

A Letter from our Director

A man was lost while driving through the country. As he tried to reach for the map, he accidentally drove off the road into a ditch. Though he wasn't injured, his car was stuck deep in the mud. So, the man walked to a nearby farm to ask for help. "Warwick can get you out of that ditch," said the farmer, pointing to an old mule standing in a field. The man looked at the decrepit old mule and looked at the farmer who just stood there repeating, "Yep, old Warwick can do the job." The man figured he had nothing to lose. The two men and the mule made their way back to the ditch. The farmer hitched the mule to the car. With a snap of the reins he shouted, "Pull, Fred! Pull, Jack! Pull, Ted! Pull, Warwick!" And the mule pulled that car right out of the ditch. The man was amazed. He thanked the farmer, patted the mule, and asked, "Why did you call out all those names before you called Warwick?" The farmer grinned and said, "Old Warwick is just about blind. As long as he believes he's part of a team, he doesn't mind pulling." It takes all of us: families, residents, and staff; working as a team to make Waltonwood Royal Oak a warm and inviting home for all to enjoy. So, let's all practice random acts of kindness to each other and the visitors that enter our building. Participating in "RAK" (random acts of kindness) will undoubtedly ensure that this just isn't a building, but a wonderfully rich and vibrant place to call HOME.

Thank you,

Lance Helton
Executive Director



Please welcome our newest resident to the community!

James Hartline # 319
Beverly Hartine #319
Connie Smith #320

Stop by and introduce yourselves!
Looking back on April...



TAKE ME OUT TO THE BALL GAME

Just a reminder that our first game of the year is coming up this month! Wednesday, May 16th, in the early afternoon. There are a few extra tickets already purchased, so if there are any other Residents, friends, or family members wanting to come along please let Amanda S. know and you will be added to the list! We are hoping to get some beautiful weather for the game!! Go Tigers!



Congratulations to our April Employee of the Month, Kevin Koeger. Kevin started a few months ago. He makes all of our delicious pastries and desserts, and his cookies are becoming famous around here! Thanks for all your hard work!

Forever Fit: A letter from our fitness expert, Chris
Step into Spring

Finally spring has arrived so why not head outside for a little sunshine and fresh air. It's the perfect time to resume your walking program and continue to take steps toward a healthier you. But what you may not know is that the most important step you can actually take is selecting the proper shoe. As we age the shape and size of our feet tend to change. The foot typically becomes longer and wider and the fat pads on both the heels and balls of the feet decrease in size. This physical change will also typically cause a change in shoe size, and while it may not seem significant variations can drastically affect your overall health. Correctly fitting shoes help to reduce foot, knee, hip and back pain, promote healthy circulation and drastically help to reduce the risk of falls. Below are just a few tips to consider the next time you go shoe shopping so this spring to step in style and comfort!

Not all shoe stores are created equal. Try to find retail locations that specialize in shoes for seniors. Their knowledgeable sales staff can both properly fit you and educate you on how to select the right shoe.

Know your size! Just because you wore a size 8 twenty years ago doesn't necessarily mean you still do. Have your feet accurately measured, both length & width, to ensure a well fitted shoe. Shoes with wide boxy toes, low-padded heels and flexible, breathable materials are great options to handle the stress placed on our feet throughout the day. Choose shoes that match your environment. Whether boots for snow or walking shoes for summer be sure the shoes you're wearing provide appropriate support and traction.

AT YOUR SERVICE

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

HAPPY BIRTHDAY

May Birthdays

Residents:

5/3	Beverly Bousum	5/18	Margaret Caird
5/4	Patricia Smoots	5/21	Carole Hilzinger
5/7	Bruce Chase	5/22	Julie Weeks
5/12	Anne Welch	5/25	Myra Williams
5/15	Ann Samyn	5/26	Tom Weeks
5/17	Eloise Wild		

Associates:

5/2	Ciara Milliner	5/15	Kaylin Cooper
5/3	Ciara Taylor	5/16	Jasmine Clark
5/11	Terry Williams	5/30	Kevin Koeger
5/12	Amanda Schwark		

Special thank you to everyone who participated in our spring cleaning clothing drive. It was a huge success! All of the donations were dropped off to the Royal Oak Salvation Army and the team there was extremely grateful for your generosity.





Save the Date! May 2018

1st	7:00pm	Madison Chorale Concert
2nd	6:00pm	Music with Paul Krass
3rd	10:30am	Brain Trivia with Kathy Housey
3rd	3:00pm	Music with Christine
4th	10:00am	Meijer Outing
4th	3:00pm	Cinco de Mayo Fiesta!
5th	6:00pm	Kentucky Derby!
6th	2:00pm	Mother's Day High Tea
6th	6:00pm	Scott on the Piano
7th	10:30am	Art with Debbie
7th	3:30pm	Chair Yoga with Joyce
8th	12:45pm	Massage Therapy with Audrey
8th	1:30pm	Ray's Ice Cream Outing
8th	3:00pm	Canvas Painting
9th	4:30pm	Royal Oak Food Truck Rally Outing
10th	1:30pm	Jewelry with Kathleen
13th	All Day	Happy Mother's Day!!
15th	10:30am	Recycling Committee Meeting
15th	11:30am	Lunch Bunch: Chili's Outing
15th	2:00pm	Sun Catcher Craft
16th	10:00am	Bible Church Service with Pastor Ray
16th	11:45am	Tigers Game Outing
17th	1:30pm	Stepping Stone Garden Craft
18th	10:30am	Knitting and Crochet Club with Melanie and Johanna
18th	1:00pm	English Gardens Outing
19th	10:30am	Gardening Club with Woodside
20th	2:30pm	Spiritual Music Sing-a-long
21st	3:30pm	Chair Yoga with Joyce
22nd	11:30am	Lunch Bunch: The Avenue
22nd	12:45pm	Massage Therapy with Audrey
22nd	2:30pm	May Birthday Bash!
22nd	3:00pm	Balancing Earth Entertainment
24th	1:30pm	Patriotic Wreath Craft
25th	10:00am	Trader Joe's Outing
25th	3:00pm	Wine and Cheese Happy Hour
26th	3:00pm	Darryl on the Piano
29th	11:30am	Lunch Bunch: Honey Tree
30th	3:00pm	Healthy Snack Demo
31st	1:30pm	Residents' Council Meeting



Help us experience May in a special way! All are welcome to join us for a High Tea, fit for a queen, in celebration of all our mothers and mother figures at Waltonwood. It will be held in the Dining Room on Sunday, May 6th beginning at 2:00pm. Don't forget to RSVP so we can save you a spot! We will make it a day to remember. Thanks to all the mothers, aunts, and grandmothers out there!

Happy Mother's Day



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