



- DARLENE S. 10/4
- VERNAL 10/6
- KEN V. 10/7
- ANN T 10/18
- LORETTA M. 10/23

Special Days

**World Smile Day
October 2**

**Simchat Torah
Begins at Sundown
October 10**

**Columbus Day (U.S.)
October 12**

**Sweetest Day
October 17**

**Halloween
October 31**



Get ready for
in person
Balance Class
with Chris
beginning
Monday
October 5th



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\$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!

FRIENDS & FAMILY REFERRAL PROGRAM!

CARRIAGE PARK CONNECT **OCTOBER 2020**



We are anticipating the re-opening of our hair salon by mid-October! As before, John Anthony Salon will continue to operate a clean and sterile environment within the salon. Ensuring that after each resident has left the salon, the stations will be disinfected, and the area prepared to receive the next resident. John Anthony also will practice social distancing to minimize the spread of COVID-19 in the salon. The staff will always be wearing masks when in the community, and by the nature of the services provided, their hands will continually be washed. Each stylist will also have hand sanitizer available at their stations.

John Anthony Salon has invested in a new web site, (JohnAnthonySalon.com) which will enable you to comply with the CDC recommendations by accepting only Credit Card payments. This will eliminate the exchange of cash or checks, diminishing the chance of transfer of bacteria. Once a re-opening date is finalized, we will ensure communication with you promptly! New credit card information is in our mail room.



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 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:



We Couldn't Be More Proud

Dustin was selected as the winner of the 2020 MCAL (Michigan Center for Assisted Living) Executive Director of the Year Award! This prestigious award recognizes an executive director or administrator who demonstrates outstanding innovation and achievement in the provision of high-quality, person-centered care in an assisted living community. We all appreciate Dustin for his outstanding leadership and kind heart.

Way to Go Dustin!!

FOREVER FIT: The Benefits of Stretching

Although strength training and cardiovascular activity are incredibly important at any age, it may be stretching & flexibility exercises that are the most important for our senior residents. As we age muscles lose their elasticity becoming more rigid and less flexible. This age-related decline can cause pain, stiffness and decreased range of motion in many of the body's most used joints. Regular stretching can help improve movement and posture, alleviate muscle tension and soreness, reduce the risk of injury and help to maintain overall independence.

Chris Grabowski, MS, Senior Forever Fit Manager

ASSOCIATE SPOTLIGHT:

Our October Associate of the Month is Ryan Gilmore! Ryan has been a caregiver at our community for almost a year and a half, and she has made a positive impact on the care team. Ryan is known for her caring demeanor and teamwork. She frequently picks up shifts when additional support is needed, and the residents often recognize her great work ethic. We appreciate the hard work and dedication Ryan brings to the Carriage Park team!



OCTOBER 26TH SIGN UP FOR FOOT DR

Changes to Breakfast

Starting Friday October 2nd and every Friday after you will be receiving hot breakfast. New Day Same Time.

EXECUTIVE DIRECTOR CORNER

October is a splendor of nature, a month that many of us treasure. We watch in wonder as the leaves brilliantly display an array of vibrant colors. Pumpkins are displayed in accents everywhere. We savor the first sips of apple cider and bites of cinnamon sugar donuts from local cider mills. We don our cardigans and flannel apparel. The harvest offers us an abundance of rich and flavorful fruits and vegetables. We bask in the waning days of warmth and sunlight. While the world remains in a state of disarray, these seasonal wonders remain constant. I encourage you all to relish these seasonal gems!

- Dustin Stolzman, Executive Director