



CHEF’S COOKING DEMONSTRATIONS

01

Baking with Chef Kevin 1:00 pm in the Activity Room – Brownies

15

Baking with Chef Kevin at 1:00 pm in the Activity Room – Mini Cheescakes

8

Cooking with Chef Dan at 1:00 pm in the Activity Room - Surprise Dish

22

Cooking with Chef Dan at 1:00 pm in the Activity Room – Surprise Dish

CHEF DAN’S Fruit Crisp

Ingredients:

Combine a cup and a half of quick cooking oats, a half cup of brown sugar
4 TBSP of yellow cake mix (can substitute plain flour if unavailable)
a pinch of salt and
3 TBSP of chilled butter, diced small
mix well

Spray a 13” x 9” inch pan with cooking spray and pour in 1 can of your favorite pie filling
then top off with the oat mixture (streusel) and bake at 350 for about 20 minutes or until golden brown and bubbling at the edges

enjoy with a scoop of vanilla ice cream

Celebrating Birthdays in May

Residents

- Beverly Bousum
- Bruce Chase
- Daisy Billingslea
- Ann Samyn
- Eloise Wild
- Carole Hilzinger
- Myra Williams
- Tom Weeks
- John Hawkinson
- Tom Conlon

Associates

- Ciara Taylor
- Terry Williams
- Jasmine Clark
- Erica Hall
- Kevin Koeger



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!

ROYAL OAK CONNECT

MAY 2019



Executive Director Corner

DID YOU KNOW.....

In 1976, Michigan’s own, President Gerald Ford proclaimed May to be “Older Americans Month?”

Well, me neither. Every year in May, Older Americans Month recognizes the contributions of older adults across our great nation.

While raising families and building careers, older Americans also gave back to their communities in a variety of ways. In their lifetime, times have changed dramatically from only radio, television, to computers and now smartphones. They have witnessed to and volunteered in 5 wars/conflicts, seen men walk on the

moon, and even a Hollywood Star become president. Although the times have changed, older Americans continue to volunteer and serve in their communities and neighborhoods in their own ways. Whether they mentored a child, volunteered at a soup kitchen or served their country, each one deserves our recognition for their commitment.

Older Americans Month also serves to raise awareness concerning elder abuse and neglect. As we age, the risk of abuse and neglect increases. We must be sure resources are in place to protect our older population from risks of abuse and neglect. One way is to maintain involvement in community activities and social activities. It helps to maintain our overall health and vitality. So take part in Older Americans Month no matter what your age!



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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

Danielle Wagner
Marketing Manager

Xaiver Love
Resident Care Manager

Tonika Benefield
Wellness Coordinator

Sharon Regets
Bus Driver

ASSOCIATE SPOTLIGHT

Congratulations to our April Employee of the Month, Cassidy Modlin. Cassisdy has been employed with our community for 8 months. Her favorite thing about her job is making a difference in the resident’s lives by giving them the best care possible. She enjoys listening to the resident’s life stories.

When Cassidy is not at work she enjoys raising her 2 beautiful children, Liam who is 6 years old and Frey who is 4 years old. They both fill her life with pride and joy



APRIL HIGHLIGHTS

09

Our Wii Bowling League the Royal Oak Rollers celebrating coming in 1st place for the Winter Season

19

John, Evy, Myra, Myra’s daughter, and Bruce enjoying Easter Bruch.



19

Tom Weeks with his new pet snake.

20

Dottie, Kay, Ann, Mary and Evy showing off the bracelets they just made.



FOREVER FIT/WELLNESS TOPIC

National Senior Health and Fitness Day

On Wednesday May 29th join with over 100,00 other older adults across the country as we celebrate National Senior Health and Fitness Day. Now in its 26th year, this annual celebration highlights the impact that staying healthy and fit has on our overall wellness as we age. This year’s theme “Live and Thrive with Exercise”, shifts the focus squarely onto the role that regular exercise plays in maintaining our health and independence. Mirroring the principles of the Waltonwood Forever Fit Program, National Senior Health and Fitness Day promotes the benefits of regular exercise while finding creative ways to incorporate it into your daily routine. From group classes to fitness center training and everything in between the Waltonwood Forever Fit Program can help lay the foundation for an active, healthy lifestyle. This May 29th join us as we celebrate National Senior Health and Fitness Day and show what it means to truly “Live and Thrive with Exercise.”

TRANSPORTATION INFORMATION

Please note, 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. All residents wishing to participate on our Friday Outings must sign up at the Front Desk at least a day before the outing is scheduled.

Our Updated Bus Schedule is as follows:

- Mondays through Thursday 8:00 AM until 3:00 PM
- Fridays 8:00 AM until 10:30 AM (After 10:30 AM the bus will be used for resident outings on Fridays)
- 1st and 3rd Sunday of each month Church Services 9:00 AM to 1:00 PM
- **PLEASE NOTE: Sharon will be on vacation The week of May 5th through May 11 and the week of June 9th through June 16th. There will be NO BUS Transporation for that week. We are currently looking to hire a part time bus driver. When this position is filled we will let you know.**

If we are not able to accomidate you for your scheduled appointments you may wish to contact the transporation services: **Logisticare: 866-569-1903** **Smartbus: 866-962-5515**

MAY SPECIAL EVENTS

3

Entertainment – Ben on Steel Drums for Happy Hour at 3:00 pm in the Bistro.

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Mother’s Day High Tea. In our Dining Room from 2pm until 3:00 pm.



19

Entertainment – Helmut in the Bistro for Happy Hour at 3:00 pm in the Bistro.

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Entertainmet – Balancing Earth in the Media Room at 3:00 pm.

Up – Coming Events

- May 3, 2019 Ben on the Steel Drums 3:00 pm until 4:00 pm in the Bistro
- May 11, 2019 – Mother’s Day High Tea Party 2:00 pm until 3:00 pm in the Dining Room
- May 23, 2019 – Presentation from Dr. Al Brown on Holistic Healing in the Media Room at 1:00 pm
- June 9, 2019 – Father’s Day Bar-B-Q 12:00 pm until 1:30 pm