



Celebrating Birthdays In November

Janette K. 11/6
Jenny M. 11/9
Janet 11/17
Leo Z. 11/29

Birthday Social
November 19th



FRIENDS & FAMILY REFERRAL PROGRAM!

CHEF’S COOKING DEMONSTRATIONS

07 Carving Station

Our chef will be carving a pork loin to order.

14 Banana Foster

Warm bananas with a flare.

23 Thanksgiving Buffet

Turkey dinner with all the fixings.

26 Grilled Cheese Station

Made to order Grilled Cheese Sandwiches Featuring assorted cheeses, tomato and more!

Family



\$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



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



Thanksgiving Dinner

Waltonwood Carriage Park is hosting our Annual Thanksgiving Dinner on Saturday, November 23. We will have two dinner seating's one at 12:00 pm and one at 2:00 pm. All residents, families and friends are invited to join us for a delicious feast featuring turkey, dressing and all the fixings! Dinner is \$15 per person for guests and children under 12 \$10.00. Reservations are required and can be made by contacting our concierge at 734-844-3060.

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

A beautiful ride down the canal in Toledo.

15

We made some cute pumpkins for our shelves.



22

Great Dinner out at Antonio's in Canton.

30

Our Annual Halloween Costume Party.



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 desk in the mailboxes room for outings or other transportation needs. Mondays and Tuesdays are our preferred medical appointment days. Wednesdays our Cadillac will be available for hospital runs. We will do our best to accommodate your transportation needs throughout the week.

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

NOVEMBER OUTINGS

- Friday November 1st Michigan Philharmonic, Plymouth
- Wednesday November 6th Emagine Theater to see Harriet.
- Tuesday November 12th Enjoy a great dinner out at L George's Coney
- Friday November 15th A day in Frankenmuth
- November 21st Milford High School Musical, Maltida.

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

NOVEMBER SPECIAL EVENTS

06

Let's go to the movies!! We will be seeing the film: Harriet

18

We will have a guest speaker on, Diabetes Care.



14

Painting With a Twist, a painting class for all to enjoy.

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