



**Celebrating
AL and MC
Resident Birthdays
in November**

- Nov 14 – Art G.
- Nov 24 – Janet C.
- Nov 29 – Anna May L.

**We wish a very
Happy Birthday
to all of you!!**

REMINDER

Please continue social distancing precautions, 6 feet apart from one another. Safety is key!

TURBO-CHARGED

On November 22, 1927, Carl Eliason patented his Motor Toboggan after years of experimentation, giving rise to the invention of the snowmobile. Eliason, having grown up in Wisconsin, was an avid outdoorsman, but he suffered a foot disability that prevented him from snowshoeing. So, in 1924, the 24-year-old Eliason decided to attach a pair of skis to the front of a toboggan outfitted with an outboard motor that powered a steel track. His “motor toboggan” became the world’s first primitive snowmobile. After receiving the patent, Eliason went on to build 50 of the machines, each one an individual work of art. When an order for 150 came in from Finland, he sold the rights to a major manufacturer. The U.S. Army even ordered 150 of the machines to help soldiers defend Alaska’s wild and wintry backcountry.

RIGHTS ON “THE ROCK”

In 1963, the infamous prison Alcatraz, known as “The Rock,” closed its doors. Soon after, local Native American groups began lobbying for the island to become a cultural center and school. According to the 1868 Treaty of Fort Laramie, Native Americans—referred to as Indians at the time—were allowed to take control of surplus federal lands. So, when a fire destroyed San Francisco’s American Indian Center in October of 1969, a group of 89 activists, calling themselves “Indians of All Tribes,” occupied Alcatraz island during the morning hours of November 20, 1969.

The occupation lasted 19 months, with numbers on Alcatraz growing to 600. President Nixon chose to leave the peaceful occupiers alone. Officials visited to negotiate, but the occupiers demanded nothing less than the island itself, upon which they hoped to build a school, cultural center, and museum. Slowly, though, the political will of occupiers waned, and many departed, leaving behind a disorganized ragtag band. The activists may have given up Alcatraz, but they had propelled their rights movement forward and transformed Alcatraz into a symbol of Native American pride.

Thank you for practicing social distancing



CHERRY HILL CONNECT

NOVEMBER 2020



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NOVEMBER NEWS

November brings thoughts of family, thanks, and gratefulness. At Waltonwood Cherry Hill, we are grateful for all of you. We are thankful to spend our days with you, and hope you have a wonderful start to the holiday season! To add to this, indoor visitations have now begun. We hope you can enjoy a visit from a loved one. Please call the front desk to schedule.

Help us welcome new members of the Waltonwood Cherry Hill staff – Dawn, the new Housekeeping Supervisor, and Artie, our new maintenance technician. If you see them around, say hello and welcome!

**COMMUNITY
MANAGEMENT**

Tiffany Tucker
Executive Director

Nicole McDonald
Business Office Manager

Renee Ralsky
Marketing Manager

Jolene Maples
Move In Coordinator

Kara Triplett
Culinary Services Manager

Andrew Raudszus
Environmental Services Manager

April Marcotte
Independent Living Manager

Ariel Starr
Independent Living Life
Enrichment Manager

Brittany Neal
Assisted Living Life Enrichment
Manager

Claire Torp
Memory Care Life Enrichment
Manager

Jasmine Montgomery
Resident Care Manager

Laura Grabowski
Wellness Coordinator

Charlie Harris
Wellness Coordinator

Dawn Vernon
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!

FRIENDS & FAMILY REFERRAL PROGRAM!

