



People born from September 1st thru 22nd are Virgos. They pay attention to detail and are highly organized which makes them curious and intelligent learners who can get the job done without complaint!

Happy Birthday

Bill B.
9/15

“R” Z.
9/18



FRIENDS & FAMILY REFERRAL PROGRAM!

AUGUST HAPPENINGS

\$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!

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CARRIAGE PARK CONNECT

SEPTEMBER 2020



Whether they go by Grandma and Grandpa, Meemaw and Peepaw, Nana and Grandpop, there's no question that grandparents are the greatest. And it's not just us saying it. Throughout the centuries, countless proverbs and quotations have expressed the importance of grandparents in our lives and the need to cherish their wisdom, experience, and love. On Grandparents Day, we want to take time out of our busy lives to say thank you for all you have done for us! We know these are trying times this year for your families to visit with you. So we will extend our patio visits Saturday the 12th and Sunday the 13th. We can start as early as 9:00 am and going through to 7:00pm each day. Time slots will be by the hour so schedule your family visit early!

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WE LOVE OUR WALTONWOOD SENIORS!



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

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

SEPTEMBER HIGHLIGHTS:

September 3rd National Bowling League Day is celebrated. *We will celebrate with open bowling all day!* Start gathering your team together for our fall league, which begins the week of October 5th. Turn in your team roster to Erin by September 25th!

Monday September 7th: Labor Day, Chef Joel will be grilling our last picnic of the summer!

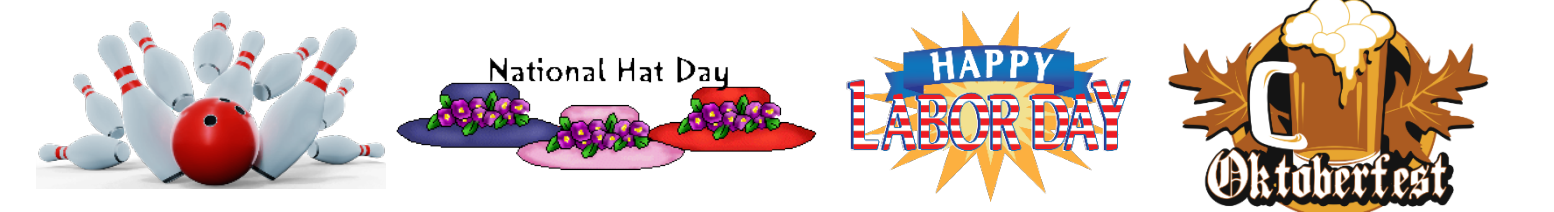
Sunday September 13th: National Grandparents Day, reserve a time slot for a porch visit.

Tuesday September 15th: International Hat Day, Join us for crafts September 3rd or 10th - we will be making fun hats! Sign up in mail room. We will be serving ice cream cones from 1:30 to 2:30 pm on our patio.

Thursday September 17th Oktoberfest Dinner, get your taste buds ready for a wonderful traditional German meal, with all the trimmings!

Wednesday September 23rd: National White Chocolate Day, can't wait to see what goodies Shana has for us!

Best Apple Recipe Contest: Make your favorite apple recipe and enter it into our "Very Best Apple Recipe Contest" Friday October 2nd. Judging will be done by our chefs and winner will receive a \$25.00 gift card of their choice!

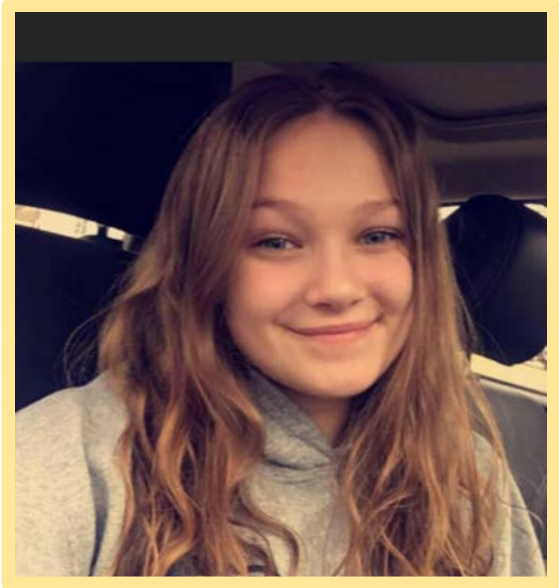


FOREVER FIT: A Purposeful Plate

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

ASSOCIATE SPOTLIGHT: EMILY BEEBE



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!

Please turn in you "31 days of happiness" calendar to our front desk
Winner will be announced on Friday september 4th!



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