

ROYAL OAK CONNECT

JANUARY 2019



Redefining Retirement Living®

SINGLE

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RESIDENT OF THE MONTH

Happy New Year! We are Starting the 2019 year by featuring a resident a month. Betty Scarna agreed to be our "Resident of the Month" for January.

Betty was born on July 7, 1918 in Chicago, IL. Her mother was a Concert Pianist and her father was a Hoisting Engineer. Betty had 3 brothers and one sister. All of her brothers served our country in World War II.

After graduating high school, Betty went on to earn a Commercial Bachelor's degree at Chicago University in 1939. She then went on to work at American Surety Company, which was an insurance company in Chicago, IL. She earned \$65.00 a week including working 8 hours on Saturdays. She was employed there for 4 years.

She met her husband Carl Scarna and they were married in 1941. Carl was called to duty 7 months after their wedding and was deployed to New Finland. He served in the 17th Battalion in the United States Army for 5 years. While Carl was in the service Betty was hired by the United States Armory Construction Company as a secretary. She was one of the first women to be promoted to a Police Officer within the FBI. Her duties entailed escorting the female employees to and from their work stations, to and from the bathrooms and in and out of the building, to ensure their safety and that no ammunition got out of the building.

Betty said "That her own personal being is her greatest accomplishment in life".

We are blessed to have you, Betty, as part of our family.

COMMUNITY MANAGEMENT

Lance Helton
Executive Director

Michele Hamm
Business Office Manager

Robert Aubrele
Culinary Services Manager

Kathleen Whitehead
Housekeeping and Laundry

Jamie Samolej
Life Enrichment Manager

Darrell Shively
Maintenance Supervisor

Jeremy Kopaniasz
Marketing Manager

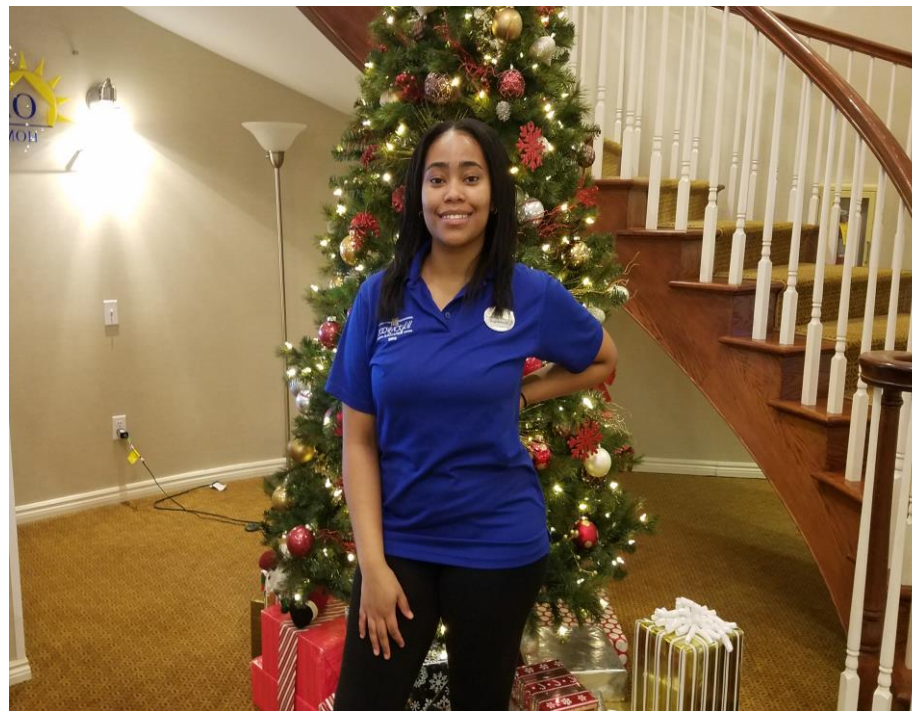
Tonicka Benefield
Wellness Coordinator

ASSOCIATE SPOTLIGHT

Congratulations! To our Employee of the Month, Dominique Turner. Dominique started at Waltonwood Royal Oak just over a year ago in housekeeping. Dominique has been doing a wonderful job helping to keep our community sparkling.

She likes helping and talking to our residents. She said that she has learned a lot about life from listening to their stories.

Thank you Dominique for your hard work! We are blessed to have you as a part of our team.



DECEMBER HIGHLIGHTS

01

Carole and her son, Peter, enjoying dinner at our Holiday party.

02

Ann and her caregiver, Gabby, showing off the wreath they made.



