



Celebrating IL Resident Birthdays in September

- Sept 2 – Sterling S.
- Sept 3 – Jo M. & Joe N.
- Sept 5 – Earlene F.
- Sept 7 – Dan M.
- Sept 13 – Elaine P.
- Sept 16 – Sue T. & Suzy G.
- Sept 18 – Therese R.
- Sept 20 – Joyce K.
- Sept 21 – Janina H.

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!

KITCHEN CREATIVITY

September 13, or 9/13, brings 9x13 Day, a day for cooks of all abilities to fill their 9x13 pans with something delicious. These versatile pans can be used for everything from appetizers to dessert. They can hold baked dips, beans, potatoes, casseroles, baked pasta, savory breads, meats, cakes, bars, cakes, and cobblers. The 9x13 pan is truly a workhorse of the kitchen. If you're looking for another excuse to whip up something special in the kitchen, September is Bake and Decorate Month. With apples and pumpkins begging to be picked, why not make one of these the star of your next cake or pie? And don't forget to decorate your dish with a decorative crust or a delightful icing.

THE FIRST MISS AMERICA

In 2018, the Miss America competition abandoned its swimsuit competition, explaining that it would “no longer judge our candidates on their outward physical appearance.” My, how times have changed. Almost a century ago, in September of 1921, Atlantic City held a pageant for “The Most Beautiful Bathing Girl in America.” In this very first Miss America pageant, women were judged solely on how they looked in a bathing suit, and 16-year-old Margaret Gorman was handed the Golden Mermaid Trophy while still wearing hers. Some historians trace the beauty pageant back to 1854 when none other than P.T. Barnum attempted to add an exhibition to his New York museum where visitors judged women by their appearance. Barnum's project was nixed after public protests, but local newspapers used the idea as a way to attract readers and began to run photo-based popularity contests of local women. In fact, Margaret Gorman, that first Miss America pageant winner, had won her local newspaper's popularity contest, which led to her being crowned Miss District of Columbia, making her eligible for Miss America.

Thank you for practicing social distancing



CHERRY HILL CONNECT

SEPTEMBER 2020



SPLENDID SEPTEMBER HELPFUL INFO

Autumn is right around the corner! We are looking forward to cooler weather, leaves changing, and of course the delicious food that reminds us of fall time, such as apple cider, donuts, and pumpkin pie!

Ariel, Life Enrichment Manager, will miss you all when she is on vacation from September 3rd – 13th, and will return on September 14th. In the meantime, there is a “boredom buster” area set up in the second floor library for residents who are looking for things to do. We also look forward to welcoming Lisa, the new Life Enrichment Assistant, in the month of September!

We are excited to welcome new residents that moved in during the month of August: 140 Lou L., 147 David L., and 351 Eileen R. We are so happy you are here!

We would like to remind you that Chris, Fitness Instructor, leads several exercise classes during the week (Monday through Friday) in the third floor fitness center. Please contact him at Chris.Grabowski@singhmail.com to join classes!

As they say, “September days are here, with summer's best of weather and autumn's best of cheer.”

We look forward to another full month of fun with you!



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COMMUNITY MANAGEMENT

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Culinary Services Manager

Andrew Raudszus
Environmental Services Manager

April Marcotte
Independent Living Manager

Ariel Starr
Independent Living 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:
Mary Kliczinski, Server/Life Enrichment Volunteer

Mary has been working at Waltonwood Cherry Hill for 3 years as a server. She is friendly and cares for the residents. Recently, she stepped in to help the Life Enrichment department. Mary has been a huge support in offering her assistance during a time of need. She shows compassion, interest, and takes initiative to complete tasks or activities.

Congrats Mary! 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!



AUGUST HIGHLIGHTS

5

We celebrated National Root Beer Float Day. Yum! Here is Joyce C. with her treat.

14

We enjoy happy hour every Friday. Here is Joyce R. with her drink.



19

World Photo Day was on the 19th, so we celebrated a with photos! Here is Mary Ann C.

21

To celebrate Senior Citizen Day, all of the residents at Cherry Hill received pedometers. Here is Darryl R. with his.



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, Fitness Instructor

THE AUTUMN HARVEST

For centuries, cultures in the northern hemisphere have timed their harvests to coincide with the autumnal equinox on September 22. The word equinox comes from the Latin aequus, meaning “equal,” and nox, meaning “night,” for this was the day of the year when the lengths of night and day were roughly equal. The druids celebrated the harvest festival of Mabon and visitors still flock to Stonehenge to watch the sun rise above the 5,000-year-old monoliths. The ancient Greeks believed that this equinox marked the return of Persephone to the Underworld. Persephone was the daughter of Demeter, goddess of the harvest. The Greeks feared that Demeter would soon become so despondent with the departure of her daughter that the earth would become barren during the cold winter months.

In North America, Native American tribes have ascribed various names to September’s full moon to denote the importance of the harvest. September’s full moon was called the Full Corn Moon or the Barley Moon because it corresponded with the harvest of these grains. The Lakota Sioux even called it the “Moon When the Plums Are Scarlet,” denoting the full ripening of this fruit. The full moon closest to the equinox is still commonly known as the Harvest Moon, which this year happens to fall in early October. In modern society, farmers do not often rely on myths or moons to tell them when crops are ready, but they are just as eager to harvest their crops before the cold weather sets in.

Many crops are ready for harvesting in September, as denoted by the month’s various harvest-themed holidays. September is Organic Harvest Month, Apple Month, Potato Month, and Whole Grain Month, while September 3–7 is both Golden Onion Week and Sweet Corn Week. Many fruits and vegetables are not only ready for harvest at this time of year but many more cool-season vegetables are ready to plant, such as varieties of beets, broccoli, carrots, swiss chard, radishes, and turnips. For industrious types who want to get the most out of their gardens, September is a busy time!

REMINDER

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

SAFETY FIRST



Face coverings are required in our community.

Please see the Executive Director if you need a mask.



EXECUTIVE DIRECTOR CORNER

Dear residents, families, and friends,

September has finally arrived! We are looking forward to this fun filled season. Getting Fall ready with all of you will be joyful. Please see our activities calendar for additional information planned for this month. National Assisted Living week is approaching. The theme for this year is “Caring is Essential!”

If you enjoy reading, we have plenty of books in our libraries. Thank you for your patience while we continue to be creative with hallway activities, exercises, and crafts.

The weekly calls have been available for updates within the community, this is also an opportunity for me to hear from all of you. As always we value your input and suggestions.

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