

A Letter from our Director

A Father's Eyes

“Jonathon’s mother died when he was very young and his father brought him up. Both of them shared a very special relationship. Jonathon loved to play football and his father made sure that he was always there to cheer his son on at every match, even if Jonathon wasn’t a part of the playing team. Jonathon, being small sized, wasn’t allowed to play on the main team. Nevertheless, he continued with his practice with full determination. Everyone thought that Jonathon would never be able to make it onto the team, though somehow, his determination carried him through. The coach, seeing his diligence and dedication decided to keep him on the roster. One day during practice, the coach met him with a telegram. Jonathon was shocked to read the message contained in it. Swallowing hard, he mumbled to the coach, “My father died this morning, will it be alright if I miss practice today?” The coach gently put his arm around his shoulder and said, “Take the rest of the week off, son, and don’t even plan to come to the game on Saturday.” On the day of the game, Jonathon’s college team was losing badly to the rival team. The coach and the players had all lost hope when they saw Jonathon coming towards them. Jonathon ran up to the coach and pleaded him to allow him to play this match. At first, the coach wouldn’t allow him to play. However after a lot of persuasion, the coach gave in. No sooner Jonathon joined the team on the field, their scores started to improve before the teams were tied.

The real cheer came during the crucial closing seconds when we intercepted a pass and ran all the way for the winning touchdown. His team members were ecstatic. The crowd came running towards him to celebrate the win. After the match, the coach went up to Jonathon, who was seated alone in the corner of the locker room and said, Kid, I can’t believe it. You were fantastic! Tell me what got into you, how did you do it?” He looked at the coach with tears in his eyes and said, “Well, you knew my dad died, but did you know that my dad was blind?” The young man swallowed hard and forced a smile, “Dad came to all my games, but today was the first time he could see me play and I wanted to show him I could do it!”

Happy Father’s Day!

Welcome HOME

Please welcome our newest resident to the community!

Jim Gibson #224  
Mona Gibson #224  
Marie Krapinski #113  
Ira Fisher #212

Forever Fit: A letter from our fitness expert, Chris

Fit Fruits

The start of summer means longer days, warm sunshine and plenty of ripe delicious fruits packed with key nutrients essential for any active lifestyle. While some of us may be quick to avoid fruits over fear of their sugar content, do be so quick to ignore them all together. By choosing options with a minimal impact on blood sugar, (low on the Glycemic Index (GI) scale) keeping serving sizes within recommended limits and avoiding processed fruits packed in syrups and other additives you can fit these seasonal treats into any well balanced diet. Keeps these tips in mind when making your next tasty decision.

- Try berries! Berries are a diabetic super food packed with antioxidants, vitamins and fiber. These low-carb option pose very little risk to blood sugar levels.
- Cherries are a delicious low-GI snack that also contain more anti-inflammatory agents than most other fruits.
- Apples, apricots and peaches are all great low calorie choices that offer a hefty dose of vitamins A & C, potassium and fiber (especially in the fruits skin).

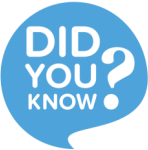


Congratulations to our May Employee of the Month, Bozena! She works hard cleaning the Residents’ rooms and making sure the building looks nice and clean!

All About June

Happy almost Summer everyone! It is finally warm enough to be able to enjoy our nice porch and patio, watching the birds and looking at all of the beautiful flowers outside. We are looking forward to our Father’s Day BBQ coming up this month and being able to recognize all of our wonderful fathers, grandfathers, and uncles. Hope you can all join us. Don’t forget to RSVP so we make sure to have enough food available!

We are also very excited to announce we will be having a family night this month. Look for more information to follow and keep June 14th open!



The flower for the month of June is the rose. The rose has been called “the queen of flowers” and is known as a symbol of love. Its name comes from the Latin word *rosa*, which means “red.” Since primitive times, the rose has been used in perfumes, medicines, and even foods. Recently, archaeologists discovered the fossilized remains of Wild roses over 34 million years old.



Thanks to everyone who came out for our Mother’s Day Tea. We had a wonderful time and hope you did too!



Thank you to everyone who came to the Tiger’s Game with us. They may have lost badly but we had perfect weather!



June Birthdays

Residents:

6/8 Kay Coran  
6/15 Donna Gataiant  
6/20 Mary Wright  
6/29 Agnes LaCombe

Associates:

6/11 Margaret Trotty  
6/15 Kellie Reeves  
6/18 Anjanae White  
6/26 LaToya Edwards  
6/28 Tanaya Jackson

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

GO GREEN

Waltonwood Royal Oak will be going green this summer, and hopefully to stay! Not in sports of course, but in a new initiative to start Recycling and help save the planet in any way we can. At the suggestion of our Resident, Diane, we have started a Recycling Committee. The committee will help collect recyclables a couple of times a month as we get things going. Anyone is welcome to join and help out! Just talk to Diane or to Activities. Right now we are focusing on collecting paper and plastic products, especially the numerous medicine cups and water glasses we go through here each day. We are very excited to see where it takes us!





**Save the Date!**  
**June 2018**

1st	3:00pm	Happy Hour
1st	6:00pm	Karen on the Piano
4th	3:30pm	Chair Yoga with Joyce
5th	11:30am	Lunch Bunch: Panera Picnic on the Patio
5th	12:45pm	Massage Therapy with Audrey
5th	2:30pm	Movin' and Groovin' with Jen
5th	3:30pm	Recycling Collection
6th	1:30pm	Jewelry Making with Kathleen
7th	10:30am	Brain Games with Kathy Housey
8th	10:00am	Meijer Outing
8th	3:00pm	Happy Hour
10th	11:30am	Father's Day BBQ!
11th	10:30am	Art with Debbie
11th	7:00pm	Royal Oak Handbell Choir
12th	11:30am	Lunch Bunch: Gus's Chicken
13th	10:00am	Pastor Ray
13th	4:15pm	Food Truck Rally at Royal Oak Farmer's Market
14th	3:00pm	Sing-a-long with Sara!
14th	6:00pm	Family Night
15th	10:30am	Knitting/Crochet Club with Melanie and Johanna
15th	3:00pm	Happy Hour—Sundae Bar!
16th	2:00pm	Saxophone Joe!
17th	6:00pm	Joe on the Piano!
18th	3:30pm	Chair Yoga with Joyce
19th	1:00pm	Funny Money Auction
19th	2:30pm	Ray's Ice Cream
19th	4:00pm	Recycling Collection
22nd	10:00am	Trader Joe's Outing
22nd	3:00pm	Happy Hour—Make your own Parfait Station
26th	11:30am	Lunch Bunch: The Avenue
26th	12:45pm	Massage Therapy with Audrey
28th	1:30pm	Recycling Collection
28th	6:00pm	Talent Show with Woodside Bible Church
29th	3:00pm	Happy Hour!



*"What is one to say about June, the time  
of perfect  
young summer, the fulfillment of the  
promise of the  
earlier months, and with as yet no sign  
to remind  
one that its fresh young beauty will  
ever fade."  
~ Gertrude Jekyll*



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