



Celebrating Resident Birthdays in July

- Nancy E. 7/4
- Margaret B. 7/5
- Vera N. 7/13
- Paul L. 7/14
- Shelley F. 7/16
- Geraldine H. 7/24
- Jack C. 7/30



FRIENDS & FAMILY REFERRAL PROGRAM!

CHEF’S COOKING DEMONSTRATIONS

01

July 1st Mac and Cheese demo in the dining room at 3pm.

02

July 11th SnoCone demo in the Activity Room at 2pm.

03

July 19th Daiquiri Demo in the Activity Room at 3pm.

04

July 25th Hot Fudge Sundae demo in the Activity Room at 12:30pm.

CHEF’S SIGNATURE RECIPE: Raspberry Granita

Raspberry Granita

INGREDIENTS:

- 1/2 cup water
- 1/2 cup granulated sugar
- 1/2 cup lemon juice
- 2 cups water
- 1 (6-oz) container fresh raspberries

Combine 1/2 cup water with 1/2 cup sugar in a small saucepan on the stove. Heat over medium heat, stirring occasionally, until the sugar dissolves. In a bread pan, combine the lemon juice and 2 cups of water. Pour in the simple syrup made in step 1 and stir well. Using a fork, crush the raspberries with the tongs. Add to the lemon mixture and stir well. Place the pan into the freezer and freeze for 1 hour. Stir with a spoon. Return to the freezer and continue to freeze, pausing every 30 minutes to scrape with the tongs of a fork. Serve straight from the freezer once fully iced over.

\$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

JULY 2019



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COMMUNITY MANAGEMENT

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April Marcotte
Independent Living Manager

Jack Strickland
Environmental Services Manager

Ariel Starr
Independent Living Life Enrichment Manager

Allison Bock
Assisted Living Life Enrichment Manager

Candice Jones
Memory Care Life Enrichment Manager

Jill Tilli
Resident Care Manager

Tiffany Woodson
Wellness Coordinator

Mariah Garner
Wellness Coordinator

Lindsay Orler
Housekeeping Supervisor

SUMMER SUN

Typically we associate the eagerness of looking forward to summer with younger school children. Often forgetting just how amazing it can really be for us all. It's true too much exposure to the sun can have bad consequences, However, let's take a second to look at the glass half full.

Soaking up some summer sun supports boosting the serotonin levels in your body helping to improve mood (decreasing the risk of depression and improving sleep.) The sun also helps make vitamin D which aids in stronger healthier bones, which we can all benefit from.

Sounds good right? Now all you need are opportunities! Luckily we've got that covered as well. Join us this July for lunch at Portofinos in Wyandotte, followed by a spectacular boat cruise. Or how about a picnic in the park? Heritage Park to be specific, enjoying a good meal and fun games amongst great company.

Not much for outings? No worries join us in the courtyard for refreshing beverages, sing alongs, gardening and plenty more activities. Or come aboard S.S Waltonwood for our first cruise event with live entertainment and tasty food. One thing for sure is that there is something for everyone. The only thing that's missing is you!

ASSOCIATE SPOTLIGHT

AL/MC Associate of the Month: Allison Humble
Caregiver

Congratulations to Allison who received multiple acknowledgments for a job well done. Recognized for her postive attitude no matter what the day brings and a smile that matches. Both resident families and Allison's peers mentioned that she is very compassionate, caring and undoubtably has the heart for the job. Aretha Franklin sang about it, but it's more than a song. R.E.S.P.E.C.T you've done a great job showing it and you've definitely earned it. We thank you for being a part of the Waltonwood Cherry Hill Team!



JUNE HIGHLIGHTS

01

National yo yo day we channeled great memories, and learned some new facts behind the childhood sensation

03

We kicked off the "longest day", by increasing our fundraising for the Alzheimers Association

02

Sometimes we make treats other times culinary puts on a show like they did for the vanilla milkshake demo

04

Sundae Monday was a hit, after all who doesn't enjoy ice cream on a warm summers day



FOREVER FIT: HEALTHY HYDRATION

Healthy hydration habits are important any time of the year but they become essential during the summer months when the heat and humidity can reach dangerous levels. As we age the water content in our bodies naturally decreases, our sensation of thirst diminishes and the side effects certain medications can greatly increase the risk for serious dehydration in seniors. The good news is small changes to our daily routine can greatly improve our chances to stay healthy and fit in the months to come. Making sure there's always fluids nearby to drink throughout the day, eating plenty of fruit and vegetables like cucumber and watermelon and avoiding strenuous outdoor activities during the peak hours of the afternoon can all help to keep us safe and hydrated during the dog days of summer.

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.

- 7/1 Tony Sacco's
- 7/8 Ihop
- 7/15 Mexican Fiesta
- 7/17 Portofino Lunch & Boat Cruise
- 7/22 Buddy's Pizza
- 7/25 Heritage Park Picnic
- 7/29 3 Brothers

JULY SPECIAL EVENTS

01

Calling all animal lovers
July 9th for the exotic animal show

02

July 17th come enjoy lunch and a boat cruise at Portofino's in Wyandotte

03

ALL ABOARD! S.S.Cherry Hill is leaving the dock for our first cruise ship event
July 18th

04

July 30th is a super sweet day, Cheesecake day to be exact! Join us for a social



EXECUTIVE DIRECTOR CORNER

Hello Family, Friends and Residents of Cherry Hill!

The team at Cherry Hill has been working hard these past few months to address various areas throughout the entire community! We've welcomed some new faces to the team, and adjusted several practices based on feedback from the annual surveys, families, residents and associates. These efforts will continue and we encourage families and residents to attend our Family Night on July 9th at 6pm held in our AL Café, or the monthly Community Social on July 31st at 1:30pm in the IL dining room. If you are unable to come to those particular events, please consider joining us for the S. S. Cherry Hill Cruise Dinner on July 18th! We're looking forward to another opportunity to showcase our culinary department, including our very talented Pastry Chef, Tiffany Buchanan. We are looking forward to these upcoming summer months, with lots of fun to be had with our residents.

Best wishes, Gina