



Happy Birthday!

**SAFETY FIRST**

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

Protect yourself and others from infection



FRIENDS & FAMILY REFERRAL PROGRAM!

Helping Residents Keep in Touch

COVID-19: HOW PEOPLE ARE STAYING CONNECTED\*

**81%** are using phone calls to keep in touch with family and friends

**Top 5** platforms people are using to stay connected:

- 65% Facebook
- 39% WhatsApp
- 27% Instagram
- 22% Skype
- 16% Zoom

The first thing people want to do when this is all over:

- 32% hug family and friends
- 10% go to a restaurant

EMBRACING TECHNOLOGY



Our residents and their family members are using a GrandPad or Echo Show with Alexa to communicate and stay connected with one another.

*We can help you connect too!*  
Ask to talk with one of our Life Enrichment team members today.

www.Waltonwood.com



MAIN MC CONNECT

JANUARY 2021

1401 North Rochester Rd., Rochester Hills, MI 48307  
[www.waltonwood.com](http://www.waltonwood.com) | 248-601-7600  
 Facebook: /WaltonwoodMain



HELLO 2021!

Wow, what a year. We can't wait to put 2020 behind us, and look forward to all the good things that will come in 2021. As we look forward to new innovations and preserving old traditions, writers are coming up with some fun predictions for what will become popular in 2021.

- o Clothing: Bubble gum pink material, miniskirts, long necklaces
- o Food: mushroom broth, homemade sauerkraut, and jackfruit jerky
- o Living Room Paint: sage green, orange, blue, gray

We hope that you and your family stay safe and healthy in the coming year. As always, we thank you for choosing Waltonwood Main as your home, and look forward to serving you in the new year.

COMMUNITY MANAGEMENT

- Lance Helton  
Executive Director
- Natoria Wheeler, CDP  
AL Wellness Coordinator
- Alexis Schram, CDP  
MC Wellness Coordinator
- Lora Baltosiewich  
Business Office Manager
- Sean McNally  
Culinary Services Manager
- Kathleen Colonello, CDP  
MC Life Enrichment Manager
- Liz McMurtrie, CTRS, CDP  
AL Life Enrichment Manager
- Greg Ginter  
Maintenance Supervisor
- April Myers  
Marketing Manager
- Jordan Dimitrie  
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!



KIRSTEN KESMAN

Kirsten was born in Pontiac, MI on March 31<sup>st</sup>. She has an older brother and a younger sister. Her dad was in IT and her mom was a teacher. She grew up in Rochester Hills and attended Rochester Community Schools. She graduated from Rochester Adams and went on to Bowling Green State University in Ohio. In high school she swam, skied and played softball.

Kirsten worked for many years at Crittenton Hospital in the physical therapy department as an exercise instructor. Recently, she worked as a substitute teacher which she loved!

Kirsten has been married to her husband, Paul, for 25 years. She had a surprise engagement on a carriage ride in NYC’s Central Park! Together they have 2 children. Her daughter, Morgan, 22, recently moved to NYC for her job. Her son, Ben, 20, is a sophomore at University of Michigan.

Kirsten’s favorite TV shows are M.A.S.H and West Wing. She likes any ice cream with nuts and caramel. She loves going for walks, working in the yard, entertaining at her home and taking trips with her family. She loves working at Waltonwood because it brightens her day to laugh and joke with the residents.



DECEMBER HIGHLIGHTS

11/30

Tree decorating!

12/10

Making Ugly Sweater Masks



12/11

Hair Day!

12/16

Masquerade Ball



Moving Forward

Finally! January is here, 2020 is over and 2021 has arrived ready to offer a new sense of hope. Last year was tough, maybe even the hardest year of our lives. We lost so many traditions, milestones and celebrations to a circumstance far beyond our control. It would be so easy to look back and dwell on what could have been wondering, “what if?” While you have every right to reflect on the past twelve months, I encourage you to shift your hopes to the next twelve to come. Take this opportunity to embrace the progress we’ve made and know this progress puts us one step closer to the way things used to be. There’s no doubt the road ahead will still be bumpy but step into the new year with the hope and conviction that 2021 will truly be a healthy, happy new year!

“It’s amazing how a little tomorrow can make up for a whole lot of yesterday.” John Guare

Chris Grabowski, MS | Senior Forever Fit Manager

TRANSPORTATION INFORMATION



Short scenic drives will be offered on most Mondays and Thursdays. Residents will be physically distant and masks are required.

Programs subject to change.

JANUARY THEME DAYS

1/6

National Bird Day

1/13

Fire & Ice Festival

1/20

Winter Woodlands

1/27

Wine Cellar Wednesday



EXECUTIVE DIRECTOR CORNER

NATIONAL RUBBER DUCKY DAY

According to a 1973 Sesame Street calendar, Rubber Duckie’s Birthday is January 13<sup>th</sup>, so around the country it’s National Rubber Ducky Day! A friend of Ernie and Big Bird, Duckie made his debut in a February 1970 episode. The rubber ducky (also spelled duckie) has come a long way from his first concept as a chew toy for children. While the origin of the first rubber ducky is uncertain, many rubber molded toys came about when rubber manufacturing developed in the late 1800s. They produced a variety of toys from dolls and various animal shapes, including the rubber duck.

Russian Sculptor Peter Ganine sculpted many animal figures. One, a duck, he later designed and patented into a floating toy which closely resembles the rubber ducky we have become familiar with today.

Sales of the iconic yellow rubber ducky we’ve come to know today soared in Britain in 2001. Why? A British Tabloid, *The Sun*, reported Queen Elizabeth II had a rubber duck in her bathroom that wore an inflatable crown.

The rubber ducky became a Toy Hall of Fame inductee in 2013. Founded in 1998, the Hall of Fame has only inducted 52 other toys.

03 – Lance Helton | Executive Director