ASSOCIATE SPOTLIGHT

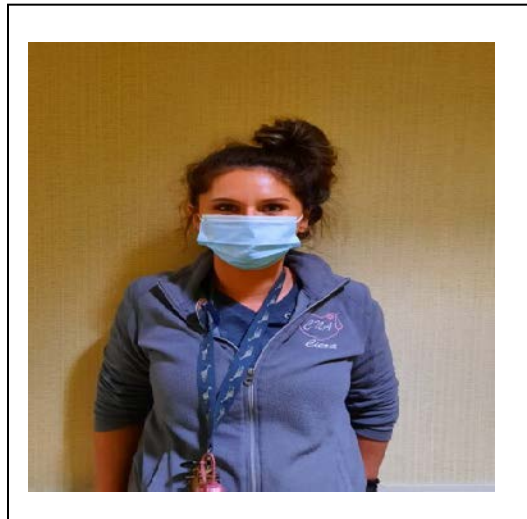
Assisted Living and Memory Care Associate of the Month:

Ciera Reye, Med Tech

Ciera is a true treasure here at Waltonwood Cherry Hill. She is wonderful with the residents and always willing to assist them to and from activities. Ciera has a great attitude and a caring heart.

Congrats Ciera! 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!



OCTOBER HIGHLIGHTS

02

World Smile Day was a big hit as we celebrated with smiling activities and these delicious cookies!

14

We celebrated a Hoot of a Day with owl themed bingo, crafts, and even an owl snack made by the culinary staff!

21

Our theme of the day was Country Western. Here are Laura and Sally trying there hand at lasso toss.

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Hallow-week brought Witchy Wednesday! The residents had fun with witchy activities and snacks.



FOREVER FIT: HOW DO YOU FEEL?

How do you feel today? Seems like a simple enough question, but if we're not honest with ourselves sometimes our answers can lead us astray. When we exercise our bodies adapt to the stress and strain we put upon them with heavy breathing, elevated heart rate, and tired burning muscles. This short-term discomfort consistently done over time is actually what produces long term positive, health adaptations for our body. Exercise, however, should never be painful. There can be a very fine line between pain and discomfort and you need to be conscious of both. Sharp, stabbing, radiating pains and swelling are telltale signs of pain that you should never ignore. These sensations are our bodies ways of telling us that it needs time to relax, rest, and recover. The next time you exercise be honest with yourself, acknowledge that discomfort is common but pain has no place in your workout.

- Chris, Fitness Instructor

THE WRITING LIFE

Many writers believe that stories are alive inside all of us, just waiting for the moment to come alive when the pen is finally put to paper. November is both Novel Writing Month and Memoir Writing Month, providing inspiration for writers to develop a fantastical fiction or share personal histories.

All peoples and cultures tell stories. It has been said that storytelling is an essential part of human nature and society. We use stories to establish social mores, preserve history, teach life lessons, explain the inexplicable, and entertain. The act of writing transposes oral stories into lasting works of art. This is a powerful act, one that defies even death, for written stories may last for centuries and even millennia after their creators are forgotten.

November 1 is Author's Day, a perfect day for self-reflection. What do you want to write? Is there a story inside you that you've been meaning to share? If you don't believe that you have a story worth sharing, think again. What is your fondest childhood memory? What moment most impacted your life? Remember, it is also human nature to find losses more powerful than gains. In many ways, sad stories about bad decisions or grave mistakes are just as compelling as those with happy endings. The writing process begins with a thought. The next step is to jot those thoughts down as notes. Only after you've amassed a wild jumble of ideas can you begin to organize them into the cohesive form of a memoir or novel. The human brain loves patterns. Organizing your thoughts into a beginning, middle, and end—creating a pattern—will help you create order out of ambiguity and could feel incredibly rewarding.

Most importantly, keep writing! November 15 is I Love to Write Day, a good reminder halfway through the month, in case you've forgotten. Even if you never publish the book you are writing, research has shown that writing is a valuable tool for personal growth and healing. When you write, you nurture yourself, and that's worth more than the most expensive book contract.

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,

Happy November!

Our season for feeling thankful! Hope many of you are enjoying the season and the Fall themed Joy rides. Please see our activities calendar for additional information planned for this month.

What are you thankful for? I would love to hear from you. Thank you for your patience while we continue to be creative with all 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

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