

Famous Birthdays in July

July 1. Princess Diana

July 2. Margot Robbie

July 3. Tom Cruise

July 4. Neil Simon July 5. Huey Lewis

July 9. Haey Lewis

July 6. Kevin Hart. July 7. Ringo Starr

July 8. Kevin Bacon

HAPPY BIRTHDAY!!

- Nancy E. 7/4
- Carol B. 7/12
- Paul L. 7/14
- Georgia D. 7/17
- Geraldine H. 7/24

And to all of our Waltonwood friends & family celebrating a July Birthday, we hope it's the best one yet!

Recipe of the Month: Red, White, & Blueberry Spritzer

Ingredients:

- 36 oz. flavored sparkling water*
- •1 pint strawberries, quartered
- 2 pears, diced into 1" cubes, or sliced and cut into star shapes
- 1 pint blueberries
- 2 cups ice

Directions:

In a pitcher, layer ice, strawberries, pears, and blueberries. Pour in 36 oz. sparkling water. Serve Immediately.

*Can also be made using still water

\$3,50

\$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!

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JULY 2020 - AL/MC

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Letting Your Garden Grow

The last couple of months have been difficult and ever changing for us all. Here at Waltonwood, we think daily of ways to remind residents of reasons to smile. and feel a sense of purpose. Over the last couple of months we have done just that with our courtyards. After normal socialization took a twist, what better way to connect than with the beauty of nature. Both Waltonwood staff and residents, have been working together to keep our courtyards filled with love. With a variety of colorful flowers, vegetables, and herbs there is something for everyone. Residents have been encouraged to come out and enjoy nature in all ways. No matter if it's just taking a stroll through, to check out what's new. Or rocking in a rocking chair while soaking up some sun. We encourage it! Some help water the plants, to make sure they continue to grow, while others use our courtyard swing and just enjoy the change of scenery. Together we are making the best of what we've been given. It's not always easy to accept change, but in some cases such as this one, it's worth it! In the meantime to all our Waltonwood families and friends we miss you! We hope that during this time of self care and isolation you too were able to cultivate new growth and allow your garden to grow.

COMMUNITY MANAGEMENT

Tiffiany Tucker
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

Ariel Starr Independent Living Life Enrichment Manager

Jasmine Montgomery Resident Care Manager

Laura Grabowski Wellness Coordinator

Charlie Harris
Wellness Coordinator

ASSOCIATE SPOTLIGHT

Associate of the Month: Octavia Smith (Med tech /Caregiver)

This month we want to recognize Octavia for all her hard work and dedication to the residents of Waltonwood Cherry Hill. Despite the mask, her smile shines through as she commits to caring and helping out where she can. As both a caregiver and a medtech, her work is appreciated, and we thank her for being a part of our Waltonwood team!

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





Thank you for practicing social distancing





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.

*During this time of social distancing we are still going on trips, however they are virtual! What greater time to explore the world without worrying about the timing, price and those pesky germs! With today's technology providing the full experience, without the hassle is the way to go. Although we may not be able to take the bus and do our traditional outings at this time, the adventure will not stop!

Things You Can Celebrate in July

04

11

Independence Day

National Cheer Up the Lonely Day

20

National Ice Cream Soda Day



FOREVER FIT: YOU CAN

Henry Ford once said, "Whether you think you can, or you think you can't...you're right." Often the ultimate success of an exercise program starts with the words we tell ourselves. Far to often we don't give ourselves the credit we deserve for the strengths we have. Far too often we focus on what we can't do instead of embracing what we can. At a time when motivation can be hard to find and positive thoughts are replaced by uncertainties give yourself the credit you deserve. The words we tell ourselves are the foundation our potential so let those words be kind, confident and powerful!

EXECUTIVE DIRECTOR CORNER

Dear residents, families, and friends

Happy July! We are looking forward to the festivities that July will bring. Thank you for your patience while we continue to be creative as possible during the Coronavirus pandemic while ensuring safety. As a reminder weekly calls have been available for updates within the community, this is also an opportunity for me to hear from all of you. Most of you have shared how helpful the communication has been!.... We celebrate our success with offering good communication and updates for Waltonwood Cherry Hill. Please note that behind every mask our staff has a smile to brighten your day!

It's a pleasure to be of service and please feel free to contact me with any questions that you may have at Tiffiany.tucker@singhmail.com

Warmly Tiffiany