

CHERRY HILL CONNECT

DECEMBER 2018



Redefining Retirement Living®

SINGH

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COMMUNITY MANAGEMENT

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Kara Triplett
Culinary Service Manager

April Marcotte
Independent Living Manager

Ariel Starr
Independent Living Life
Enrichment Manager

Allison Bock
Assisted Living Life Enrichment
Manager

Candice Jones
Memory Care Life Enrichment
Manager

Mary Hoskins
Interim Memory Care Life
Enrichment Manager

Renee Ralsky
Marketing Manager

Monique Sartor
Resident Care Manager

Jolene Maples
Move In Coordinator

Tiffany Woodson
Wellness Coordinator

Lindsay Orler
Housekeeping Supervisor

HAPPY HOLIDAYS!

As the year comes to a close, we wanted to take this moment to wish everyone in our community a happy holiday season. We are so excited to spend it with you as we say goodbye to 2018 and welcome in 2019. Among the holiday-themed activities we have planned to celebrate the season: we will be having a Holiday Open House on December 6th, touring Detroit's Historic Trinity Church on December 13th, our annual Holiday Family Dinner on December 20th, and our New Years Party will be December 29th.

In addition, we're thrilled to be hosting several special Christmas-themed performances at Waltonwood Cherry Hill this month. The Bethlehem Baptist Music Ministry will be performing a Christmas concert on December 9th, and the Cherry Hill Choir's Christmas Around The World Concert will be on December 12th.

From all of us at Waltonwood Cherry Hill to all of you and your families, happy holidays. We look forward to all to come in 2019.

ASSOCIATE SPOTLIGHT

Independent Living Associate of the Month:
Gary Vanwilkin, Cook

Gary has worked many long shifts and really sets a calm pace when someone needs something accomplished. Anytime there is a concern, he steps right in. There have been times when Gary did not feel well, and still arrived on time for his shift.

We are lucky to have Gary as a part of the Waltonwood Cherry Hill team, and all of his efforts are appreciated by everyone!



NOVEMBER HIGHLIGHTS

01

Outing to America's Thanksgiving Parade Company Tour on November 8th. This is a papier-mâché Thomas Edison with Richard O.!

02

Veteran's Day Ceremony with Honor Guard and Entertainment by Vinyl Misst on November 9th. Here is Maurice V. with his flag!



03

On November 21, our Cherry Bowlers Team competed in a Wii Bowling competition. This season, we came in fourth place!

04

November Birthday Party and Celebration of Betty D.'s 101st Birthday on November 21st. Here is Betty D. with her gift!



FOCUS ON FITNESS: HOLIDAY HEALTH

It seems hard to believe that another holiday season is already upon us. Whether it's searching for the perfect gift for a loved one or filling our calendars with parties and gatherings, there just never seems to be enough time to squeeze in all the season has to offer. The hustle and bustle of December can certainly be hectic but don't let the holiday stress slow you down, keep these "3M's" in mind during the coming weeks to ensure you have a happy and healthy holiday.

- **Moderation.** Try to keep your favorite treats within reason, you'll feel better and still get to enjoy those things you love.
- **Move.** Aim for 30 minutes of exercise each and every day to keep healthy and strong all winter long.
- **Manage Stress.** Find healthy outlets and let the joy and laughter that our family and friends bring help to manage even the most stressful days.

Have a safe, happy and healthy holiday!

TRANSPORTATION INFORMATION

Waltonwood offers transportation via bus or car for resident appointments and activity outings Monday through Friday. Please see the front desk receptionist to request a bus trip. We require at least a 24-hour advance notice, but of course, the earlier the better.

The bus is free for trips under 10 miles. If the trip is longer than 10 miles, a fee of \$2 per mile will be charged.

All sign up sheets for activity outings, walking group outings, community doctor visits, church outings, etc, can be found in the Red Binder in the Post Office. You must sign up by writing your name on the respective sheet.

