



CHEF’S COOKING DEMONSTRATIONS

01

Tigers Opening Day Party April 4th

02

Volunteer Appreciation Luncheon April 12th

03

Resident Birthday Party with Entertainment on April 24th

04

National Pretzel Day Social, Friday April 26th

Celebrating Resident Birthdays in April

- APRIL 2ND - Golda W.
- APRIL 10TH – Doris S.
- APRIL 20TH – Edith H.
- APRIL 25TH – Louise J.

CHEF’S SIGNATURE RECIPE: S’mores Tart

INGREDIENTS

- 1/4 cup whole milk
- 1 cup milk chocolate chips, plus 1 tablespoon for garnish
- One 6-ounce prepared graham cracker crust, chilled
- 3 egg whites, at room temperature
- 1/2 cup sugar
- 1/2 teaspoon vanilla extract
- 1 cup marshmallow cream

METHOD

In a small pan over medium heat, warm the milk until it just begins to bubble around the edges. Turn off the heat and add 1 cup chocolate chips. Let sit for a few minutes to melt the chocolate, and then whisk to combine. Pour into the pie crust and put into the freezer until set, about 20 minutes. Preheat the broiler to high.

In a large, clean glass or metal bowl, add the egg whites. Using an electric hand mixer, whisk the egg whites to get them frothy. With the mixer running, slowly beat in the sugar. Continue until they begin to form stiff peaks, 3 to 4 minutes. Beat in the vanilla and marshmallow cream. Spoon the mixture over the chocolate, making sure to cover all the way to the edges of the crust. Put on the middle rack of the oven and broil until the top is lightly browned, 2 to 3 minutes. Garnish with the remaining chocolate chips. Allow to cool for 10 minutes before slicing.



FRIENDS & FAMILY REFERRAL PROGRAM!

\$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!

CHERRY HILL CONNECT

APRIL 2019



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April Has Arrived!

“April showers, bring May flowers” and that’s what we plan to do as well! As time is nearing we are gathering the gardening gloves, and watering cans to give new life to both indoors and out.

Although the weather may not always be great, together we must do our best to let the sun shine in!

. Just as the herb planting activity during the Taste of Waltonwood, we are always looking for new ways to connect and grow with one another.

With that being said, we encourage both residents and family members to let us know how we are doing. If there is an associate you feel has gone the extra mile or done something to bring a smile your way let us know!

Although our work is not done for the accolades we want to be sure to acknowledge a job well done. Please be sure to stop by our front desk and help us vote monthly for our associate spotlights!

COMMUNITY MANAGEMENT

Gina Steigerwald
Associate Executive Director

Deanna Hite
Business Office Manager

Renee Ralsky
Marketing Manager

Jolene Maples
Move In Coordinator

Kara Triplett
Culinary Services 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

Monique Sartor
Resident Care Manager

Tiffany Woodson
Wellness Coordinator

Lindsay Orler
Housekeeping Supervisor

ASSOCIATE SPOTLIGHT

AL/MC Associate of the Month: Sharita Curry / Housekeeping

Every day we have the opportunity to leave a lasting impression in someone's life. Sharita was nominated because she does just that. She is known for expressing genuine concern for the residents. "She takes her time and pays attention to detail." Sharita has proven that she is a true team player, and has even picked up an additional shift to help out in an unforeseen circumstance. No matter how hectic things get she interacts with a very professional, and courteous manner and we thank her for that!



MARCH HIGHLIGHTS

01

Armchair travel, we took a journey through New Orleans and topped it off with some delicious beignets

03

Big smiles arose from our St. Patts day celebrations. From shamrock shakes, to green beer, we had it all covered!

02

Sometimes it's ok to indulge, as we did celebrating National Oreo Cookie Day

04

We laughed, learned, sang and danced as we visited the historical Motown Museum



FOREVER FIT: Power of the Sun

Well Spring is finally here and with it comes longer days, warmer temperatures and plenty of sunshine. While there certainly may be reason to proceed cautiously and avoid overexposure to the sun's rays, there are also plenty of reasons to step out side and take some of them in. When done in moderation regular bouts of sun exposure have been shown to provide numerous benefits that can actually help enhance mood and overall wellbeing. Most people know that sunlight offers an abundance of vitamin D, but what most people don't realize is that in just 10-15 minutes of sun exposure each day you can actually achieve the FDA recommended daily allowance of 1000 IU's. Regular sunlight has also been shown to increase serotonin levels, a neurotransmitter often regarded as the chemical responsible for maintaining mood balance. By adding just a few minutes outside to your daily routine you can help ward off some of the seasonal blues that tend to set in over the dark cold winter months. So, this April do yourself a huge favor, step outside take a deep breath and let the power of the sun go to work for you!

TRANSPORTATION INFORMATION

Waltonwood offers transportation via bus or car for resident appointments and activity outings Monday through Friday.

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. Residents are not charged mileage for group activity outings.

All sign up sheets for activity outings, church outings, etc, can be found in the Outing Binder in the Assisted Living Post Office. You must sign up by writing your name and apartment number on the respective sheet.

- 4/1 IHOP
- 4/8 Mexican Fiesta
- 4/15 Buddys Pizza
- 4/22 Three Brothers
- 4/24 Detroit Zoo
- 4/29 Olgas Kitchen

APRIL SPECIAL EVENTS

01

April 4th is Tigers opening day! It's only right we celebrate it with a party. Game begins at 1:10pm.

02

April 9th it's a family affair! join us for a special mothers day dinner

03

The children of Maybury Daycare are coming for an Easter egg hunt April 17th, don't miss out!

04

The weather is getting warmer, and the animals are coming out! Join us for senior day at the Detroit zoo April 24th.



EXECUTIVE DIRECTOR CORNER

Its hard to believe we are already a quarter of the way through 2019. Time sure does fly by! Spring is finally here which means the team is gearing up for all the exciting events coming up over the next several months. We've welcomed several new associates that share our vision of "Family" and we are thrilled to have them on board as we continue to make positive changes to the Cherry Hill experience. April will be a busy month as we move forward with our improvement efforts throughout the community, and start to bring the courtyards back to life so our residents can get outside and enjoy the beautiful Spring weather. We are looking forward to a lovely Easter brunch on April 20, and hope to see you all there!

Best wishes, Gina
03