



Resident Birthdays

October 1st—Ray Fleming
 October 5th—Bill Alexander
 October 5th—Betty Fleming
 October 5th—Ray Abrahamson
 October 6th—Katherine Moustakas
 October 6th—Gil Sypher
 October 6th—Bobbie Slusher
 October 7th—Archie D'sa
 October 10th—Peggy Harrison
 October 12th—Roberta Swatosh
 October 14th—Nina Rabbio
 October 20th—Laura Callow
 October 20th—Neil Williamson
 October 28th—Jennie Holowicki



Associate Birthdays:

October 4th—Brenda Hernandez
 October 10th—Michael Kapanowski
 October 14th—Emily Zach
 October 15th—Courtney Buckles
 October 15th—Ariel Starr
 October 16th—Toriyanna Mayes
 October 19th—Marisa Lopez
 October 19th—Melissa Foley
 October 20th—Geri York
 October 22nd—Monique Gifford
 October 23rd—Lauren Kneip
 October 30th—Autumn Bell

Cherry Hill Cheery Quotes

* "Food, fun, and laughter. Genitti's has it all. Let's go again!" — Earlene F., outing to Genitti's Theater Luncheon in September

* "That was great. Make sure I go on the next outing!" — Don W.

Make sure to tell Ariel, Life Enrichment Manager, your thoughts about programs. You may be in the next newsletter!!

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



Fun Facts about October

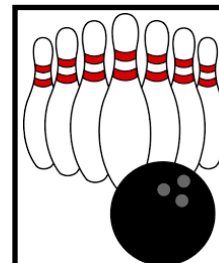
1. October's birth flowers are the cosmos and the marigold. The October birthstone is the opal.
2. October is Breast Cancer Awareness Month, Pizza Month, Popcorn Month, Pork Month, Apple Month, Cookie Month, and Sausage Month.
3. Halloween, the spookiest night of the year, is celebrated on October 31, the eve of All Hallows' Day. It is believed that on this day the spirits can wander the earth freely and children can hop for treats in the neighborhood in the guise of various costumes.
4. More US presidents have been born in October than in any other month.
5. Oktoberfest originally began on October 12, 1810 and lasted for one week. Now, it begins every year in late September (due to better weather for outdoor activities), and lasts 16 days. Prost! (Cheers!)



OCTOBER 2018



Upcoming Exciting Events:

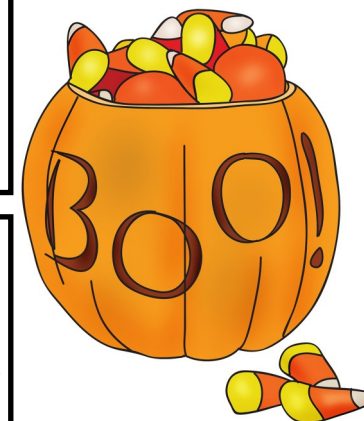


Our Fall Wii Bowling Tournament begins this month!

Starting October 3rd, we will meet in the Fitness Center **every Wednesday at 3:30pm!** Come support your peers, or try a new activity! Hope to see you there!

Computer Lab with Ariel
 Have questions about using the computer? Learn basic tasks, or even set up a Skype account! Come to the Library **every Tuesday at 3:00pm!**

Flu Clinic
October 18th from 1:00pm—3:30pm in the Library
Please turn in your consent form in order to receive your flu shot!!



Fresh Flower Arrangements
Every Monday at 11:00am, come to the activity room and design your own bouquet with fresh flowers from Fresh Thyme Market in Canton to spruce up your apartment!

Weekly Exercise Schedule (Third Floor Fitness Center)

Chair Yoga

Every Monday at 11:00am,
 1st, 3rd, & 5th Friday at 12:30pm.



Chair Exercise Class

2nd & 4th Friday at 12:30pm

And don't miss out on **Balance Class with Chris** Monday-Thursday!

The **Resident Council Election** will be from 9:00am—7:30pm on Tuesday, October 23rd near the piano.

On Monday, October 22nd, we will have a Meet and Greet tea time with the candidates from 2:00pm—3:00pm.

Please show your support and **VOTE!!**

Please see Ariel in activities with any questions.



Health & Fitness



Stress Less

By Chris Grabowski,
Fitness Instructor

No matter the age stress is a part of our daily lives, and chronic stress can seriously impact our overall health and well-being. When compounded over time stress causes a hormonal change in the body making us more susceptible to conditions such as anxiety, depression, type 2 diabetes, heart attack and stroke. The good news is that there are a number of small steps you can take to help keep stress levels low and make sure your quality of living stays high. Keep these helpful tips in mind so you can be ready for whatever life may send your way.

Exercise- Research has shown that individuals who exercise regularly report significantly lower levels of stress and fatigue when compared to those who don't.

Sleep- Getting enough rest can actually help to reduce tension and anxiety making you better suited to handle the stressors of day to day life.

Positive Relationships-

Having friends, family and loved ones who are there to offer support and give positive encouragement is a very important piece of healthy stress management.

Me Time- It's easy to get caught up in trying to always be there for your loved ones but don't forget about your own wellbeing too. Set aside just a little time for yourself each day for those things you really enjoy to do. Even an extra few minutes for yourself can help to keep you from feeling overwhelmed.



Dear Friends,

This month we have attorney, John Payne, from Garrison Lawhouse, PC. Dearborn, coming on Wednesday, October 17th at 6:45 pm to talk about the importance of Power of Attorney paperwork. The presentation will be in the Assisted Living dining room. This event is open to the public as well as yourselves and family members. As you all know, having the proper paperwork in place is extremely important and can be fairly simple as well. Please come join us to learn more! Appetizers, dessert, and coffee will be served. Please RSVP at the front reception desks.

Hope to see you there!

Sincerely,
Renee
Marketing Manager



123—Breda McGowan
302—Peggy Swanson
321—Jean & Maurie Vermeulen
334—Jean Hayward

Executive Director Message:

Dear Waltonwood Residents and Families,

Fall is upon us and for many it is our favorite time of year with all the beautiful color changes and the cool breezes. I hope everyone had an enjoyable summer and are ready to bring on the fall and winter holiday season! With that in mind, we are going to kick off the month with our Oktoberfest party on the first day of October. We will have good food and fun entertainment from Helmut.

There are many Halloween events and activities planned this month. No point in waiting until the 31st. We have a spooky Halloween violin recital from the nearby elementary school students on the 27th. and many crafts planned during the month. The preschool children will be coming on the 26th for trick or treating. They are always a welcomed treat for all of us as we take part in handing out sweet treats to them. Lastly, on Halloween, the 31st., we will have our Halloween costume party. We will have a costume contest and entertainment, and of course some spooky goodies to eat! Please plan on joining us for a great time.

In preparation for the dreaded flu season we will be having our flu shot clinic here on the 18th. Please see the receptionist for further details.

I also wanted to announce that Deanna Hite has been promoted from the Housekeeping Supervisor position to the Business Office Manager. She already is picking up the processes quickly as she completes her training. So please give Deanna a huge congratulations when you see her.

Happy Halloween Everyone!

Warm Regards,
Sherie



AT YOUR SERVICE

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