



CHEF’S COOKING DEMONSTRATIONS

03

Baking with Chef Kevin 1:00 pm in the Activity Room – Homemade Ice Cream

17

Baking with Chef Kevin at 1:00 pm in the Activity Room – Fruit Salad

10

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

24

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

CHEF KEVIN – Brownie Cookies

Pre- Heat Oven to 350

Ingredients:

- | | |
|-------------------------------|--------------------------|
| 12 oz Chocolate | ½ Teaspoon Baking Powder |
| ½ Cup of Unsalted Butter | ½ Teaspoon Salt |
| 3 Eggs | ¾ Cup Flour |
| 1 Cup Sugar | ¼ Cup Cocoa Powder |
| ¼ Cup Brown Sugar | 1 Cup Pecans |
| 1 Teaspoon of Vanilla Extract | ½ Cup Chocolate Chips |

Directions:

Melt chocolate and set aside. Beat the softened unsalted butter with the sugar and brown sugar. Fold in the eggs and vanilla extract. Sift the dry ingredients together in a separate bowl. Add the melted chocolate to the wet ingredients and mix then add the dry ingredients. Fold in the pecans and chocolate chips to the batter. Drop by tablespoons onto an ungreased cookie sheet.

Bake at 350 for 10 to 12 minutes.

Celebrating Birthdays in July

Residents

- Evy Calhoun
- Betty Scarna
- Jack Reaser
- Connie Smith
- John Hughes

Associates

- Carol Stern
- Charlie Harris
- Charita Young
- Sharda Jordan
- Korey Harvey

Welcome New Resident

- Judith Gresham



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

JULY 2019



Our Executive Director, Marshall, presenting the Royal Oak Rollers with their 3rd First Place Bowling Trophy. Archie, Mary, Marshall, Gerry, and Tom.

Executive Director Corner

The 4th of July has always been one of my favorite holidays. Family cookouts accompanied by hot, sticky weather that I recall have been often complimented by cool swims in a lake or pool in brilliant sunlight. I think back to the pageantry of Independence Day parades only topped by majestic firework displays that when finished, would leave a haze of smoke and an unmistakable sulfurous odor hanging in the air.

The holiday marks the true birth of our nation as our Founding Fathers defied the rule of Great Britain and King George. It was a profound statement that the then colonists would not - among other things - accept tyranny, that our free speech

would not be suppressed, and that men were all created equal (albeit that took some time for Americans to fully resolve [13th Amendment]).

The spirit of strong independence is alive and well in our country, as it is in our community here at Waltonwood of Royal Oak. I encourage our staff to promote the independence of our residents, even if help is needed for some daily activities. I admire the grace with which our residents have aged and how proud and strong-willed they are despite the inevitable toll that aging takes from us all as time passes. I wish you and your families a happy and safe summer. May the days be hot, your drinks be cold, and may you enjoy making new memories as individuals and as families. - From the family at Waltonwood of Royal Oak.



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COMMUNITY MANAGEMENT

Marshall McCauley
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

Xavier Love
Resident Care Manager

Tonika Benefield
Wellness Coordinator

Sharon Regets
Bus Driver

Andrea Gabris
Forever Fit Coordinator

ASSOCIATE SPOTLIGHT

Congratulations to our June Employee of the Month, LaPorsche Morris. LaPorsche has been employed with our community for 10 years. She started as a Care-Giver and has moved up to a Med Tech, Mentor and has been a scheduler for the past 3 months.

LaPorsche loves working at Waltonwood Royal Oak because of the residents and her co-workers. She said this is her “Home Away From Home”.

Thank you LaPorsche for doing such a great job and for being part of our family.



JUNE HIGHLIGHTS

04

Donna Alexander showing off her beautiful door wreath.

12

Residents enjoying their exercise with Andrea.



22

Ron Austin enjoying the Father’s Day Bar-B-Q with his daughter and son-in-law.

22

Tom and Julia Weeks with their family at our Bar-B-Q.



FOREVER FIT/WELLNESS TOPIC

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 of 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 are 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

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 8:30 AM until 3:00 PM
- Fridays 8:30 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

We are looking for a new Part-Time Bus Driver for Wednesday night and every other weekend outings. We will let you know as soon as we hire someone. Thank you for your patience during this time.

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**

JULY SPECIAL EVENTS

5

Entertainment – Saxophone Joe 3:30 pm to 4:30 pm in the Bistro.

12

Entertainment – Gary Pillow 3:00 pm to 4:00 pm in the Bistro

17

Entertainment – Vanessa Carr 6:30 pm to 7:30 pm in the Parlor

23

Entertainment – Balancing Earth 3:00 pm to 4:00 pm in the Media Room.



Up – Coming Events

July 10, 2019 – Trip to the Royal Oak Food Truck Rally at the Royal Oak Farmer’s Market 4 pm to 7 pm

July 11, 2019 – Friends and Family Bar-B-Q 4:00 pm until 7:00 pm

July 25, 2019 – Entertainment with Christine at 3:00 pm in the Bistro

July 24, 2019 – Visiting Dentist - Dr. Mansour Please call (586) 873-5567 to schedule an appointment

July 27, 2019 – Darryl on Piano at 3:00 pm in the Parlor