



CHEF’S COOKING DEMONSTRATIONS

04

National Spaghetti Day Pasta Bar in the Activity Room at 3pm

13

Peach Melba in the Activity room at 3pm

20

Mac & Cheese for Cheese Lovers Day at 3 in the activity room

21

Oatmeal bar for National Oatmeal month at 8:15 in the dining room

CHEF’S SIGNATURE RECIPE: BLACK EYED PEAS

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:

1. 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.

Celebrate the Birthdays in January

Resident Birthdays:

Doris S. 1/10

Shirley L. 1/18

Please join us for a birthday celebration in the Assisted Living dining room

All residents are welcome to attend!

Dessert is Included ☺



\$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 - MEMORY CARE



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Facebook: /WaltonwoodCherryHill



New Year, New Attitude!

3...  
2...  
1...

HAPPY NEW YEAR!

Here it is, the year 2020, hundreds of new days to enjoy life. If you’re thinking of someone call them and let them know. If you didn’t like what you ate yesterday, try something different today. You fell asleep and missed the bingo game? It’s ok you can catch the next one! The point is, we can’t always control how things go in the moment, but each day we are given is a chance to do things differently! J.P Morgan said “the first steps towards getting somewhere is to decide you’re not going to stay where you were.”

New year, new activities! New chances to meet your neighbors or maybe be a helping hand to someone who just moved in. It’s cold outside so stay in and join us for activities such as chocolate cake socials, National Polka Day, and Happy Hour. Be sure to check your activity calendars this month. After all there is fun with your name written on it!

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

Charlie Harris  
Wellness Coordinator

Lindsay Orler  
Housekeeping Supervisor

# ASSOCIATE SPOTLIGHT

Associate of the Month: Timaiya, Caregiver

Not new to recognition, this months associate spotlight goes to Waltonwood caregiver Timaiya. Known for being a warm spirit and a helping hand to many, we are thankful she has chosen 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

Winter Open House

12

Hot Cocoa with Culinary



16

IL Choir Holiday Performance

20

Evening Christmas Caroling by the Brownie & Junior girl scouts at Hoben Elementary



## 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 – Special Outing: Saunders Tour
- 1/13- Lunch Outing: Buddys Pizza
- 1/20 - Lunch Outing: 3 Brothers
- 1/23- Special Outing: Kensington Metro Park Nature Center

## JANUARY SPECIAL EVENTS

06

Afternoon Shortbread dessert and social in the activity room for National Shortbread Day

09

Giant Jenga with our guest David from Hartland

29

Resident Birthday Social for all January Birthdays, with special dessert

31

Visiting IL for the Inspire Your Heart with Art Show



## 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, pierogis! 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