



Celebrating IL Resident Birthdays in July

- July 8 – Barbara T.
- July 15 – Connie F.
- July 16 – Phyllis S.
- July 24 – Dale B.
- July 27 – Sal R.
- July 31 – Joe Y.

From all of us at
Waltonwood Cherry Hill, we wish a very
Happy Birthday to
all of you!!



FRIENDS & FAMILY REFERRAL PROGRAM!

REMINDER

Please continue social distancing precautions, 6 feet apart from one another. Safety is key!

AROUND & AROUND

The spinning carousel with its prancing ponies and circus music endures as a symbol of the joy of our youth and the carnivals of yesteryear. Tap into that carefree spirit on July 25, Carousel Day. It may come as a surprise to learn that this carnival ride began as a device for training a cavalry for battle. The word carousel comes from the Italian garosello, meaning “little war.” During the 12th century, Christian knights crusading in the Middle East observed Turkish and Arabian horsemen training for combat. The horsemen rode in a tight circle, using one hand to rein the horse and the free hand to toss and catch a clay ball filled with a nasty perfume. A rider unable to catch the ball risked it breaking and covering them in an awful smell. The French modified the game, hanging wooden horses by chains from a post affixed to a rotating center pole. Horsemen mounted the wooden horses and practiced their lancing skills. Soon, the devices were used not for training but for entertainment. Thus, the modern carousel evolved from a war-training tool to a children’s carnival ride.

GETTING A LEG UP

If you’ve ever wanted to feel a little bit taller, then get ready for Walk on Stilts Day on July 27. Stilts are most often associated with clowns who teeter above crowds at the circus or in parades to get a laugh, but stilts originated as utilitarian tools. During the 1600s in the Landes region of southeastern France, shepherds used five-foot-tall stilts to watch their flocks and traverse the soggy lowlands. For hundreds of years stilts have been used to pick fruit from high branches, to prune trees, and even to harvest hops. One of the strangest stilt traditions is the sport of stilt jousting that has occurred in Namur, Belgium, since 1411. Two teams vie for the Golden Stilt award by attempting to knock the stilts out from underneath their opponents. The award goes to the last man standing... on stilts.

Thank you for practicing social distancing



CHERRY HILL CONNECT

JULY 2020



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JULY UPDATES

If you’ve ever watched the Disney movie, Finding Nemo, you will remember Dory (the royal blue Tang fish) saying “Just Keep Swimming.” That’s how all of us feel here at Waltonwood Cherry Hill! We are hopeful for some positive changes to come in the near future. So, just keep swimming, keep your head high, your hopes high, and we will get through this together!

In the meantime, we have some exciting updates to share. First, the café is now open! The café will offer take out meals only, and there will be no seating at all. They will also only accept credit or debit cards, or you can charge the cost to your apartment account. The hours are: Monday through Friday, 11:00am-3:00pm; Weekend hours are 11:30am-1:30pm. Please remember to wear your facial masks over your nose and mouth, and keep 6 feet of space between you and another person. We hope to see you there!

Next, please help us welcome our newest associates to our Waltonwood family! Michelle is the Housekeeping Supervisor, Brad is a Maintenance Technician, and Moia is a housekeeper. If you see them around, be sure to say hi! You can also congratulate Lyniah, who stepped in as Dining Room Supervisor!

Remember to “just keep swimming”!

COMMUNITY MANAGEMENT

- Tiffany 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
- Ariel Starr
Independent Living Life Enrichment Manager
- Candice Jones
Memory Care Life Enrichment Manager
- Jasmine Montgomery
Resident Care Manager
- Laura Grabowski
Wellness Coordinator
- Charlie Harris
Wellness Coordinator
- Michelle Anderson
Housekeeping Supervisor

\$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!

ASSOCIATE SPOTLIGHT

Independent Living Associate of the Month:
Ivy Lam, Life Enrichment Assistant

Ivy is an essential part of the Life Enrichment Team here at Waltonwood Cherry Hill. Ivy loves the residents and goes above and beyond to make sure they have what they need to keep busy. She understands what residents need and assists in any way she can. Even in this time of isolation, Ivy has shown how much she cares!

Congrats Ivy! 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!



JUNE HIGHLIGHTS

10

We celebrated National Iced Tea Day. Here is Jim L. and Agnes W.!

21

All of the fathers received a gift bag of Dad's root beer, pretzels, and a dad pilsner glass. Happy Father's Day! Here is Chuck M.!

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 too 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!

- Chris, Fitness Instructor

17

Our theme for this day was in honor of National Go Fishing Day on the 18th. We enjoyed goldfish crackers and blue punch, like lake water! Here is Sue H.!

24

50's day



CELEBRATING THE FOURTH

The Fourth of July has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

But, did you know:

- John Adams and Thomas Jefferson both died on July 4, 1826—the 50th anniversary of the adoption of the Declaration of Independence. James Monroe, our 5th president, died just a few years later on July 4, 1831. And, Calvin Coolidge was born on July 4, 1872.
- John Adams believed that July 2nd would be the correct date in which to celebrate American independence, however the vote for independence took place on July 2nd, then the Continental Congress formally adopted the Declaration of Independence on the 4th.
- Early celebrations included concerts, bonfires, parades, and the firing of cannons and muskets, all accompanied by the first public readings of the Declaration of Independence.
- In 1781, Massachusetts became the first state to make July 4th an official state holiday.
- The first fireworks were used as early as 200 BC. The tradition of setting off fireworks on the 4 of July began in Philadelphia on July 4, 1777, during the first organized celebration of Independence Day. A ship's cannon fired a 13-gun salute in honor of the 13 colonies.
- Around 150 million hot dogs will be consumed by Americans on the Fourth of July.

REMINDER

Please continue to wear facial coverings in and outside of the community. Safety is key!



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 Tiffany.tucker@singhmail.com

Warmly,
Tiffany