

ROYAL OAK CONNECT

MARCH 2020



Executive Director Corner

Greetings Residents and Families of Waltonwood Royal Oak!

Thank you for completing the satisfaction survey over the holiday season. We have spent a great deal of time reviewing your responses and look forward to working with our community leaders on our action planning that will begin in March. In upcoming weeks, you will receive further communication about our surveys and our 2020 goals. Without your feedback, we will not continue to grow as a community. Thank you!

Sincerely,

Gina Steigerwald
Associate Executive Director

CHEF'S COOKING DEMONSTRATIONS

11

Baking Station with Kevin – Activity Room at 1pm

17

St. Patrick's Day Dinner – Dining Room at 4:30 pm

25

Baking Station with Kevin – Activity Room at 1pm

30

Opening Day Hot Dogs – Media Room at 12 pm

CHEF DAN'S NAAN RECIPE

Yield 1 Naan

Ingredients

| | | | |
|--------|---------------|----------|-------|
| 1 cup | Flour | 1 tbsp | Honey |
| 1 pkg | Yeast, dry | 2 ½ cups | Flour |
| 2 tsp | Salt, iodized | | |
| 1 cup | Hot water | | |
| 1 cup | Yogurt | | |
| 1 | Egg | | |
| 2 tbsp | Oil | | |

Directions

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



March Birthdays

Residents

- Patricia M. 3/11
- Bob H. 3/12
- Verna B. 3/12
- Doris A. 3/28

Associates

- Ami R. 3/7
- Velma M. 3/13
- Dominique T. 3/17
- Tatyanna B. 3/17

Welcome New Residents

- Jewell B.
- Laura K.
- Roxanne K.
- Charlie & Rachel G.
- Margaret H. M.
- Virginia S.
- Elizabeth K.
- Bob P.



FRIENDS & FAMILY REFERRAL PROGRAM!

\$3,500 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!

COMMUNITY MANAGEMENT

Fatou Ceesay
Executive Director

Gina Stigerwald
Associate Executive Director

Michele Hamm
Business Office Manager

Shondra Pritchett, LPN
Resident Care Manager

Robert Auberle
Culinary Services Manager

Kathleen Whitehead
Housekeeping and Laundry

Lea Caruso
Life Enrichment Manager

Kathleen Carleton
Life Enrichment Assistant

Derek Hill
Maintenance Supervisor

Shelly McGarvey
Marketing Manager

Tonicka Benefield
Wellness Coordinator

Sharon Regets
Bus Driver

Andrea Gabris
Forever Fit Coordinator

ASSOCIATE SPOTLIGHT

Congratulations to our February Employee of the Month, Marcella King. Marcella has worked at Waltonwood for 7 years and in 2016 she was transferred to our community! Marcella loves being a CNA caregiver at Waltonwood Royal Oak and enjoys being with our residents. It makes her so happy to interact with the residents each and every day! She enjoys looking at residents old photos and loves listening to their stories of when they were younger. Marcella says, “I truly feel so blessed working with great team members and management here at Waltonwood!” Congrats to you, Marcella!



FEBRUARY HIGHLIGHTS

7

Enjoying red velvet smoothies for Heart Health day!

11

Heart Art for Valentine’s Day!



14

Passing out Valentine’s Day cards for the staff!

18

Pizza party fun!



PICK YOUR PACE

Just like our personalities our fitness profile is uniquely ours. Our strengths, weaknesses, abilities and limitations are directly related to our overall health and wellness. Past experiences often shape our perception of where we feel we “should” be when assessing our current state, and while it’s completely normal to want to compare ourselves to others...don’t! What matters most is being honest with yourself and with your capabilities, because it’s those capabilities that allow you to establish an appropriate base upon which your future improvements can be built. By focusing on yourself rather than focusing on the work of your peers you help identify what your body truly needs, a tailored approach designed for you and you alone. Like most thing in life exercise is not one size fits all so don’t be afraid to slow down to pick a pace that suits you best. A good exercise program is a safe exercise program one designed with your needs in mind is the safest one of all.

TRANSPORTATION INFORMATION

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

Our Bus Schedule is as follows:

- Monday through Thursday 8:30 AM until 2:00 PM
- Fridays 8:30 AM until 10:30 AM (After 10:30 AM the bus will be used for resident outings on Fridays)

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**

MARCH SPECIAL EVENTS

13

Entertainment:
Marie Kravitz 3 – 4 pm

16

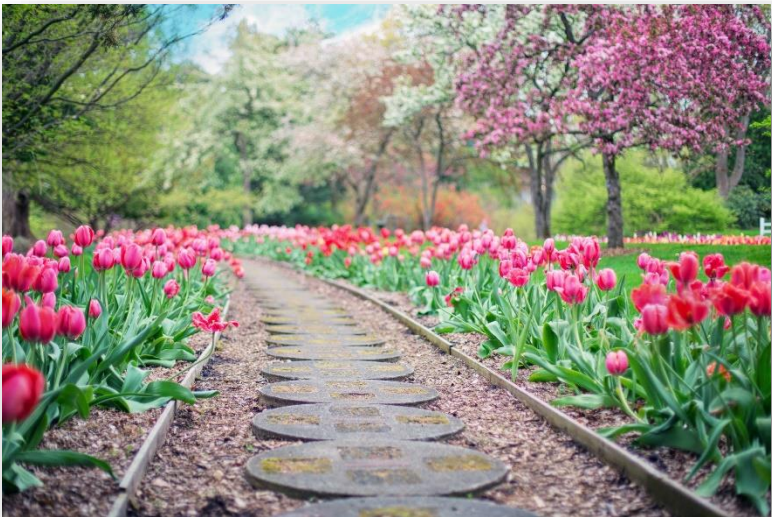
Entertainment:
Jerry Perrine 3 – 4 pm

17

Entertainment:
Vanessa Carr
6:30 – 7:30 pm

27

Entertainment:
Gary Pillow
3:15 – 4:15 pm



Upcomming Events

- March 20 – Cranbrook Science Institute Outing at 11am
- March 23 – First ever Choir practice with Dan Bergen (please join us!) at 3:15pm in the Media Room
- March 26 – Resident Council Meeting at 1:30pm in the Media Room
- March 30 – Tiger’s Opening Day Social at 12pm in the Media/Activity Room
- March 31 – Taste of Waltonwood event at 3pm