extraordinary
people;*

*They're loyal, dedicated, true and
brave.*

*We owe our veterans support and
friendship;*

*Let no one ever question what they're
worth.*

*These men and women served us and
our country,*

Our veterans--the very best on earth.

*Land of the free, because of the Brave
-Thank you to our Veterans!*