



CHEF’S COOKING DEMONSTRATIONS

06

Oreo Parfaits
Dining Room- 12pm

18

Sloppy Joes
Dining Room- 2pm

24

Noodle Bowl Demo- Ramen
Cafe- 2pm

31

Taste Of Waltonwood Event
1-3 pm

CHEF’S SIGNATURE RECIPE:

Corned Beef and Cabbage

Ingredients:

3 pounds corned beef brisket with spice packet
10 small red potatoes
5 carrots, peeled and cut into 3-inch pieces
1 large head cabbage, cut into small wedges

Directions:

Place corned beef in large pot or Dutch oven and cover with water. Add the spice packet that came with the corned beef. Cover pot and bring to a boil, then reduce to a simmer.
Simmer approximately 50 minutes per pound or until tender.
Add whole potatoes and carrots, and cook until the vegetables are almost tender.
Add cabbage and cook for 15 more minutes.
Remove meat and let rest 15 minutes.
Place vegetables in a bowl and cover. Add as much broth (cooking liquid reserved in the Dutch oven or large pot) as you want.
Slice meat against the grain.

Celebrate the Birthdays in March:

Mary B March 4th
Dorothy A March 12th
Mary E. March 15th
Emily K March 28th
Please join us for a birthday celebration in the Assisted Living dining room on March 25th!

All residents are welcome to attend!



\$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!

FRIENDS & FAMILY REFERRAL PROGRAM!

CHERRY HILL CONNECT

MARCH 2020- ASSISTED LIVING



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Facebook: /WaltonwoodCherryHill



Are You Feeling Lucky?

“I’ve found that luck is quite predictable. If you want more luck, take more chances. Be more active. Show up more often.”

-Brian Tracy

This month we have many wonderful opportunities to be more active and present in one another’s lives. We start off the month with a presentation by Silver Sneakers on “The Happiness Effect” March 3rd at noon in the Independent Living Dining Room!

As spring approaches us we continue with our horticulture station every Thursday by making floral soap, floral arrangements and decorate our own planters!

We continue with some fun at the Outdoor Adventure Center March 19th at 1:30 pm where we get to experience exciting outdoor adventures with hands-on activities, exhibits and simulators.

We finish the month heading to the Westland Humane Society for a presentation, tour and spend some time with our furry friends on March 26th! We hope to see you there!

COMMUNITY MANAGEMENT

- 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

Inez Johnson ,Caregiver

Inez has truly gone above and beyond in her position here at Waltonwood Cherry Hill.

Inez is kind, helpful, and patient. She is always putting her heart and soul in all she does. She is a hard worker who is always willing to give a helping hand!

We are so lucky to have Inez on our team!

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.

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.

- 3/2: Lunch Outing: Leo’s Coney Island
- 3/9: Lunch Outing: Buffalo Wild Wings
- 3/16: Lunch Outing: Big Boy’s
- 3/19: Outing: Outdoor Adventure Center
- 3/23: Lunch Outing: Ihop
- 3/26: Outing: Westland Humane Society
- 3/30: Lunch Outing: Mexican Fiesta

FEBRUARY HIGHLIGHTS

06

Orange Bird Feeder Making

14

Valentine’s Party

25

Mardi Gras Party

26

Resident Birthday Party



MARCH SPECIAL EVENTS

03

The Happiness Effect Presentation

19

Outdoor Adventure Center

26

Westland Humane Society

31

Taste Of Waltonwood Event



FOREVER FIT: FEBRUARY JOURNAL

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.

EXECUTIVE DIRECTOR CORNER

Team,
"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