

July Birthdays:

Helen M. 7/1
Nellie B. 7/4
Jean M. 7/6
Patricia K. 7/6
Barbara B. 7/7
Ernest B. 7/10
Maryann P. 7/12
Phyliss G. 7/18
Lavern M. 7/18
Arthur F. 7/19
Joy G. 7/20
Connie C. 7/28
Alice B. 7/31



27475 Huron Circle
Novi, MI 48377
(248) 735-1500
www.waltonwood.com



Welcome Home!

Join us in welcoming the following NEW residents:

Dorothy S.
Carol H.
Jane & Albert D.
Randall J.

Gabrielle & John D.
Pasquale & Annaliese V.
William D.
Marion L.

This months issue:

- Recipe of the Month
- Pet Therapy
- July Events/Birthdays
- Book Recommendation
- Forever Fit



Summer is HERE! Enjoy a refreshing summer salad by utilizing the recipe below.

Tomato & Watermelon Salad

- Ingredients:*
- 2 tbsp balsamic vinegar
 - 1 tbsp fresh lemon juice
 - 1/2 c extra virgin olive oil
 - 2 beefsteak tomatoes (stemmed, washed and dried)
 - 1 pint cherry tomatoes (stemmed, washed and dried)
 - 1 tbsp chopped tarragon leaves
 - 4 strawberries (hulled, washed and cut into small pieces)
 - Maldon sea salt
 - Fresh ground pepper
 - 1-2 tsp granulated sugar
 - 6 oz. cold watermelon (rind removed, seeded and cut into bit-size cubes)

- Directions:*
1. Whisk together the balsamic, lemon juice and olive oil. Taste for seasoning. Set aside.
 2. Placed tomatoes on flat surface. Cut smaller ones in half and larger ones in slices. Arrange in single layer, flesh up. Season with salt, pepper and sugar. Toss with tarragon and strawberries.
 3. Arrange the tomatoes down the length of 6 rectangular plates. Drizzle with the remaining dressing and top with the watermelon. Serve immediately.



The Benefits of Pet Therapy

- Pet therapy is by no means a new concept. The benefits of the human-animal bond has been documented for centuries, yet the relationship between a patient and a therapy animal seems to extend way beyond simple companionship. There are also emotional, physical, and mental benefits.
- Improved communication
 - Improved ability to reminisce
 - Pets can encourage and motivate seniors to stay healthy and get more exercise, which also gives them the feeling of being needed
 - Many senior citizens who are unresponsive to other forms of therapy tend to feel livelier and chat more with their pets
 - Animals who have been trained specifically for pet therapy can help seniors improve their motor skills

July Events

Featured below are only a few of the highlighted events happening in July. Be sure to stop by Reception for a copy of this month's Activity/Event Calendar.

- July 5 11:30am: Storytelling Art (Independent Living)
- July 11 2:00pm: Tea Party (Memory Care)
- July 13 9:15am: Yankee Air Museum (Independent Living)
- July 14 12:00pm: Men's Club Luncheon (Assisted Living)
- July 26 2:00pm: TALK- Amelia Earhart (Assisted Living)
- July 27 10:30am: Boat Ride/ Picnic (Memory Care)
- July 27 1:00pm: Painting with a Twist (Independent Living)

Refer a Friend and enjoy a \$1000 Referral Bonus!

*Inquire with Leasing for details!

Forever Fit: Focus on Fitness

By **Chris Grabowski**

Safe Outside

Well summer has officially arrived making it the perfect time to revamp your exercise routine and take things outside. Incorporating the outdoors into your regular workouts is a great way to break up the sometimes monotonous pattern of our typical indoor habits and enjoy the fresh air and sunshine we missed during the cold winter months. With all exercise, safety is a top priority so as you head out the door this summer keep these simple tips in mind to help you beat the heat and stay safe & cool in the months to come.

- **The Time of the Day is Very Important:** Try to avoid strenuous exercise between 10am-3pm when the day is the hottest
- **Wear loose, light colored clothes:** Light colors help to reflect heat and cotton and moisture wicking fabrics help with evaporation and cooling
- **Sunscreen is a must:** Always protect your skin and select a sunscreen with an appropriate SPF level
- **Stay Hydrated:** Be sure to drink about 2 glasses prior to exercise, and continue to drink a little every 15-minutes even if your not thirsty
- **Choose Shaded Areas:** When possible select paths, trails and areas that provide some relief from direct sunlight
- **Check the Weather Forecast:** Knowing the heat, humidity and potential risk of severe weather can help keep you safe from heat illnesses no matter where you travel
- **Listen to Your Body:** Sometimes the best workout is rest. If you feel lightheaded or nauseous slow down, relax, rehydrate and don't push yourself beyond your limits

At Your Service:

- Executive Director**
Alissa Gash
- Independent Living Manager**
Alyssa Tobias
- Business Office Manager**
Nicole McDonald
- Marketing Managers**
Heather Laskos
Staci Tripolsky
- Wellness Coordinator**
Naomi Spears, LPN
- Environmental Services Manager**
Stephan Skidmore
- Life Enrichment Managers**
Monique Furniss
Stefanie Roland
Melisa Person
- Culinary Manager**
Nicholas Lalios

Summer Read Recommendation

'A Man Called Ove'

Meet Ove. He's a curmudgeon, the kind of man who points at people he dislikes as if they were burglars caught outside his bedroom window. People call him the bitter neighbor from hell, but must Ove be bitter just because he doesn't walk around with a smile plastered to his face all the time?

Behind the cranky exterior there is a story and a sadness. So when one November morning a chatty young couple with two chatty young daughters move in next door and accidentally flatten Ove's mailbox, it is the lead-in to a comical and heartwarming tale of unkempt cats, unexpected friendship, and the ancient art of backing up a U-Haul. All of which will change one cranky old man and a local residents' association to their very foundations. Order today at www.barnesandnoble.com