

Celebrating Birthday's in September!

Residents

September 1st

Yvonne C.

September 7th

Tom C.

September 15th

Joan R.

September 27th

Joy V.

Staff

September 7th

Bozena O.

September 16th

Kathy C.

September 28th

Nate H.

September 29th

Tonika B.

WALTONWOOD
BAKERY



From our kitchen
to yours...

CHOCOLATE BLUEBERRY MUFFINS

Ingredients

- 2 c all-purpose flour
- 2/3 c light brown sugar
- 2 T Dutch process cocoa powder
- 1 1/2 t baking soda
- 1/2 t salt
- 1 c whole milk
- 1 large egg
- 1/4 c unsalted butter, melted
- 1 t vanilla extract
- 1 c fresh blueberries, rinsed and dried
- 1/2 c semi-sweet chocolate chips, divided

Instructions

Preheat oven to 350°. In a large mixing bowl, sift together the flour, brown sugar, cocoa powder, baking soda, and salt. In a small bowl, whisk together the milk, egg, melted butter, and vanilla extract. Add to flour mixture. Whisk until just combined. Add blueberries and 1/4 c chocolate chips. Fold into batter gently. Divide batter into a 12 cup muffin pan with paper liners. Top each muffin with 5-6 chocolate chips. Bake 18-22 minutes or until a toothpick inserted into the center of a muffin comes out clean. Let cool in pan for 5 minutes. Move to wire rack to finish cooling. Serve warm or at room temperature.



WALTONWOOD
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SINCE 1962

ROYAL OAK CONNECT SEPTEMBER 2020



National Holidays in September

September 4th - College Colors Day

September 6th - National Read a Book Day

September 11th - Patriot Day

**September 12th - National Chocolate
Milkshake Day**

September 13th - Grandparents Day

September 14th - National Coloring Day

September 16th - National Guacamole Day

**September 18th - National Cheeseburger
Day**

**September 22nd - National Ice Cream Cone
Day**

September 25th - National Daughters Day

September 26th - National Family Day

September 29 - National Coffee Day

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COMMUNITY MANAGEMENT

Fatou Ceesay
Executive Director

Michelle Hasberry
Business Office Manager

Shondra Pritchett, LPN Resident
Care Manager

Tonicka Benefield
Wellness Coordinator

Robert Auberle
Culinary Services Manager

Tyler Graham
Dining Room Supervisor

Derek Hill
Environmental Service Manager

Kathleen Whitehead
Housekeeping and Laundry

Lea Caruso, CTRS
Life Enrichment Manager

Kathleen Carleton
Life Enrichment Assistant

Melanie Combs
Move-In Coordinator

\$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!



FRIENDS & FAMILY REFERRAL PROGRAM!

ASSOCIATE SPOTLIGHT

Our associate spotlight for this month is Rajmonda, one of our amazing cooks!

Rajmonda has worked at Waltonwood Royal Oak since 2002, so just about 18 years at our community! She is a wife & mother to three wonderful and amazing boys. She loves her job & is going to continue to do the best job she can! Rajmonda says the best part of working here are the residents. She loves talking with them & listening to their life stories. Her favorite thing to do in her free time is to spend time with her boys!

Congrats Rajmonda!



National Assisted Living Week

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. This year it will be celebrated September 13th - 19th. "Caring is Essential" is this year's theme for National Assisted Living Week, which highlights the incredible care provided by essential caregivers in assisted living facilities across the country.

AUGUST HIGHLIGHTS

05



Kay celebrating Tie-Dye day!

19



Enjoying a peace sign cookie during Decades day!

21



Diane & Alice enjoying themselves during happy hour!

26



Lea & Shondra having fun during Carnival day!

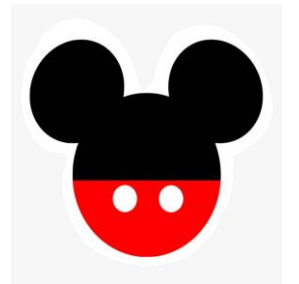
SEPTEMBER SPIRIT DAYS

02

Wednesday Sept. 2nd
Safari Day!
Put on your favorite animal print!

09

Wednesday Sept. 9th
Disney Day!
Who doesn't love going to Disney?!



23

Wednesday Sept. 23rd
Space Day!
Let's travel to another galaxy!

30

Wednesday Sept. 30th
Roaring 20's!
Celebrate the roaring 20's with us!



FOREVER FIT: FOCUS ON FITNESS

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 well-being. 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 | Forever Fit Manager

EXECUTIVE DIRECTOR CORNER

As we brace ourselves for yet another flu season, in the midst of a pandemic, I am urging everyone to consider getting their flu shot prior to the flu season. Both the flu and Coronavirus are deadly especially among seniors. Good hand hygiene, facial covering and social distancing have never been more crucial. THANK YOU all for your cooperation in keeping each other and our staff safe during these difficult times. Our annual flu clinic is scheduled for October, additional correspondent will be sent out in the next few weeks. Michelle Hasberry has transitioned into her new role as our Business Office Manager; her office is located right behind the front desk next to the Executive Director's office. Please contact Michelle for any billing questions/concerns.

Fatou Ceesay | Executive Director