



CHEF’S COOKING DEMONSTRATIONS

04

Oreo Parfaits at 12:30 in the Dining Room

18

Sloppy Joes at 3pm in the Activity Room

24

Noodle Bowl Ramen in the Activity Room at 3pm

31

Variety of Delicious Dishes at Taste of Waltonwood 1-3pm

CHEF’S SIGNATURE RECIPE

Corned Beef & 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

Resident Birthdays:

3/16 Susan P.

3/22 Dee W.

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

All residents are welcome to attend!

Dessert is Included ☺



\$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 - MEMORY CARE



42500 Cherry Hill, Canton, MI 48187
www.waltonwood.com | 734-981-5070
Facebook: /WaltonwoodCherryHill



THE MAGIC OF MARCH

We are now a few months into the new year and the fun is just beginning. With March comes many opportunities to get out and be social as we prepare for the warmer weather to make its way back to us. No matter if you're looking for an excuse to eat, or a reason to celebrate. The month of March has just what you need.

It's no secret that eating often brings people together, so why not celebrate those national food holidays in March with us? No one else takes the time to appreciate national Oreo cookie day, banana cream pie day and international waffle day like we do, just to name a few!

March is also St. Patrick's Day where we gather and are merry with happy hours, fun craft projects as well as song and dance. It's also National Reading Month and we are excited to have students from the All Saints Catholic school join and come read to us. We will have a presentation called "Bee's in the D" which will discuss just that. Soon we will be welcoming back America's favorite past time with a celebration of Tigers Opening Day.

Despite March sounding like it just can't get any better, it will! Closing the month out strong we will have lots of delicious food to try and a horticulture project to kick off the season at the Taste of Waltonwood happening March 31st! Mark your calendars, can't wait to see you there.

COMMUNITY MANAGEMENT

Karis Jones
Regional 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

Jerome Glombowski
Environmental Services Manager

ASSOCIATE SPOTLIGHT

Associate of the Month: Inez (Resident Care)

Caregiving isn't an easy job. If you aren't in it for the right reasons it doesn't take much for people to notice. However the opposite is true as well. When both your head and heart are in your job, and you give it your all, it's noticed. For those reasons as well as being patient, a team player, and a pleasant person all around Inez is being recognized. Both residents and resident families speak highly of her and we are thankful that she is 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!



FEBRUARY HIGHLIGHTS

02

Superbowl Sunday

06

National Frozen Yogurt Day



07

Heart Heath Day

18

Culture Corner



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.

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 Boys
- 3/19 Special Outing:Outdoors Adventure Center
- 3/23 - Lunch Outing: Ihop
- 3/26 – Special Outing : Westland Humane Society
- 3/30- Lunch Outing: Mexican Fiesta

MARCH SPECIAL EVENTS

04

Moovin N Groovin returns

09

First day of Spring Social

30

Tigers Opening Day

31

Taste of Waltonwood



EXECUTIVE DIRECTOR CORNER

"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.