

# UNIVERSITY CONNECT

OCTOBER 2020



## CHEF'S COOKING DEMONSTRATIONS

We are currently not having cooking demonstrations but want to thank Chef Rehan and the Culinary and Dining teams for all the hard work they are doing!

Meals will continue to be served in your room until further notice! Thank you for your patience and understanding!

### September Birthdays!

- Frank M 10/8
- Shirley 10/17

## SAFETY FIRST



Face coverings are required in our community.  
*Please see the Executive Director if you need a mask.*





### COMMUNITY MANAGEMENT

Jonathan Hills  
Associate Executive Director

Michele Hamm  
Business Office Manager

Celeste Roth  
Marketing Manager

Rehan Ahsan  
Culinary Services Manager

Stephanie Gillespie  
Life Enrichment Manager AL

Vanessa Green  
Resident Care Manager

Vickie Berishaj  
Wellness Coordinator

Katelyn Pesola  
Life Enrichment Manager IL

Dave Mantels  
Maintenance Supervisor

Josh Logan  
Culinary Supervisor

Holly Weaver  
Dining Supervisor

Angie Sorji  
Dining Supervisor

Housekeeping Supervisor

## A Beautiful Fall

The leaves are changing and so is the weather  
It's time to put away the shorts and put on the sweater  
Halloween is near and Thanksgiving is coming  
My favorite time of year this is becoming  
'Tis the season of pumpkin and apple  
An ordinary time for loved ones to meet at the chapel  
I wish they appreciated the beauty of fall  
Then and only then they could see why it's the best season of all



### \$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

My name is Brennen, I am The new Move in Coordinator. I was born and raised in a small town of 900 people in western Illinois. I attended college at Olivet Nazarene University, there I received my bachelor's degree in Sports Management. After college, I lived in Alaska where I was a pool and fitness intern. Before coming to Waltonwood, I worked working in Parks and Rec in Milford, there I was in charge of running the pool & fitness center. I love basketball, so much so, that I am a High School Varsity coach for the Pontiac School of Excellence. I look forward to getting to the know the residents here at Waltonwood and helping our community grow!



## TRANSPORTATION INFORMATION

We currently have no transportation running within our community due to the COVID-19 Virus. Thank you for your understanding! Stay Safe and please join us for our daily activities.

Due to the constraints on visitors and transportation we are offering Facetime or Skype to visit with your family virtually! Please see a Life Enrichment staff if you are interested in this! We are also offering window visits please call the front desk for more information and to schedule a time!

Thank you for practicing social distancing

## SEPTEMBER HIGHLIGHTS

15

We had fun making Candles

16

We enjoyed Hot dogs from an awesome food stand!



24

We made some beautiful water color pages!

30

We had yummy cider and dounuts!



## OCTOBER SPECIAL EVENTS

7

We will be celebrating all that is Disney!

14

We will be having a music themed day!

21

Wear you college attire!

30

We will be celebrating Halloween!

Protect yourself and others from infection



WALTONWOOD  
Redefining Retirement Living

## 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.

## EXECUTIVE DIRECTOR CORNER

October marks the kick start of Michigan's fall season. Now is the time to take the family out to do some fun fall activities. If you're a true Michigander, you know these fall activities may include apple picking, stopping at the cider mill for some cider and donuts, going to a pumpkin patch to pick out a pumpkin to carve, or even taking a drive to see the beautiful fall colors. Some of my favorite spots to experience these fall activities include Yates cider mill, Blakes apple orchard, Van Hoosen farms, and Old Mission Peninsula (fall colors drive). As we near seven months of fighting through this COVID-19 pandemic, its more crucial than ever to spend quality time with your family. Even though we are not allowed to have visitors inside the community, we ask that you still take advantage of the beautiful weather we still have available. Schedule an outdoor visit with your loved ones, take a scenic drive, or even go to the apple orchard to pick some apples!

Jonathan Hills | Associate Executive Director