



CHEF’S COOKING DEMONSTRATIONS

06

Cooking with Chef Kevin at 1:00 pm in the Activity Room – Turkey Shaped Cheesball

13

Baking with Chef Kevin at 1:00 pm in the Activity Room – Turkey Brownies

20

Cooking with Chef Dan at 1:00 pm in the Activity Room – Jarring Home Made Jam

27

Baking with Chef Kevin at 1:00 pm in the Activity Room – Surprise Dish

CHEF DAN’S NAAN – Indian Flatbread

NAAN makes about 16 pieces (serves 4-6)
Naan is an Indian flatbread, similar to a fresh pita and is used as a side like a dinner roll or a sandwich wrap or just torn and dipped in hummus

- 1 cup Flour
- 1 pkg Yeast, dry
- 2 tsp salt, iodized
- 1 cup water hot
- 1 cup yogurt
- egg
- 2 TBSP oil
- 1 TBSP honey
- 2 1/2 cups flour

Combine 1 cup flour, yeast and salt in a mixing bowl. Stir in water, yogurt, egg, oil and honey. Beat until smooth, add enough flour to form a soft sticky dough. Turn out onto counter and knead 3-5 minutes, then place into oiled bowl, flip to coat top with oil, cover and let rise to double in size (about 45 min). Punch down dough, then shape into 16 equal pieces and rest them 5 minutes more, then flatten into 1/4” thick rounds. Put on the griddle for 2 -3 minutes per side, until browned.

Celebrating Birthdays November

Residents

- Ivy Forton 11-7
- Gerald Milbauer 11-11
- Thelma Miller 11-17
- Diane Desmond 11-19
- Don Wilson 11-26
- Robert Giannetti 11-28

Associates

- Andrea Gabris 11-2
- Alma Ceco 11-7
- Pamala Stevens 11-14
- Tyler Graham 11-30

Welcome New Residents

- Verna Booden
- Mavis Burr
-



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

NOVEMBER 2019



Fatou Presenting Dorothy Dixon with her Spiritual Award for Active Aging Week.

Executive Director Corner

Thank you to those of you who attended our Active Aging Week Ceromony. It was my honor to present Certificate of Recognitions to our residents for the various Wellness categories. Congratulations to Daniel Machir for been voted as the Ambassador of our community!

Looking ahead; we are excited to be hosting our annual Thanksgiving Dinner on November 21st, 2019 – Please RSVP by November 15th, 2019. We are looking forward to spending time with you and your loved ones, while we indulge in delicious holiday treats.

We will be conducting a Medication Sweep of all rooms on November 1st, 2019 to ensure we are compliant with State Regulations and Guidelines. We will confinscate any prescribe and over the counter medications located in resident rooms. If you wish to keep any medication, we will go through the proper channels to ensure that a order is obtained from the physician, it is safely locked in the medication cart and administered appropriately by a med tech. Please see Tonicka or Fatou with any questions or concerns.

Best Regards,

Fatou Ceesay
Interim Executive Director



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COMMUNITY MANAGEMENT

Fatou Ceesay
Interim Executive Director

Michele Hamm
Business Office Manager

Robert Auberle
Culinary Services Manager

Kathleen Whitehead
Housekeeping and Laundry

Jamie Samolej
Life Enrichment Manager

Kathleen Carleton
Life Enrichment Assistant

Derek Hill
Maintanence Supervisor

Shelly McGarvey
Marketing Manager

Tonicka Benefield
Wellness Coordinator

Sharon Regets
Bus Driver

Armani Antwine
Bus Driver

Andrea Gabris
Forever Fit Coordinator

ASSOCIATE SPOTLIGHT

Congratulations to our October Employee of the Month, Kathy Carleton. Kathy started at Waltonwood Royal Oak 5 years ago. She loves her position because she truly loves the residents. Kathy works every weekend and every holiday and the residents and her fellow associates really appreciate her. When Kathy is not working she is a dediacted “Netflix Series Binge” watcher. Which makes her the RIGHT person to have the responsibility of choosing our residents nightly movies. Thank you so much, Kathy for all you do. We are blessed to have you in our community.



TRANSPORTATION INFORMATION

Please note, 24 hour notice is required and you do have to schedule ALL transportation with the concierge and/or Sharon and Armani. 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.

PLEASE NOTE we have hired an additional Bus Driver, Armani. Our Updated Bus Schedule is as follows:

- Monday 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)
- 3rd Wednesday Afternoon of every month for Resident Dinner Outings
- Saturdays 10:00 AM to 3:00 PM
- Sundays 8:30 AM to 2:00 PM

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**

OCTOBER HIGHLIGHTS

7

Archie with his Active Aging Award.

11

Mary Wright wearing her Hand Made Halloween hat.



12

Ann did a Great job with her Turkey Bottle centerpiece.

20

Associates dressed in PINK for our National Breast Cancer Awareness day.



NOVEMBER SPECIAL EVENTS

4

Entertainment - Ben Schatler on the Steel Drums in the Bistro from 3:00 pm to 4:00 pm.

11

Entertainment - Gary Pillow Singing Entertainment in the Bistro 3:30 to 4:30 pm.

24

Entertainment – Christine Schrinker from 3:00 pm until 4:00 pm in the Media Room.

25

Entertainment – Bob Ridgeway from 3:30 pm until 4:30 pm in the Bistro.



Kay Coran showing off her Hand Made Halloween Wreath!

FOREVER FIT/WELLNESS TOPIC

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.

Up – Coming Events

November 1 – Resident Room Sweep throughout building at about 11:00 am

November 2 – Entertainment Sheryl Sukenic playing the Harp in the Media Room

November 7 – Third Part of our Egypt Presentation in the Media Room

November 21 – Resident Family Thanksgiving Dinner at 5:00 pm throughout the community

November 22 – John Russel Magic Show in the Media Room