03

Betty Saunders, Sharyn Vantine, Jamie Samolej and Bashkim decorating the tree.

04

Z working on his Gingerbread house. It looks great!



FOREVER FIT/FOCUS ON FITNESS

An Open Invitation!

As the hustle and bustle of the holidays slowly fades and we once again transition into a new year we find ourselves drifting back to those routine that we're use to. Sometimes that's a much welcomed occurrence, while other times it becomes a dull and uninspiring way to spend the winter months. So this January why not try something new? Something that will not only kick start your daily routine but also improve the way you move, think and feel. This January I like to extend a warm, open invitation to join our "Forever Fit" exercise program here at Waltonwood. Open to all residents our exercise classes and fitness center are aimed at enhancing independence while promoting healthy lifestyles in a safe enjoyable environment. Utilizing an approach that makes exercise accessible to everyone, each of our many offerings is designed for its participants to move at a pace in which they see fit. So, this New Year give exercise a try, it just might be one of the best things you can do to keep happy and healthy in 2019.

TRANSPORTATION INFORMATION

Another great big shout out to Sharon, our bus driver! Sharon is doing a wonderful job making sure that our residents are getting to and from their appointments. We have had to alter the schedule to accomidate everyone and hope it has been working out for all of the residents. Please note, that 24 hour notice is required and you do have to schedule ALL transportation with the receptionist and/or Sharon. This is still on a first come first serve basis.

Our Updated Bus Schedule is as follows:

- Mondays 7:30 AM until 3:00 PM
- Tuesdays and Thursdays from 9:00 AM until 3:00 PM
- Wednesdays 7:30 AM until 3:00 PM
- Fridays 7:30 AM until 10:30 AM (After 10:30 AM the bus will be used for resident outings on Fridays)
- Every other Sunday Church Services 9:00 AM to 1:00 PM

If we are not able to accomidate you for your scheduled appointments you may wish to contact the transporation services below:

