



Celebrating Resident Birthdays in October

- October 3 Corrinne G.
- October 5 Raymond A
- October 16 Raymond A
- October 16 Denise R.
- October 27 Genevieve P.

Please join us for a birthday celebration in the dining room on October 29th! All residents are welcome to attend!



FRIENDS & FAMILY REFERRAL PROGRAM!

CHEF’S COOKING DEMONSTRATIONS

07

Smoothies at 10:00am in the Activity Room

14

Tomato Soup & Grilled Cheese at 12:00pm in the Dining Room

24

Halloween Cookie Decorating at 10:00am in the Activity Room

27

Baked Potato Station for National Potato Day at 12:00pm in the Dining Room

Chef’s Signature Recipe

Cauliflower Soup

Ingredients

- 1 medium head cauliflower, broken into florets
- 1 medium carrot, shredded
- 1/4 cup chopped celery
- 2-1/2 cups water
- 2 teaspoons chicken bouillon or 1 vegetable bouillon cube
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 3/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 cups 2% milk
- 1 cup shredded cheddar cheese

Directions

1. In a Dutch oven, combine the cauliflower, carrot, celery, water and bouillon. Bring to a boil. Reduce heat; cover and simmer for 12-15 minutes or until vegetables are tender (do not drain).
2. In a large saucepan, melt butter. Stir in the flour, salt and pepper until smooth. Gradually add milk. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Reduce heat. Stir in the cheese until melted. Stir into the cauliflower mixture.

\$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

OCTOBER 2019 - ASSISTED LIVING



42600 Cherry Hill, Canton, MI 48187
www.waltonwood.com | 734-981-7100
Facebook: /WaltonwoodCherryHill



FALL HAS ARRIVED

Hi my name is Christina Ewald I am your new Life Enrichment Director. I am excited and ready to create some wonderful memories together in the Waltonwood Community. I graduated from Central Michigan University with my Bachelors in Recreational Therapy. In my free time I enjoy taking my daughter and 2 pugs on walks, some yoga or reading a book. You will often find me with a smile on my face and I cant wait to bring some joy and laughter to yours. I will be doing a Meet and Greet October 8th at 10:30am in Activity Room to get to spend some time to get to know one another. I look forward to seeing you all there!



COMMUNITY MANAGEMENT

Jennifer Crader
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

Christina Ewald
Assisted Living Life Enrichment
Manager

Candice Jones
Memory Care Life Enrichment
Manager

Jasmine Montgomery
Resident Care Manager

Tiffany Woodson
Wellness Coordinator

Lindsay Orler
Housekeeping Supervisor

ASSOCIATE SPOTLIGHT

Assisted Living Associate of the Month:

Autumn Boynton, Caregiver

Autumn has turly gone above and beyond in her position here at Waltonwood Cherry Hill.

Autumn is kind, helpful, and patient. She is always putting her heat and soul in all she does.

We are so lucky to have Autumn on our team!

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



SEPTEMBER HIGHLIGHTS

08

It was great celebrating Grandparents day with family and friends. Thanks again for coming out!

24

Virginia turned 104! We had fun celebrating with her!



FOREVER FIT: Better Bones

While many of us exercise to keep strong, healthy muscles the benefits our bones get are just as important. Weight bearing exercises, or those movements in which our body works against the forces of gravity, and resistance training both work to increase bone density and improve overall bone health. As bones weaken with age the need to need to combat the decline becomes more essential. A regular exercise program that includes activities like walking, hiking, and strength training are the perfect formula for better bones at any age.

- Chris Grabowski, Senior Forever Fit Manager

TRANSPORTATION INFORMATION

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

The bus is complementary for transportation under 10 miles. If the trip is longer than 10 miles, a fee of \$2 per mile will be charged.

All sign up sheets for Life Enrichment outings can be found in the Outing Binder in the Assisted Living Post Office. You must sign up by writing your name and aptment number on the respective sheet.

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

- 10/7: Lunch Outing: IHOP
- 10/14: Lunch Outing: Mexican Fiesta
- 10/21: Lunch Outing: Buddy's Pizza
- 10/28: Lunch Outing: Three Brothers

OCTOBER SPECIAL EVENTS

17

Flu Clinic with Oakland Helping Hands – Flu Shots from 9:00am-11:30am in the Activity Room

24

Join us at the Plymouth Apple Orchid for some cider and donuts while taking in the beautiful fall scenery at 1:00 pm!

29

Children from Maybury Daycare will be here to Trick or Treat at 10am!

29

Balancing Earth will perform at our Halloween & October Birthday Party at 2pm!



EXECUTIVE DIRECTOR CORNER

Hello All,

These are busy times at Cherry Hill! In the past few weeks we have had two additions to our management team. Jasmine Montgomery has joined us as Resident Care Manager. Christina Ewald has come onboard as Assisted Living Life Enrichment Manager. Jasmine and Christina both have a wealth of experience in their field and we are excited to have them at Cherry Hill! In the month of October, we will be hosting a Meet & Greet as a formal welcome, however, please feel free to stop in and say hi anytime.

Sincerely,

Jennifer Crader
03