



Celebrating IL Resident Birthdays in March

- March 1 – Gail K.
- March 6 – Peggy S.
- March 8 – Joan R.
- March 11 – Joanne N.
- March 12 – Karen W.
- March 14 – Mary Ann C.
- March 18 – Thelma S.
- March 20 – Edna D. & Phyllis M.
- March 29 – Daniel M.

Please join us for a birthday celebration in the dining room on March 10th! All residents are welcome to attend!



FRIENDS & FAMILY REFERRAL PROGRAM!

CHEF’S COOKING DEMONSTRATIONS

06

Oreo Parfait Demo for National Oreo Cookie Day at 1:00pm in the Dining Room

18

Sloppy Joe Demo from 12:00-12:30pm in the Dining Room

24

Noodle Bowl Demo from 11:00am-1:00pm in the Dining Room

31

Taste of Waltonwood Event from 1:00-3:00pm with strolling buffet and horticulture craft!

RESIDENT INFORMATION

The sign up sheets for outings and doctor visits are placed in the Post Office by the 25th of the month prior. For example, the March sign up sheets will be in the binder as close to February 25th as possible. Please sign up in advance as space is limited on some outings. If you are unable to attend an outing after you have already signed up, please cross out your name or call the front desk to cancel in order for another resident to take your place.

Any comments, suggestions, concerns, and compliments for the Resident Council to review can be placed in the suggestion box in the Post Office. These notes are read monthly at the council meetings with management. You can find the minutes from the monthly Resident Council meetings on the bulletin board in the Post Office. Residents are welcome to read the minutes, and the front desk will make copies if requested.

The All Community Meeting for residents and managers meets on the last Thursday of the month. This month we will meet on March 26th in the Dining Room at 1:30pm. All residents are invited to join our department heads to discuss community ongoings and to answer any questions.

Also, we are now pleased to announce a new In Room Channel is currently available for Comcast/Xfinity Users! You can view the daily activities and announcements in your room straight from your TV! Channel 953!

Welcome Home all of the new residents this month:

- *Marilyn and Edward Fritz, apt 106
 - *Richard Underwood, apt 113
 - *Robert Guffey, apt 234
 - *Marcy and Jerry Burling, apt 235
- We are very happy you are here!

Please see Ariel, Life Enrichment Manager, with any important announcements for the newsletter!

\$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!

CHERRY HILL CONNECT

MARCH 2020



SPRING IS NEAR

March 20th officially marks the first day of Spring! We can start to look forward to sunshine and warmth. As it's been said, "Spring heralds the return of the sun's warmth, the renewal of life, and the reappearance of green and color everywhere." With the arrival of Spring, join our presentation on March 21st with Brian from Bees in the D to learn about bees and beekeeping!

This month brings many new and exciting events. To begin, we will have a Silver Sneakers presentation called "the Happiness Effect." Abigail will discuss how fitness and friends can impact your mood. A Jewish holiday begins on March 9th, called Purim. Children dress in costume and places of worship hold carnivals. Join Ariel in the activity room at 2:00pm to learn about the holiday and enjoy some traditional treats! Since we missed the Tuskegee Airmen presentation in February, they are coming instead on March 18th! We hope you will attend! Chris, our Fitness Instructor, is also giving a presentation on the benefits of exercise with age on March 24th. At the end of March, we will view the first home game of the baseball season for the Detroit Tigers on March 30th at 1:00pm in the theater. Finally, on March 31st from 1:00-3:00pm, we will host the Taste of Waltonwood event to showcase the new spring menu. There will be a strolling buffet and a horticulture planting craft.

There is so much to look forward to! As always, we hope to see you there!



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COMMUNITY MANAGEMENT

Karis Jones
Regional Director of Operations

Deanna Hite
Business Office Manager

Renee Ralsky
Marketing Manager

Jolene Maples
Move In Coordinator

Jerome Glombowski
Environmental Service Manager

Kara Triplett
Culinary Services Manager

April Marcotte
Independent Living Manager

Ariel Starr
Independent Living Life Enrichment Manager

Christina Ewald
Assisted Living Life Enrichment Manager

Candice Jones
Memory Care Life Enrichment Manager

Jasmine Montgomery
Resident Care Manager

Tiffany Woodson
Wellness Coordinator

Charlie Harris
Wellness Coordinator

Lindsay Orler
Housekeeping Supervisor

ASSOCIATE SPOTLIGHT

Independent Living Associate of the Month:
Lori Badder, Cook

Lori does a great job as a cook and prep cook! We love seeing her smiling face in the café every day.

“Her pleasant, friendly services are appreciated along with the deliciousness of everything she makes. We are all so happy to see Lori making the residents and associates very happy!”

Congrats Lori! We love having you on the Cherry Hill team! Keep up the good work!

Please see the front desk concierge to nominate an associate you feel has been doing a wonderful job!



TRANSPORTATION INFORMATION

Waltonwood offers transportation via bus or car for resident appointments and activity outings Monday through Friday. Please see the front desk receptionist to request a bus trip. The bus is reserved for activity outings on Tuesdays and Thursdays. We require at least a 48-hour advance notice, but of course, the earlier the better.

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 will not be charged for mileage on group activity outings.

All sign up sheets for activity outings, walking group outings, community doctor visits, church outings, etc, can be found in the Green Binder in the Post Office. You must sign up by writing your name on the respective sheet.

In addition to the regularly scheduled outings found on the Life Enrichment Calendar, here are our special outings for this month:

- 3/2: Art, Coffee, & Donuts at the Gallery at Village Theater
- 3/11: Classical Concert at Schoolcraft College
- 3/12: Casino
- 3/19: Outdoor Adventure Center
- 3/25: Dinner Outing to Rocky’s
- 3/26: Westland Humane Society Tour

FEBRUARY HIGHLIGHTS

02

We watched the Super Bowl 54 football game in the theater and cheered on our favorite team. Here is Darryl R. and Leona B.!

13

We enjoyed looking at resident’s wedding photos and guessing which one was in the photo. Here is Sue T. and June W.!

07

We celebrated National Go Red for Heart Health Day by wearing red and listening to a heart health presentation.

25

We celebrated Mardi Gras with entertainment by the Bayou River Band and paczki! Here is Jim L. and Agnes W.!



MARCH SPECIAL EVENTS

03

Silver Sneakers Presents a Workshop called “The Happiness Effect”

16

Irish Dance Performance for St. Patrick’s Day

21

Presentation by Brian from Bees in the D

30

Tigers Opening Day Viewing Party in the Theater



FOREVER FIT: 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.

- Chris, Fitness Instructor

EXECUTIVE DIRECTOR CORNER

Dear Cherry Hill Residents,

"Be the change that you wish to see in the world." ~ Mahatma Gandhi.

This continues to be one of my favorite quotes as I seek always to impact people in a positive way and the one thing we can depend on is that things will change. The Cherry Hill community continues to evolve and have experienced some leadership changes. We are in the process of recruiting for an Executive Director but I will be the acting Executive Director in the Interim. We have welcomed a new Environmental Services Manger Jerome “Jerry” Glombowski to the community this month, thank you for making him feel welcome and we look forward to his leadership. We will be hosting a Family Night for Assisted Living and Memory Care in March, look for details coming soon. Please do not hesitate to let me know if you have questions or concerns you would like to share – karis.jones@singhmail.com or 248.986.6895.

Warmly, Karis