



February Birthday's Residents

February 12th

Angie H.

February 28th

Bob A.

Staff

February 3rd

Stephanie B.

February 12th

Kathleen W.

**Wishing you
all a very
happy
birthday!**



WALTONWOOD
BAKERY



From our kitchen
to yours...

CARROT CAKE SQUARES

Ingredients for cake

- 2 spice cake mixes, plus ingredients on box
- 2 C carrots, grated
- 1 C walnuts, chopped

Ingredients for frosting

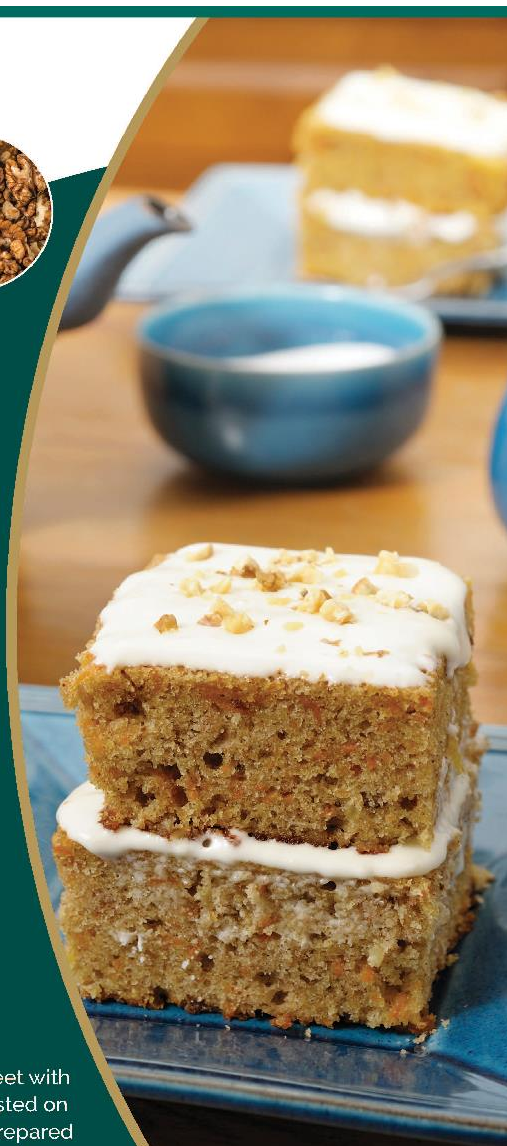
- 8 oz cream cheese, softened
- 3/4 C butter, softened
- 2 t vanilla extract
- 6 C confectioners' sugar
- 2 T milk
- garnish walnuts (optional)

Instructions

Preheat oven to 350°. Spray 16" x 21" x 1" baking sheet with non stick cooking spray. Combine ingredients as listed on cake mix box, add carrots and walnuts. Pour into prepared pan. Bake 28-30 minutes or until a toothpick inserted into the center comes out clean. Cool completely. For the frosting: cream together the cream cheese and butter until fluffy, about 2-3 minutes. Add vanilla and mix until combined. Add sugar, 1 cup at a time, with milk as needed to reach desired consistency. Cut into 35 squares. Spread or pipe on frosting and top with walnuts.



WALTONWOOD
Redefining Retirement Living
SINGH



ROYAL OAK CONNECT FEBRUARY 2021



National Holidays in February

February 1st - National Dark Chocolate Day

February 3rd - National Carrot Cake Day

February 5th - National Wear Red Day

February 7th - Super Bowl Sunday

February 9th - National Pizza Day

February 12th - Chinese New Year

February 14th - Valentine's Day

February 15th - President's Day

February 16th - Mardi Gras

February 19th - National Chocolate Mint Day

February 20th - National Muffin Day

February 22nd - National Margarita Day

February 25th - National Chili Day



WALTONWOOD
ROYAL OAK
Redefining Retirement Living
SINGH

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COMMUNITY MANAGEMENT

Fatou Ceesay
Executive Director

Michelle Hasberry
Business Office Manager

Shondra Pritchett, LPN Resident
Care Manager

Tonicka Benefield
Wellness Coordinator

Tyler Graham
Dining Room Supervisor

Derek Hill
Environmental Service Manager

Kathleen Whitehead
Housekeeping and Laundry

Lea Caruso, CTRS
Life Enrichment Manager

Kathleen Carleton
Life Enrichment Assistant

Mary Ann Sherman
Bus Driver

Andrea Batten
Marketing Manager



\$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

Our associate spotlight for this month is Marilyn Boytim, one of our fabulous concierge!