In addition to the regularly scheduled outings found on the Life Enrichment Calendar, here are our special outings for the month of December:

- 12/5: Hines Drive Lightfest
- 12/13: Christmas Tour of Detroit's Historic Trinity Church
- 12/13: Holiday Pops Concert with the Michigan Philharmonic
- 12/14: Plymouth Community Band Christmas Concert
- 12/16: The Glory of Christmas Play at Northridge Church
- 12/27: MGM Grand Casino

DECEMBER SPECIAL EVENTS

01

Holiday Open House on December 6th from 11:00am – 3:00pm. Enjoy a craft, holiday refreshments, holiday bingo, and more!

02

Our very own Cherry Hill Choir is performing their holiday concert on December 12th at 7:30pm.

03

Holiday and Birthday Party and Wine & Cheese Social with Entertainment by Vinyl Misst on December 21st.

04

New Years Party with Entertainment by Kelly Miller on December 29th.



EXECUTIVE DIRECTOR CORNER

Dear Waltonwood Residents and Families,

I hope everyone had a blessed and happy Thanksgiving this year. It is with a heavy heart and much consideration that I am informing you that I have accepted another position at a different senior living community and will be leaving the Waltonwood family on November 30, 2018. I am feeling mixed emotions as I write my final ED newsletter. I want to take this time to thank all of you for your friendship, trust, and support. My time here has been very memorable. Each and every one of you has touched my heart deeply. I will always cherish my experiences here and will miss all of you dearly.

I wish all of you the best of health and happiness throughout the holidays and into the new year. Thank you so much for taking me into your home and making me feel like family.

Sincerely, Sherie Ingels



Celebrating Resident Birthdays In December

- Dec 2 – Anne M.
- Dec 4 – Marcia L.
- Dec 5 – Mary Anne A.
- Dec 6 – Mary Jane L.
- Dec 6 – Don M.
- Dec 7 – Lucille G.
- Dec 14 – Jim D.
- Dec 16 – Maurice V.
- Dec 20 – Leona B.
- Dec 21 – Abe D.
- Dec 23 – Janet P.
- Dec 25 – Noelle C.
- Dec 27 – Theresa H.
- Dec 30 – Robert R.

CHEF'S COOKING DEMONSTRATIONS

01

Holiday Open House on December 6th with holiday refreshments and treats.

02

Chocolate Fun activity with melted chocolate on December 8th.

03

Culinary Creation by Chef Virginia:
Cupcake Decorating on December 14th.

04

Holiday Family Dinner on December 20th, with seatings at 4:00pm, 5:30pm, and 7:00pm.

APPLE BERRY PIE

- 4 medium baking apples, peeled, cored, and sliced ¼ inch thick
- ½ cup sugar
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- 2 tbsp cornstarch
- 1 cup blackberries
- 1 cup blueberries
- 1 large egg, beaten
- 1 double crust 9-inch pie dough (2 discs)
- 1 large egg, beaten

Preheat oven to 375°F. Set the oven rack in the bottom position. Combine the apples, sugar, cinnamon, nutmeg, and 2 tbsp water in a medium saucepan. Cook over medium heat until the sugar dissolves and the apples release their juices, 4-5 minutes.

In a small bowl, stir the cornstarch into 2 tbsp water until smooth. Whisk the cornstarch mixture into the simmering juices in the saucepan until smooth. Simmer just until the juices thicken, about 1 minute. Stir in the blackberries and blueberries, return to a simmer, and then remove the pan from the heat. Let cool while you roll the dough.

On a floured surface, roll out 1 disc of dough to fit a 9-inch pie plate with about 1 inch of overhang. Roll out the second disc and cut strips or shapes. Pour the filling into the bottom crust. Top with lattice or cut-out design. Brush the crust with egg wash.

Bake on a baking sheet (to catch any drips) until the crust is golden brown and the filling is bubbly, about 45 minutes. (Check halfway through; if top crust is browning too quickly, loosely cover with foil.) Let cool. Enjoy!



\$1,000 RESIDENT REFERRAL BONUS

FRIENDS & FAMILY REFERRAL PROGRAM!

Have you shared your love for Waltonwood lately? When you refer someone to a Waltonwood community, they'll thank you for it - and then we'll thank you for it too! Ask for details!