



CHEF'S COOKING DEMONSTRATIONS

01

National Cheese Day- 6/4

02

Father's Day Dinner- 6/13

03

National Strawberry Shortcake Day- 6/14

04

National Vanilla Milkshake Day- 6/20

CHEF'S SIGNATURE RECIPE

Strawberry Rhubarb Jam

4 1/4 cups diced rhubarb
4 1/4 cups sliced fresh strawberries
2 tablespoons lemon juice
2 (1.75 ounce) packages powdered fruit pectin

10 cups white sugar

Directions

Place rhubarb, strawberries, lemon juice, and fruit pectin into a large kettle over medium heat. Stir the fruit mixture to help the juice start to form, and add sugar, about 1 cup at a time, stirring constantly until sugar is dissolved and the juice is starting to simmer. Turn up heat to medium-high, bring the mixture to a full rolling boil, and cook and stir for 1 minute. Skim off any foam that forms. Pour into containers of your choice and refrigerate. Enjoy on toast or over ice cream.

Resident Birthdays:

June 13th- Dorothy K.

June 23rd- Nat S.

June 28th- Mano D.

Assocaite Birthdays:

June 8th- Sheena B.

June 8th- Donyel J.

June 10th- Sharita C.

June 14th- Brittany M.

June 27th- JoAnna T.

June 29th- Tonice

Welcome Home!

Ray A.

Nancy E.

Don W.

Bill A.



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

JUNE 2019- ASSISTED LIVING



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COMMUNITY MANAGEMENT

Gina Steigerwald
Executive Director

Deanna Hite
Business Office Manager

Kara Terreault-Triplett
Culinary Services Manager

Lindsay Orler
Housekeeping Supervisor

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

Jack Strickland
Maintenance Supervisor

Renee Ralsky
Marketing Manager

Jill Tilli
Resident Care Manager

Tiffany Woodson
Wellness Coordinator

Mariah Garner
Wellness Coordinator

Welcome Warm Weather

Now that we are in the month of June, we can look forward to more sunshine and warmth! Here at Cherry Hill, we are getting outdoors more this month.

We have some fun outings scheduled to enjoy the warm weather, like a picnic in the park on June 13th and a trip to the Botanical Gardens in Ann Arbor on June 20th!

June is National Caribbean-American Heritage Month, and we are celebrating on June 7th with Steel Drum Entertainment by Ben and tasty Caribbean foods. We hope you can come!

Father's Day is around the corner on June

16th. Please join us for our Father's Day Family Dinner on the evening of June 13th. We have two seating times at 5:00pm or 6:30pm. It will be a great night with loved ones, and don't forget about the delicious food!

This year, we are celebrating our 15th Annual Classic Cars for a Cure event on June 28th from 5-8pm. We will have a barbeque, a DJ, classic cars from America's Most Wanted Car Club, and a silent auction. We will be raising money for the Alzheimer's Association in hopes to reach our goal of \$5,000. We look forward to seeing you there! Let the summer season begin!

ASSOCIATE SPOTLIGHT

Joann Thornton, Caregiver and Mentor

It is hard to put into words what an exceptional dedicated associate of 12 years has done for us. Joann has enhanced not only her coworkers' experience here at Waltonwood, but she has also enriched their lives by spreading love, laughter, and knowledge. We are so lucky to have Joann on our team here at Waltonwood Cherry Hill.

Please see the front desk concierge to nominate an associate you feel has been doing a great job!



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. Waltonwood pays upfront for the cost of the residents on the outings and then the amount is billed back on the residents monthly statement.

- Monday, June 3rd- Scrambler Marie's
- Monday, June 10th- Big Boy
- Thursday, June 13th- Picnic and Games at the Park
- Monday, June 17th- Leo's Coney Island
- Thursday, June 20th- Matthaei Botanical Gardens
- Monday, June 24th- Buffalo Wild Wings
- Wednesday, June 26th- Diamond Jack Detroit Boat Tour

MAY HIGHLIGHTS

01

National Pizza Party Day-

Making our own personal pizzas!

02

Mother's Day Family Dinner

03

WWNBL: Spring Session

04

Cinco de Mayo Party with Live Entertainment by Gene and Tonic



JUNE SPECIAL EVENTS

01

Brain Storm Lessons 8-11

June 6th, 13th, 14th, & 20th

02

Father's Day Dinner

Thursday, June 13th

03

Flag Day Ceremony with American Legion Post 32 Honor Guard
Friday, June 14th

04

Classic Car Show and Silent Auction on Friday, June 28th



FOREVER FIT: The Right Shoe for You

A strong body starts from the ground up and keeping our feet healthy starts with choosing the right shoes. As we age the shape and size of our feet tend to change as the foot typically becomes longer and wider. Ligaments stretch, tendons shrink and the fat pads on both the heels and balls of the feet decrease in size. This physical change will also typically cause a change in shoe size, and while it may not seem significant variations can drastically affect your overall health. Correctly fitting shoes help to reduce foot, knee, hip and back pain, promote healthy circulation and drastically help to reduce the risk of falls. Below are just a few tips to consider the next time you go shoe shopping so this spring to can step in style and comfort!

Not all shoe stores are created equal. Try to find retail locations that specialize in shoes for seniors. Their knowledgeable sales staff can both properly fit you and educate you on how to select the right shoe. Know your size! Just because you wore a size 8 twenty years ago doesn't necessarily mean you still do. Have your feet accurately measured, both length & width, to ensure a well fitted shoe. Shoes with wide boxy toes, low-padded heels and flexible, breathable materials are great options to handle the stress placed on our feet throughout the day. Choose shoes that match your environment. Whether boots for snow or walking shoes for summer be sure the shoes you're wearing provide appropriate support and traction.

EXECUTIVE DIRECTOR CORNER

We are excited to announce two new members to the Cherry Hill management team! We welcome Jill Tilli, RN and Mariah Garner to our Resident Care team. Jill is our new Resident Care Manager, as we wish Monique Sartor well on her new role within the Waltonwood organization! Mariah will be our second Wellness Coordinator, working alongside our current Wellness Coordinator, Tiffany Woodson. Our community has added this additional Wellness Coordinator position in efforts to continue improving quality of care and communication with residents and families. Please be sure to stop by and meet Mariah and Jill next time you're visiting Cherry Hill! We have a lot of exciting events coming up, including a golf outing on June 6th at the Links of Novi, the Father's Day Dinner on June 13th, and of course the annual Classic Car Show on June 28th. Always something to look forward to at Cherry Hill! Sincerely, Gina Steigerwald