

A Letter from our Director

As you may or may not know the second full week of September (9th-15th) is National Assisted Living Week as well as National Housekeeping Week. Here at WRO we are committed to providing the best care possible for you or your loved one, be that as it may; we may have an occasional hiccup or two. However, please be rest assured that we will constantly strive to improve, improve, and IMPROVE the services that we offer. We to love to hear the positive affirmations that our associates, residents, families and even visitors ascribe to our caregivers. You may have noticed the "Reach for the Stars" cards where you can acknowledge the great work that our associates do. All of these cards will be on display near the front desk, so please feel free to let us know how we are doing. In addition, there is a suggestion box located right by the reception area that you may use to offer suggestions, raise concerns, and of course we love compliments.

Please join us on Sunday, September 9th as we celebrate Grandparents' Day by making our own Sundays. All are welcome!

- Lance Helton, ED



**Please welcome our newest
resident to the community!**

**Ivy Forton #109
Sara Williams #112
Conrad DeMichiel #113**

*Forever Fit: A letter from our fitness
expert, Chris*

The Benefits of Stretching

Although strength training and cardiovascular activity are incredibly important at any age, it may be stretching & flexibility exercises that are the most important for our senior residents. As we age muscles lose their elasticity becoming more rigid and less flexible. This age-related decline can cause pain, stiffness and decreased range of motion in many of the body's most used joints. Regular stretching can help improve movement and posture, alleviate muscle tension and soreness, reduce the risk of injury and help to maintain overall independence. Below are just a few helpful tips to get you stretching for success.

- Warm up. Weather it's with a warm shower or a 5 minute walk be sure to fully loosen your muscles. Stretching a cold muscle can actually cause more harm than good.
- Start slowly. Even a few simple stretches before you get out of bed can help the way you move the rest of the day.
- Stretch the muscle to the point of tension not pain. If the movement becomes painful simply ease into a more comfortable position.
- Do not bounce, rather hold each stretch for 15-30 seconds and repeat 2-4 more times. This will help to limit injury while still increasing flexibility.
- Breathe! Try not to hold your breathing during the stretch and maintain normal comfortable breathing.

**Congratulations to our
August Employees of the Month,
Monda and Valentina!**

Monda and Valentina work behind the scenes in our kitchen, making our wonderful meals. They never stop working. We are so lucky to have both of them here at Waltonwood!

September Happenings

Happy September!! We have so much to look forward to this month. We are starting the month out the right way by going to the Zoo for Senior Day on Wednesday, September 5th. All are welcome! We also have a movie outing planned, as well as another Tigers Baseball Game. Be on the lookout for more information on those outings!

We are very happy to announce that our new Bus Driver has officially started! Her name is Sharon Regets and we love her so much already. She has a lot of experience driving a bus and has also previously worked at Woodward Hills and American House. We are very lucky to have her join our team. Since she is our first driver, please bare with us with us as we figure out how all of this is going to work. Sharon will be starting to drive every other Sunday for Mass, and hopefully we will be able to add a different church service into the mix. Please let us know if you have any suggestions! She will also be starting to drive Residents to doctor's appointments and we will be sending out some more information on that once we have it more finalized. Thanks for your patience!

Hope everyone has a wonderful Labor Day weekend as the summer comes to an end, and happy almost Fall!

*What a successful Woodward Dream Cruise
Party this year! Thanks to all who attended
and helped out with the party.*



What's Lucky in September?

Lucky Colors: Gold and Brick Red
Lucky Days: Monday and Friday
Lucky Numbers: 6 and 9
Lucky Letters: S and R
Lucky Plant: Apple Tree

SAVE THE DATE

Thursday, October 11th
Oktoberfest Party!
Join us for some German
tunes, German beer, and
tasty pretzels.

AT YOUR SERVICE

Executive Director:
Lance Helton
Business Office Manager:
Michele Hamm
Resident Care Manager:
Tuong Do, RN
Wellness Coordinator:
Tonicka Benefield
Life Enrichment Manager:
Jamie Samolej
Housekeeping Manager:
Kathleen Whitehead
Director of Maintenance:
Darrell Shively
Marketing Manager:
Jeremy Kopaniasz

SEPTEMBER BIRTHDAYS

Residents:

9/2 Betty King
9/5 Sara Williams
9/7 Erika Scroggins
9/7 Tom Cooney
9/18 Irene Markey

Associates:

9/7 Bozena Olsen
9/16 Kathleen Carleton
9/18 Adam Mazur-Baker
9/27 Joe Winters
9/28 Nathan Harden
9/29 Tonicka Benefield



Save the Date! September 2018

3rd		Happy Labor Day
4th	11:30am	Lunch Bunch: Olive Garden
5th	9:45am	Senior Day at the Zoo!
6th	3:00pm	Sing-a-long with Sara
9th	1:30pm	Sunday Sundaes!!
10th	3:30pm	Chair Yoga with Joyce
11th	11:30am	Lunch Bunch: Pizza Party
11th	3:30pm	Recycling Collection
12th	10:15am	Movie Outing—"Book Club"
12th	4:15pm	Food Truck Rally at Royal Oak Farmers' Market
13th	1:30pm	Presentation by Voters not Politicians
13th	3:00pm	Marimba music by Paul
14th	10:00am	Target Outing
14th	3:30pm	Music with Bob Ridgway
16th	10:00am	Bus Departure for Shrine Mass Service
17th	3:30pm	Chair Yoga with Joyce
18th	11:30am	Lunch Bunch: Five Guys
18th	2:30pm	September Birthday Bash
18th	3:00pm	Balancing Earth Entertainment
19th	10:30am	Identity Theft presentation
19th	11:30am	Departure for Tiger's Game!
20th	1:30pm	Jewelry Making with Kathleen
21st	10:00am	Berkley Library Outing
22nd	2:30pm	First Day of Fall—Donuts and Cider!
24th	2:30pm	Baking with Kevin
24th	3:30pm	Chair Yoga with Joyce
25th	11:30am	Lunch Bunch: The Avenue
27th	1:30pm	Residents' Council
28th	10:00am	Meijer Outing
29th	3:00pm	Darryl on the Piano
30th	10:00am	Bus Departure for Shrine Mass Service

Hello, September!



BY ALL THESE
lovely tokens
SEPTEMBER
days are here,
WITH SUMMER'S BEST
of weather
AND AUTUMN'S
best of cheer.



helen hunt jackson



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