My name is Marilyn Boytim and I have been at Waltonwood Royal Oak for three years as a concierge! I love interacting with all you residents and enjoy getting to know your families. When I am not at work, I enjoy doing my new hobby of diamond art!

Congrats Marilyn!



JANUARY HIGHLIGHTS

13



Snowman day!
We made tie pillows!

15



Our community
received our first
dose of the
COVID vaccine!

20



Please welcome
our new marketing
manager, Andrea!

26

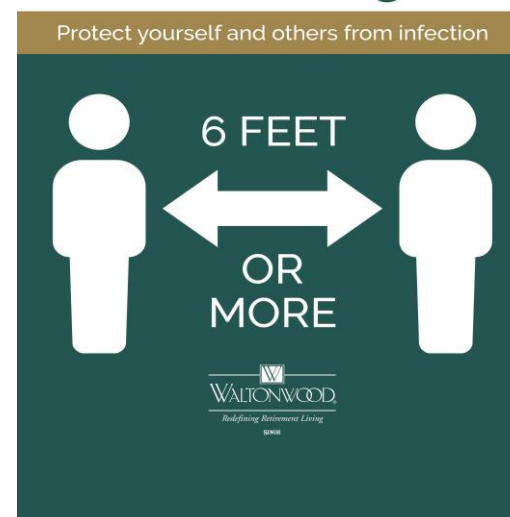


Celebrating our
wonderful Life
Enrichment team!

FOREVER FIT: DON'T WAIT

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 canceled 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 Grabowski** | *Forever Fit Manager*

Thank you for
practicing social
distancing



TRANSPORTATION UPDATE

We are now taking bus reservations to go to medically necessary doctor's appointments! Mary Ann, our driver, is available to take resident's to appointments Monday - Friday from 9 am to 3 pm! Please make all bus reservations at the front desk.

We are also taking residents on 30-minute Joy Rides!

Please see Lea or Mary Ann for more information.

FEBRUARY THEME DAYS

05

Wear Red Day

Friday, February 5th

Join us in wearing Red for National Heart Health month!

12

Pink out for

Valentine's Day

Friday, February 12th

Put on your Pink to celebrate Valentine's Day!



19

Chocolate Lover's Day

Friday, February 19th

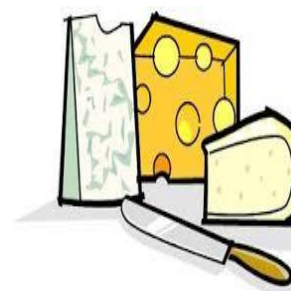
Join us for a day full of chocolate!

26

Cheese Lover's Day

Friday, February 26th

Join us for a day full of cheese!



EXECUTIVE DIRECTOR CORNER

Thank you to all those who participated in the COVID vaccine clinic. I am urging those of you that are still undecided to discuss your concerns/questions with your physician. As we forge forward in this new year, I would like to take a moment and acknowledge your resilience and patience during this pandemic. We have placed extreme measures to keep you all safe during these unprecedented times. With vaccinations underway, sooner rather than later, we can all reunite with our families and get back to normalcy. On a different note, we are working extremely hard to grow our family here at Waltonwood Royal Oak. YOU can help us by leaving a review on Google or our Waltonwood Royal Oak Facebook page. We are excited to see what 2021 brings and cannot wait to celebrate all of you along the way!

Fatou Ceesay | *Executive Director*