Logisticare: 866-569-1903

Smartbus: 866-962-5515

JANUARY SPECIAL EVENTS

10

Portable Dental Services
Presentation

Media Room

1:00 PM – 2:00 PM

11

Ben Schlatter – Steel
Drum Performance

Media Room

3:00 PM – 4:00 PM

22

Balancing Earth
Performance

Media Room

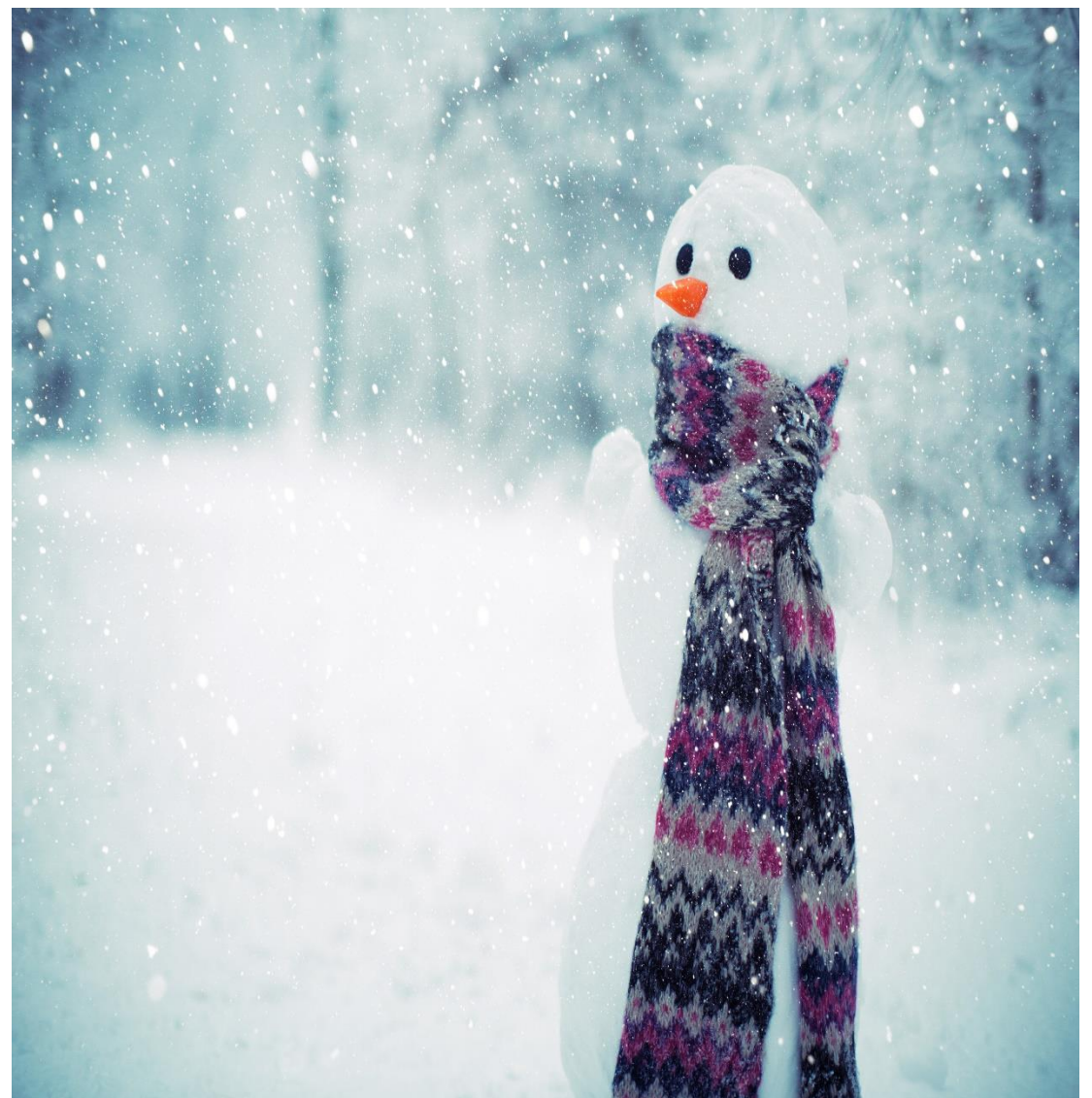
3:00 PM – 4:00 PM

24

Christine Schrinker
Performance

Parlor

4:00 PM



EXECUTIVE DIRECTOR CORNER

“Well, we have a whole New year ahead of us. And wouldn’t it be wonderful if we could all be a little more gentle with each other, and a little more loving, have a little more empathy, and maybe next year at this time we’d like each other a little more.....” By Judy Garland

I could not have said it any better than the legendary Ms. Judy Garland. I want to extend my best wishes to all of you that make Waltonwood your home. I truly enjoy coming into work everyday and being a part of your life, so I sincerely thank you for this opportunity. I want each of you to have a joyous and healthy 2019; and as always please feel free to stop me on my travels through the community, or come and visit me in my office, my door is always open.

Thank you,

Lance Helton



CHEF'S COOKING DEMONSTRATIONS

02

January 2nd Baking with Chef Kevin – Making Fudge.

1:30 PM in Activity Room.

16

January 16th Baking with Chef Kevin – Making Mini Dump Cakes.

1:30 PM in Activity Room.

09

January 9th Cooking with Chef Dan – Surprise Recipe

1:30 PM in Activity Room.

23

January 23 Cooking with Chef Dan – Surprise Recipe.

1:30 PM in Activity Room

Celebrating Birthday's In January

RESIDENTS

- James Gibson
- Betty Saunders
- Norma Samuel
- Betty Mio
-

ASSOCIATES

- Rajmonda Hoxha
- Caitlyn Ostler
- Darrell Shivley
- Tamika Gay
- Bashkim Balla
- Reily Carr

Welcome To Our New Residents

- Daisy Billingsler
- Joan Richardfield
- John Hawkinson
- Ronald Wolff
- Stephany Pololan
- Jack and Betty Reaser

Chef Dan's Homemade Remoulade Sauce

Here is my favorite recipe for Remoulade Sauce. It is the original sauce after which Tartar sauce is based, but much better than tartar. In New Orleans they are known for a brick red colored Remoulade but this is closer to the original French version. It is meant to be served with Seafood, fried fish or any chilled seafood dish but it is also good for other things, even chicken.

<u>Ingredients</u>	<u>Amount</u>
Mayonnaise	1 Jar
Hard Boiled Eggs	3 Each
Lemons, Juice Only	1/2 Each
Capers, Drained	1/2 Cup
Cornichons	3/4 Cups Chopped
Tarragon, Fresh	4 TBS Chopped
Dill, Fresh	1 TBS Chopped
Parsley, Fresh	1/8 Cup Chopped
Chives, Fresh	1/8 Cup Chopped
Red Onion	1/2 Small Diced

Add mayonnaise to a large bowl then finely chop remaining ingredients and all to mayonnaise, mix well and refrigerate for 1 hour.

\$1,000 RESIDENT REFERRAL BONUS



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!

FRIENDS & FAMILY REFERRAL PROGRAM!