



CHEF’S COOKING DEMONSTRATIONS

07

Healthy Smoothies at 10:30 in the Activity Room

14

Tomato Soup and Grilled Cheese at noon in the dining room

24

Halloween Cookie Decorating at 1 in the Activity Room

27

Baked Potato Station at 3 in the Activity 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!

Celebrate the Birthdays in October

Resident Birthdays:
9/7 Dianne S.

Please join us for a birthday celebration in the Assisted Living dining room on October 29th!

All residents are welcome to attend!



FRIENDS & FAMILY REFERRAL PROGRAM!

CHERRY HILL CONNECT

OCTOBER 2019- MEMORY CARE



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Facebook: /WaltonwoodCherryHill



October is Upon Us!

The month of October brings cool air, changing leaves, pumpkins, and Halloween. Here at Waltonwood Cherry Hill, October brings many different events and programs within our community!

Our first special event of October begins with Active Aging Week, from October 1st through 7th, celebrating aging and the benefits of active living at any age. Each day will have a theme (cognitive, emotional, physical) and programs to match the theme. We will end the week with a ceremony that awards an active ambassador for participating in programs within or outside of Waltonwood. We hope you will join us this week!

Other special events include a special pierogi taste test on the 8th and demonstration by the Polish Pantry in honor of Polish Heritage Month on October 15th. There will also be a pink themed bake sale to raise money for Breast Cancer Awareness Month on October 25th.

To celebrate Halloween, children from Maybury Daycare are coming on October 29th. We will be ending the month with our Halloween party with live entertainment on October 31st, but don't worry we have lots of great activities before then!

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
- Candice Jones
Memory Care Life Enrichment Manager
- Christina Ewald
Assisted Living Life Enrichment Manager
- Ariel Starr
Independent Living Life Enrichment Manager
- Jasmine Montgomery
Resident Care Manager
- Tiffany Woodson
Wellness Coordinator
- Lindsay Orler
Housekeeping Supervisor

ASSOCIATE SPOTLIGHT

Associate of the Month: Autumn Boynton, Caregiver

Fairly new to our Cherry Hill team, Autumn has made a name for herself. Complimented by both her peers and resident family members we are proud to have her. Known for her eagerness to help and getting the job done effectively. As well as coming aboard with great knowledge and a positive attitude. Caregiving takes both the heart and can do mind frame to work and in a short period of time we see you have both. Thank you for all that you do and for being a part of the Waltonwood Cherry Hill team.

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



SEPTEMBER HIGHLIGHTS

- 08

Fall Festival
- 16

National Guacamole Day
- 19

National Mini Golf Day
- 24

National Cherries Jubilee Day



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 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.

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.

- 10/7- Lunch Outing: IHOP
- 10/14- Lunch Outing: Mexican Fiesta
- 10/21- Lunch Outing: Buddy's Pizza
- 10/24- Special Outing: Plymouth Cider Mill
- 10/28 - Lunch Outing: 3 Brothers

OCTOBER SPECIAL EVENTS

- 01

Active Aging week kicking off Tuesday October 1st through the 7th
- 15

Pierogi taste test with Karen from the Polish Pantry
- 29

Trick or Treating with the Children of Maybury Daycare
- 31

Halloween / Costume party with live entertainment by Del G.



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