



Celebrate the Birthdays in January!

Bernard S January 10th

Shirley L January 18th

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

All residents are welcome to attend!

CHEF'S COOKING DEMONSTRATIONS

04

Pasta Bar
For National Spaghetti Day
12pm Dining Room

07

Oatmeal Bar
For National Oatmeal Month
8:00 am Dining Room

13

Peach Melba
For National Peach Melba Day
12:30pm Dining Room

20

Cheese snacks and Mac & Cheese
For Cheese Lover's Day
2pm- AL Cafe

CHEF'S SIGNATURE RECIPE:

Black Eyed Peas

Ingredients

1 pound dry black-eyed peas
2 cups chopped cooked ham
Salt and pepper to taste
1 pinch garlic powder
2 onions, diced
1 (14.5 ounce) can whole tomatoes

Directions:

Place black-eyed peas in 8 quart pot. Add enough water to fill pot 3/4 full. Stir in ham and diced onions, and season with salt, pepper, and garlic powder. Place tomatoes in a blender or food processor, and blend until the tomatoes are liquefied. Add tomatoes to pot. Bring all ingredients to boil. Cover the pot, and simmer on low heat for 2 1/2 to 3 hours, or until the peas are tender.



\$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!

FRIENDS & FAMILY REFERRAL PROGRAM!

CHERRY HILL CONNECT

JANUARY 2020- ASSISTED LIVING



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www.waltonwood.com | 734-981-5070
Facebook: /WaltonwoodCherryHill



Happy New Year!

Let our New Year's resolution be this: we will be there for one another as fellow members of humanity, in the finest sense of the word. - Goran Persson

A new year means continuing to be the best version of ourselves. I think we can do that by being kinder and taking the time to spend time with one another.

This month we have many opportunities to do just that! We will be starting January right by heading to the Sander's Candy Factory Tour to enjoy a special treat on the 9th! We continue the month by celebrating National Polka day with a polka social on the 16th a 1:30. So put on your dancing shoes!

Join us in the middle of the month to learn more about Cranial Sacral Therapy and the benefits for yourself and your loved ones. As the month continues we will be exploring the community by going to Kensington Nature Center to check out some furry creature!

We end the month with National Inspire Your Heart with Art Day by appreciating the Resident Art Exhibit from 12 to 2!

We can't wait to start the year right with you!

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: Timaiya Robertson Caregiver

What a difference the atmosphere is in the community is when Timaiya is here! Timaiya is not only a hardworker but a team player. She is always going above and beyond to provide a helping hand and make sure the residents are having a wonderful day. We would like to thank Timaiya for often times being those extra hands, assisting where needed, and doing it with a smile. A positive attitude goes a long way, and doesn't go unnoticed. Not only have residents and their family members mentioned her effort, but she is also being recognized by her peers. We are very thankful that out of everywhere she could be, she decided to be 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!



DECEMBER HIGHLIGHTS

04

Open House

06

Christmas Carol Show at Wild Swan Theatre



12

Holiday Tour at Meadow Brook

18

Birthday Celebration



FOREVER FIT: JANUARY JOURNAL

Every January millions of Americans resolve to move more, eat better and stress less. In fact, nearly 55% of all New Year's resolutions focus on improving our overall health & wellness and while that's an encouraging number, only 8% actual stick to their plan. There are certain tactics however that make it much more likely you'll have success in staying on track and reaching your goals. This January try a resolution journal. A quick entry of daily activity provides a 24-hour snapshot showing if the choices you've made took you closer too or further from your ultimate goal. Whether a short note or lengthy paragraph keeping a journal helps to create the accountability necessary to achieve success now and for the months to come. So, this January write it down, give yourself a tool to help make 2020 your healthiest year ever!

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.

- 1/6: Lunch Outing: Mexican Fiesta
- 1/9: Outing: Sanders Candy Factory Tour
- 1/13: Lunch Outing: Buddy's Pizza
- 1/20: Lunch Outing: 3 Brother's
- 1/23: Outing: Kensington National Park Nature Center
- 1/27: Lunch Outing: Olga's

JANUARY SPECIAL EVENTS

09

Sanders Candy Factory Tour

16

National Polka Music Social

21

Cranial Sacral Therapy Seminar

23

Kensington National Park Nature Center

EXECUTIVE DIRECTOR CORNER

Dear Cherry Hill Residents,

Please join me in welcoming Farah McClure to our Assisted Living/Memory Care Life Enrichment team! Farah will be assisting in creating engaging moments for our residents. If you see Farah in the community, please say hello. On January 16, we will be celebrating National Polka Music Month with entertainment and, of course, perogies! We will be displaying art created by some of our talented Independent Living residents on January 31. Please plan to visit!

I look forward to serving all of you in the coming year. Please feel free to reach out to me with any questions or concerns you may have.

"The best way to find yourself is to lose yourself in the service of others" – Mahatma Gandhi

Sincerely,

Jennifer Crader