

Celebrating Birthday's in July!

Residents

July 7th
Evy C.
July 20th
Jule J.
July 24th
Connie S.

Staff

July 1st
Carol Stern
July 24th
Kristina Brown
July 27th
Korey Harvey

WALTONWOOD
BAKERY



From our kitchen
to yours...

LEMON-THYME BREAD

Ingredients

- 3/4 c whole milk
- 1 T minced fresh thyme or 1 t dried thyme
- 1/2 c butter, softened
- 1 c sugar
- 2 large eggs, room temperature
- 2 c all-purpose flour
- 1 1/2 t baking powder
- 1/4 t salt
- 1 T lemon juice
- 1 T lemon zest
- 1/2 c powdered sugar
- 1 T lemon juice

Instructions

Preheat oven to 350°. In a microwave-safe bowl, combine milk and thyme. Microwave, uncovered, on high 1-2 minutes or until bubbly; cover and let stand until cooled. In a large bowl, cream butter and sugar until fluffy. Add eggs, one by one, beating well after each. Combine flour, baking powder and salt; add to creamed mixture alternately with milk mixture. Stir in lemon juice and zest. Pour into a prepared loaf pan. Bake 40-45 minutes. Let cool before removing from pan. For glaze, combine 1/2 c powdered sugar and 1 T lemon juice; drizzle over bread.

There are a myriad of benefits to baking. Baking gives you control over what goes into your body.



ROYAL OAK CONNECT JULY 2020



The Flag

*Red for the blood shed in the name of
Freedom, for which we fought,
united*

*Blue for the oceans of time we have
crossed, remaining the land of the free
White for the peace we wish to share,
all men created equal*

*Stars to remember those who fought
throughout the night, bravely for our land*

*Stripes to remind us of the lashings
taken by the Prisoners of War*

With a seal, in God we trust

*We each are one of many, in which we
stand united in Brotherhood*

A symbol of Pride

A salute to those who died in the fight

A blanket to cover us in times of need

*Waving high to show we are still here,
undefeated. With honor you are
presented to the world.*



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COMMUNITY MANAGEMENT

Fatou Ceesay
Executive Director

Michele Hamm
Business Office Manager

Shondra Pritchett, LPN
Resident Care Manager

Tonicka Benefield
Wellness Coordinator

Robert Auberle
Culinary Services Manager

Derek Hill
Environmental Service Manager

Kathleen Whitehead
Housekeeping and Laundry

Lea Caruso
Life Enrichment Manager

Kathleen Carleton
Life Enrichment Assistant

Shelly McGarvey
Marketing Manager

Michelle Hasberry
Move-In Coordinator



FRIENDS & FAMILY REFERRAL PROGRAM!

\$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

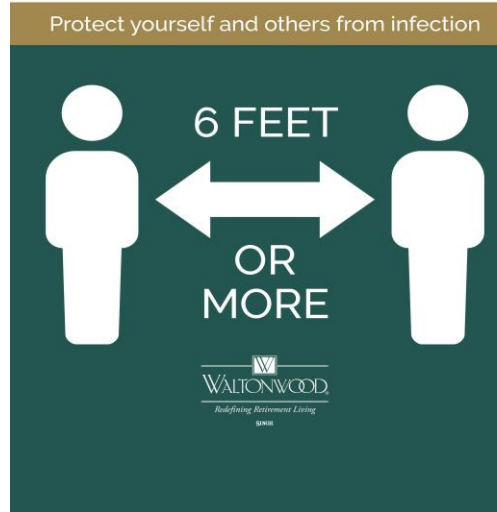
Our associate spotlight for this month is LaPorsche Morris, one of our amazing med techs/caregivers!

Hello! My name is LaPorsche and I am a caregiver/med tech here at Waltonwood Royal Oak! I have been an associate here for 10 years. I really enjoy what I do. I feel in order to do this job, you must have compassion in caring for others. I love my job because of all the amazing people I work with!

Congrats LaPorsche!



Thank you for practicing social distancing



KEEPING IN TOUCH

FaceTime has been a great way for many of our residents to stay in touch with their family during this time of social distancing! For those who have not participated yet, these are programs that allow you to talk to loved ones 'face to face' via a phone or tablet. For those who do not have the proper technology to utilize these programs, Waltonwood has an iPad that you can borrow!

Please contact Lea if you would like to schedule a call!

JUNE HIGHLIGHTS

05



National Donut Day!
Diane enjoying a yummy donut to celebrate!

09



Join us for crafts every Tuesday! Kay made a summer sign!

18



Archie offering some Father's Day advice to new dads!

24



Thelma enjoying a root beer float out on the patio! Be sure to come sit on the patio when it's nice out!

JULY SPECIAL FACTS

01

Ruby is the birth stone for July.

02

July is named after Roman Dictator Julius Caesar.

03

The hot long summer days in July are called "dog days of summer"!

04

July's flowers are larkspur and water lilies!



FOREVER FIT: FOCUS ON FITNESS

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 Grabowski | *Forever Fit Manager*

EXECUTIVE DIRECTOR CORNER

Our resident community testing was a huge success, THANK YOU to all those that got tested for COVID-19 last week! I would like to take this opportunity to urge those that failed to get tested to consider getting tested soon. Waltonwood will provide additional testing for any resident that didn't get tested last week, consent forms are available at the front desk. Just a reminder, visitation restrictions was extended by the Governor until July 24th, 2020. At this time Waltonwood is not allowing any form of visitation including but not limited to window and porch visits. All safety and preventative measures are currently in place to help keep you and our associates safe! Residents are allowed to leave the community for Doctor's appointments but will be required to self-isolate for 3 days upon their return. I appreciate your cooperation and compliance during these challenging times, remember to wear a mask when out of your room and ensure you are 6ft away from others, this is the only way we can prevent the transmission of this virus. Happy 4th of July!

Fatou Ceesay | *Executive Director*