



August 2018

Resident Birthdays:

- ♦ 8/1 - Alice. M
- ♦ 8/1 - Bernice M.
- ♦ 8/2 - Erlinda Q.
- ♦ 8/6 - Jean S.
- ♦ 8/7 - Gladys M.
- ♦ 8/16 - Joe W.

- ♦ 8/22 - Marilyn K.
- ♦ 8/22 - Mary W.

Associate Birthdays:

- ♦ 8/5 - Mekisha S.
- ♦ 8/8 - Ladonna D.
- ♦ 8/12 - Allison B.
- ♦ 8/22 - Natalie M.



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



What's Cooking? Red, White, & Blue Trifle Servings: 10-12

Ingredients:

- 1 box red velvet cake mix, about 18 ounces
- 1 (16-ounce) tub whipped topping
- 2 pints blueberries
- 1 pint strawberries, tops removed



Directions

Bake the red velvet cake mix according to package directions and allow to cool. Using a serrated knife cut the red velvet cake into 1-inch square pieces and line the bottom of the trifle bowl with half of the cake squares.

Using a spatula, spread about a 2-inch layer of whipped topping on top of the cake squares.

Layer about 1 1/2 pints of the blueberries on top of whipped topping.

Layer the remaining cake pieces on top of the blueberries forming a second layer of cake.

Using a spatula, spread remaining whipped topping over the cakes pieces.

Decorate the perimeter with the strawberries; placing the strawberries cut side down. Sprinkle the remaining blueberries on top of the trifle inside the strawberry perimeter.

Lunch Outings:

- 8/6 at 11:30am – Olgas Kitchen
- 8/13 at 11:30am – Outback
- 8/20 at 11:30am – Rose's Restaurant
- 8/27 at 11:30am – Applebees

Special Outings:

- 8/23 at 9:45 - Jiffy Mix Factory Tour & Lunch at Smokehouse 52
- 8/9 at 9:15 - Detroit Historical Museum
- 8/30 at 10:00 - Fishing & Picnic Lunch at Spring Valley Trout Farm

Church: St. Thomas a' Becket Every Sunday at 9:15am

Remember to sign up in the Assisted Living Post Office to go on an outing.

Entertainment:

- 8/1 at 2pm - Live Entertainment with Jimmy K - Assisted Living
- 8/5 at 2pm Bethlehem Baptist Church Music Ministry - Assisted Living
- 8/13 at 2pm– Praise and Worship Music with Howard Meell – Assisted Living
- 8/15 at 2pm Live Entertainment with Gail Engling – Memory Care
- 8/17 at 2pm - Hip Hop Around the World - IL
- 8/29 at 2pm - Kadenza Student Music Performance

Holidays/Events Happening:

- 8/2 - Ice Cream Sandwich day (social at 2pm in the café)
- 8/3 - Watermelon Day (Social at 2pm in the café)
- 8/14 Creamsicle Day (Social in the MC Activity Room at 2pm)
- 8/24 The Birthday of Potato Chips (Potato Chip Taste Testing in the café at 2pm)
- 8/31 Trail Mix Day - (Make Your Own Trail Mix 2pm in the café)

Doctor Days:

- Dr. Paris on the 2rd
- Nurse Practitioner– Jeanine Ursing on the 8th, 14th, 21st, 28th
- Dr. Lubin on the 20th

August Facts:

- Birthstone: Peridot & Sardonyx
- Flower of the Month: Poppy
- Zodiacs: August 1st – 22nd: Leo
- August 23rd-31st: Virgo

Health & Fitness

foundation on which are day is built. While everyone has different needs the National Sleep Foundation has recently released an updated set of guidelines for those individuals 65 and older. According to the results of a 2 year study, those over the age of 65 are best rested with 7-8 hours of nightly sleep. Within this range an overwhelming majority of individuals reported feeling well rested, more alert and more productive when compared to those who regularly slept less than 7 or more than 8 hours a night. Remember it doesn't matter if you're an early bird or a night owl, these numbers are a great guide and a perfect target to strive for because the best way to restore a tired body is with a good nights sleep.



Well Rested

The pace of life today is faster than ever. With places to be, appointments to keep and events to attend it's no wonder we often find ourselves exhausted from the hectic nature of our daily schedule. Our fatigue is only amplified when we're not allowing ourselves to rest, recover and sleep the adequate amount of hours we need each day. A good night's sleep not only enhances our mood but also bolsters our immune system and improves our overall health providing the



Dear Friends,

Happy August! I hope you are enjoying your summer so far. This month the Detroit Historical Society will be here talking about "Detroit's Belle Isle Park." Often called the crowning jewel of Detroit's riverfront, Belle Isle has a long and storied history. The park has hosted world class sporting events, musical performances and family parties. It has also witnessed massacre, riot and military incursion. But for a few twists of fate, this beloved island might have been a much different place. Join us for lunch and learn more on Thursday, August 16th at noon. Please RSVP to the front desk if you plan on coming.

Look forward to seeing you there!
Sincerely,
Renee



Marianne H.
Charlotte B.

Executive Director Message:

Dear Waltonwood Residents and Families,
The summer is going by quickly! I Hope everyone is enjoying the warm sunshine. As I seem to say quite often...this is my favorite time of the year. I love summer!
I know everyone received information regarding the new resident portal. If you have any questions please feel free to contact us. For our residents in IL we will offer individual training sessions with April and Ariel to assist you with the set-up and usage of your personal Waltonwood portal. Please contact the front desk for further details.
We have a very busy and full month of activities in the month of August. Something that is new is our Camp Waltonwood event on August 4th. We are hoping that you have grandchildren or great grandchildren who will be attending our fun event. We are really looking forward to it.
We have a very important presentation on personal safety, scams, and ID theft on August 14th. Officer Patty Esselink will be our presenter. This type of theft if happening more often as technology advances occur. Please plan to join us; I'm sure the information will be very valuable.
We are in full swing of our bowling tournament with all the other Waltonwoods. In independent living they are playing Wii bowling and in assisted living they are playing table top bowling. Please check the calendar and come a cheer them on!
We are in the process of planning a community wide garage sale with the proceeds benefiting the Alzheimer's Association, so start thinking about what you may want to donate. Remember one person's junk is another person's treasure! Our Annual Car Show and Auction that we held on June 30th. was a great success! I am proud and excited to announce that we raised over \$2195.00 for the Alzheimer's Association through our BBQ, Alzheimer's table, and our silent auction. Thank you so much to everyone who participated and donated. I hope everyone had an enjoyable evening.
Remember to check out the calendar for all the wonderful events, outings, and entertainment planned for the month of August.
Take care,
Sherie

AT YOUR SERVICE

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