



## REMINDER

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

Thank you for practicing social distancing



## Did You Know?

- The first item sold on eBay was a broken laser pointer.
- Lobsters Have Clear Blood
- A single watermelon once sold for \$6,125.
- Antarctica is covered in a sheet of ice that's 7,000 feet thick.
- "Arachibutyrophobia" is the fear of peanut butter sticking to the roof of your mouth.
- There's a Guinness World Record for the stretchiest skin

## Valentines Day Fact

**The tradition of giving Valentine's Day flowers dates back to the 17th century.**

Giving red roses may be an obvious romantic gesture today, but it wasn't until the late 17th century that giving flowers became a popular custom. In fact, the practice can be traced back to when King Charles II of Sweden learned the "language of flowers" — which pair's different flowers with specific meanings — on a trip to Persia, and subsequently introduced the tradition to Europe. The act of giving flowers then became a popular trend during the Victorian Era — including on Valentine's Day — with red roses symbolizing deep love.

**\$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!

**Celebrating AL Resident Birthdays in February**

**Mary Grace**

**We wish you a very Happy Birthday!!!**

# CHERRY HILL CONNECT

FEBRUARY 2021



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Facebook: /WaltonwoodCherryHill



## FEBRUARY NEWS

Welcome To February. February is the shortest month of the year (even in leap years, when it has 29 days instead of 28), but we have filled our calendar with events to keep your hearts full. On Friday, February 5th, we will celebrate Go Red for Women. Please make sure to wear your red! We are celebrating Valentine's Day with a sweet treat drop-off and, February 15th kicks off Random Acts of Kindness week. February is also Black History Month. Waltonwood Assisted Living will have four showings at 1:30 pm on Mondays featuring four classic movies with African American actors. We would also like to welcome our January Move in's to Waltonwood Cherry Hill. We are happy to have you.

## 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 Carter  
Memory Care Life Enrichment Manager

Jasmine Montgomery  
Resident Care Manager

Laura Grabowski  
Wellness Coordinator

Charlie Harris  
Wellness Coordinator

Dawn Vernon  
Health Services Supervisor

FRIENDS & FAMILY REFERRAL PROGRAM!

## ASSOCIATE SPOTLIGHT

Associate of the Month:

Alyssa Garland, Life Enrichment Assistant

Alyssa has a lot of outstanding qualities. She is a breath of fresh air and a great addition to the Waltonwood family.



## January HIGHLIGHTS

15

Strawberry Ice Cream Day!

19

Winter Light-up Snow Mittens



20

Penguin Awareness Day

29

Wooden workshop: Home Sweet Home



## February Book of The Month: Small Great Things

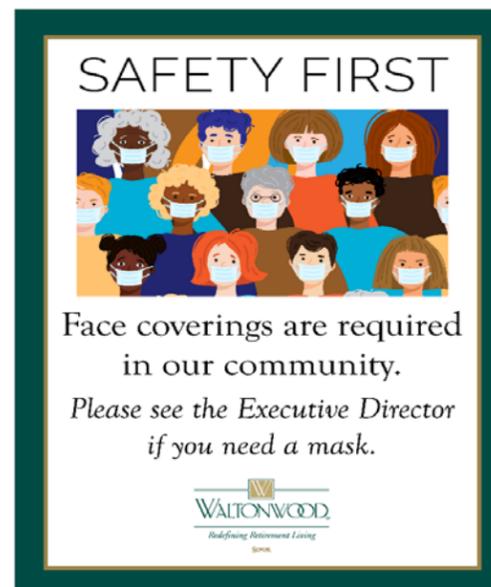
Novel by Jodi Picoult

Ruth Jefferson is a labor and delivery nurse at a Connecticut hospital with more than twenty years' experience. During her shift, Ruth begins a routine checkup on a newborn, only to be told a few minutes later that she's been reassigned to another patient. The parents are white supremacists and don't want Ruth, who is African American, to touch their child. The hospital complies with their request, but the next day, the baby goes into cardiac distress while Ruth is alone in the nursery. Does she obey orders or does she intervene?

Ruth hesitates before performing CPR and, as a result, is charged with a serious crime. Kennedy McQuarrie, a white public defender, takes her case but gives unexpected advice: Kennedy insists that mentioning race in the courtroom is not a winning strategy. Conflicted by Kennedy's counsel, Ruth tries to keep life as normal as possible for her family—especially her teenage son—as the case becomes a media sensation. As the trial moves forward, Ruth and Kennedy must gain each other's trust, and come to see that what they've been taught their whole lives about others—and themselves—might be wrong.

## REMINDER

Please continue to wear facial coverings in and outside of the community. Safety is key!



## EXECUTIVE DIRECTOR CORNER

Dear residents, families, and friends

Happy February! We are looking forward to the festivities that February will bring. Go Red For Women happening on Friday, February 5th. Wear red to raise awareness about cardiovascular disease in women. It would be nice for residents and associates to wear red. More info at website below. At this point we are entering into our second Covid Vaccination Clinic on February 16th. This is exciting and we are so happy to share that we have wonderful participation. Thank you for your patience while we continue to be creative as possible during the Coronavirus pandemic while ensuring safety. As a reminder weekly calls have been available for updates within the community, this is also an opportunity for me to hear from all of you. Most of you have shared how helpful the communication has been! We celebrate our success with offering good communication and updates for Waltonwood Cherry Hill. Please note that behind every mask our staff has a smile to brighten your day!

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](mailto:Tiffany.tucker@singhmail.com)

<https://www.goredforwomen.org/en/get-involved/give/wear-red-and-give>

## FOREVER FIT: HOW DO YOU FEEL?

- In a year that has dramatically changed every aspect of our daily lives, there's one thing that should never be ignored, your health. Many people have postponed and cancelled their typical checkups and appointments to limit their exposure to others and to the settings in which COVID-19 exposure may be at a higher risk. While being diligent about your safety is of the utmost important it is equally as important that you manage your health and keep up to date on your wellness checkups. Doctors office and hospitals follow the strictest protocols in order to keep their patients' and staffs' safety a top priority. Alternatives like virtual visits or telehealth options now offer you the opportunity to stay on top of your health and wellness all while minimizing the risks you're trying to avoid. So, this February as we join with the American Heart Association's Go Red for Women initiative and take some time to put your health first. Know your numbers, pay attention to how you feel and listen to your body because being proactive with our health is the best way to stay feeling our best for years to come.