



Celebrating Birthdays In November

Marie A 11/09
Delphine 11/10
Mary D 11/15



FRIENDS & FAMILY REFERRAL PROGRAM!

CHEF’S COOKING DEMONSTRATIONS

07 Salad Bar

What do you like on your salad? Here's your chance to have it all!

14 Banana Split Station

Delicious! Bananas, ice cream, and your favorite toppings! Don't forget the cherry on top!

26 Pudding Bar

It's all about the layers! Create the perfect parfait with pudding, whipped cream, and assorted toppings.

28 Thanksgiving Luncheon

Turkey, stuffing and all of the trimmings! Be sure to save room for pumpkin pie!



\$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!

CARRIAGE PARK CONNECT

NOVEMBER 2019



Thanksgiving Dinner

Waltonwood Carriage Park is hosting our Annual Thanksgiving Dinner on Saturday, November 23 at 12:00pm. All residents, families and friends are invited to join us for a delicious feast featuring turkey, dressing and all the fixings! Dinner is \$10 per person for guests. Reservations are required and can be made by contacting our concierge at 734-844-3060.



2000 Canton Center Rd., Canton, MI 48188
www.waltonwood.com | 734-844-3060
Facebook: /WaltonwoodCarriagePark

COMMUNITY MANAGEMENT

- Dustin Stolzman
Executive Director
- Terry Lobb
Business Office Manager
- Joel Vassallo
Culinary Services Manager
- Erin McGraw
Life Enrichment Manager
- Nichole Passmore
Life Enrichment Manager
- Annette Rogers
Marketing Manager
- JoAnn Mayher
Resident Care Manager
- Jeremy Meriwether
Wellness Coordinator
- Mike Burlett
Maintenance Manager
- Nathan Brown
Independent Living Manager
- Chandler Bryant
Marketing Manager

ASSOCIATE SPOTLIGHT

Our Associate of the month is Mariah! Mariah has been with WCP for over four and a half years! Mariah exhibits our FAMILY values on a consistent basis, handling our residents and their families with compassion and professionalism. Mariah does a great job focusing on person-centered care, being able to anticipate our residents needs and make them trust her. Mariah is hard-working, reliable, and a leader in her department. Congrats to Mariah!



OCTOBER HIGHLIGHTS

02

Jennifer and Brenda from Wayne County Parks shared an informative presentation on Nature’s Nightlife.

09

Exercise classes with Chris are a great opportunity to get moving and stay healthy!



30

We learned about our local history and especially enjoyed the Lincoln Room!

31

Our Halloween Party was a hit! So many great costumes!



FOREVER FIT: POSITIVE OUTLETS

No matter the age stress is a part of our daily lives. How we choose to manage it however can significantly impact our overall health and wellness. When left to build over time chronic stress causes a hormonal change in the body making us more susceptible to conditions such as anxiety, depression, type 2 diabetes, heart attack and stroke. The good news is that positive coping strategies such as regular exercise, a well-balanced diet, adequate sleep and a strong support system of family and friends have all been directly linked to lower stress levels and a better quality of life. In the fast pace of life, it’s far too easy to get caught up in everything else going on that we simply forget about how we feel and our own well-being. This month slow down, take some time for yourself and make cutting down on your stress your #1 priority.

- Chris Grabowski, MS, Senior Forever Fit Manager

TRANSPORTATION INFORMATION

Check the information table near the mailboxes for families and residents to sign up for outings or other transportation. If you or your loved one would like to be included in an outing please be sure to sign up! Family members are welcome to attend too! Outings that require additional fees will be charged to the resident’s account.

Note: If transportation is needed for an appointment, please confirm availability with the front desk.

NOVEMBER OUTINGS

- **Wednesday Bus Rides**
Bus Rides will take place Wednesdays at 2:00pm, unless otherwise noted. Locations will vary. All bus rides are subject to weather. Please see calendar for details.
- **Lunch Out:** Join us as we head to Famous Hamburgers this month for a delicious lunch! Lunch fees will be charged to resident’s account. Bus loads 11:00am

***Please note that all outings are weather permitting.*

NOVEMBER SPECIAL EVENTS

04

Join us every Monday this month as we create cards and letters to be send to our troops as part of Operation Gratitude. Letters will be sent to veterans and first responders as well.

06

Let’s go to the movies!! We will be watching Harriet. The extraordinary tale of Harriet Tubman's escape from slavery.



11

Lunch out to Famous Hamburger featuring fresh hamburgers and handspun milkshakes! Yum!

23

All residents, families and friends are invited to join us for a delicious feast featuring turkey, dressing and all the fixings at our Annual Thanksgiving dinner!



EXECUTIVE DIRECTOR CORNER

On Monday November 11th, we recognize Veteran’s Day and the brave men and women who served and sacrificed for our country. Throughout the month, you will find a POW/MIA table in our communities, also known as the “White Table.” The story behind the White Table, as well as the meaning of each component of the table setting, will be displayed to explain its significance. On behalf of Waltonwood Carriage Park, we want to thank all of our residents that served in the United States Armed Forces!

- Dustin Stolzman, Executive Director