



FRIENDS & FAMILY REFERRAL PROGRAM!

\$1,000 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!

CARRIAGE PARK CONNECT

SEPTEMBER 2020



2000 Canton Center Rd., Canton, MI 48188
www.waltonwood.com | 734-844-3060
 Facebook: /WaltonwoodCarriagePark



The National Center for Assisted Living (NCAL) established National Assisted Living Week® in 1995 to provide a unique opportunity for residents, families, staff, volunteers, and our surrounding community to recognize the role of assisted living in caring for America's seniors and individuals with disabilities.

Each year assisted living communities around the country are encouraged to offer a variety of events and activities to celebrate the individuals they serve, as well as to help educate members of the public.

Here at Waltonwood Carriage Park we are looking forward to celebrating throughout the week. A schedule of activities will be coming soon!

COMMUNITY MANAGEMENT

Dustin Stolzman
Executive Director

Terry Lobb
Business Office Manager

Joel Vassallo
Culinary Services Manager

Erin McGraw
Life Enrichment Manager

Nichole Passmore
Life Enrichment Manager

Annette Rogers
Marketing Manager

JoAnn Mayher
Resident Care Manager

Jeremy Meriwether
Wellness Coordinator

Mike Burlett
Maintenance Manager

Nathan Brown
Independent Living Manager

ASSOCIATE SPOTLIGHT

Our associate of the month is Emily Beebe (server)! Emily is extremely outgoing, caring, and kind—all attributes that are a natural fit at Waltonwood Carriage Park! As a 2020 high school graduate, Emily had the unique experience of doing so during a pandemic. She turned her focus to our community, picking up extra shifts and serving both the residents in independent and assisted living. Emily has been recognized for her outstanding customer service, and we are proud to recognize her with this accolade!

TRANSPORTATION

We encourage everyone to take advantage of the nice weather and take a joy ride with one of our drivers! Grab a friend and cruise around the lake, take a country drive, the choice is yours! Please see Nichole or Sarah to arrange a bus ride.

RESIDENT COUNCIL

We want to hear from you. A brief survey will be coming soon. Please take a few minutes to fill it out.



FOREVER FIT: A PURPOSEFUL PLATE

Food is a very powerful thing. It can unite friends and family around the table, fuel an active lifestyle and provide the key nutrients essential to feed a growing body. It's no wonder that the dietary choices we make have a direct impact on our overall health and wellbeing. Making conscious, nutritious food selections not only promotes a healthy waistline, but also helps to combat against cardiovascular disease, improves immune health and can potentially reduce the inflammation associated with arthritis. By limiting the number of packaged, processed foods and maximizing a variety of fruit, vegetables, whole grains, lean proteins and healthy fats you can help ensure your body is getting the necessary nutrient rich fuel it so desperately needs. So the next time you sit down for a meal take a look at your plate because the only thing better than a tasty dish is a powerful plate!

- Chris Grabowski, MS, Senior Forever Fit Manager

COMING IN SEPTEMBER

Be on the lookout for a fun themed day every week! What a great time to get silly, let your hair down and have a little fun! Dress up according to each week's theme, go ahead and get creative!



Thursday, September 3: Alzheimer's Awareness The more people know about Alzheimer's, the more action we inspire. Today we show our commitment to raising awareness for the 47 million people living with Alzheimer's and other dementias worldwide.

Sunday, September 13 - Saturday, September 19: National Assisted Living Week Look for daily themes and special treats as we celebrate "Caring is Essential!"

Monday, September 7: Labor Day Picnic Chef and his team will be cooking up some of our summertime favorites in honor of American labor movement and the contributions of laborers to the development of the United States.

Wednesday, September 23: National White Chocolate Day In 1930 Nestlé invented the Milkybar which was made of white chocolate. White Chocolate was the result of separating the dark solids from the rich fat of the bean known as cocoa butter, a natural part of the manufacturing process, but instead of recombining them, the cocoa butter was left to shine on its own. It's been an incredibly popular treat ever since. Join us in celebrating today with a special treat from Pastry Chef Shana!

EXECUTIVE DIRECTOR CORNER

September 13th-19th is National Assisted Living Week! This year's theme is Caring is Essential. Established by the National Center for Assisted Living (NCAL) in 1995, National Assisted Living Week® provides a unique opportunity for residents, their loved ones, staff, volunteers, and the surrounding communities to recognize the role of assisted living in caring for America's seniors and individuals with disabilities. The annual observance encourages assisted living communities around the country to offer a variety of events and activities to celebrate the individuals they serve, as well as to help educate members of the public about this distinctive aspect of long-term care. Please look out for special events throughout the community celebrating this special week!

-Dustin Stolzman, Executive Director