



## Celebrating MC Resident Birthdays in February

- Jean K. 2/7

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!

## Fun February Facts

- Obviously, the most common February fact is that it is the shortest of all months, with 28 days and 29 days every 4 years.
- The most amazing fact about February lies in its odd original name. In Old English, February was called Solmonath (Mud month) or Kale-monath (Kale or cabbage month).
- The record says that February frequently occurs in lists of the most commonly misspelt words in the English language and also many people all over the world are not able to pronounce it properly.
- It is one of the biggest February fact that this is the only month that has no full moon. The word 'month' is originated from the "moon-th", describing one complete lunar cycle and the length of a month. The mean lunar month is said to be the average lunar month between new moons and is 29 days 12 hours 44 minutes with only 28 days, or, in a leap year, 29 days, the month of February is shorter than the lunar cycle.
- Julius Caesar's calendar was reformed in 45BC. Before this reformation of the calendar, February was the only month with an even number of days. As earlier all the months had 29 or 31 days.
- It is interesting to find that February, March and November are month twins! This means that these three months always start on the same day as the week unless February has a Leap Year. Also in Leap Years, February has a month twin of August.
- This is hard to find if any play mentions February in its content. Surprisingly Much Ado About Anything by Shakespeare is the only play that mentions February. This is not the case with other months of the year.

Thank you for practicing social distancing



# CHERRY HILL CONNECT

FEBRUARY 2021



42600 Cherry Hill, Canton, MI 48187  
[www.waltonwood.com](http://www.waltonwood.com) | 734-981-7100  
Facebook: /WaltonwoodCherryHill



## February NEWS

Away in a meadow all covered with snow  
The little groundhog looks for his shadow  
The clouds in the sky determine our fate  
If winter will leave us all early or late  
- Don Halley

## 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  
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

Associate of the Month:  
Alyssa Garland, Life Enrichment

Alyssa just recently joined the Life Enrichment team, and already she has proven to be a perfect fit! She has jumped right in and made her self invaluable to the team. The residents love spending time with her and she brings a great energy to the community.



*Please see the front desk concierge to nominate an associate you feel has been doing a wonderful job!*

# January HIGHLIGHTS

07

Today we played dominoes. Dominoes are a great way to have fun, relieve stress, and engage our minds.

13

Snowman day! Today we celebrated all things snowman with a craft and then with these cute and delicious cookies from our amazing culinary team.

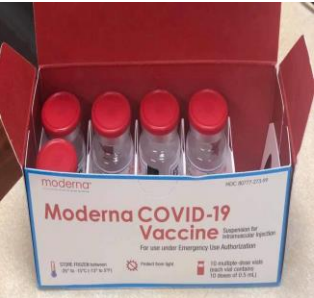


19

Today many of us received our first COVID-19 vaccine! We hope this helps us move forward to getting back to “normal”.

26

Today we painted our own version of stained glass. They were lots of fun and turned out beautiful!



# 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.

- 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 February! We are looking forward to the festivities that February will bring. 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)