

#### Celebrating IL **Resident Birthdays** in May 5/1 Paul J 5/2 Lenore D. Barbara Y. 5/5 Mildred R. 5/10 Rita R. 5/12 Joyce C. 5/14 Lou B. 5/17 Marilyn G. 5/31

### **TRANSPORTATION**

Waltonwood Cherry Hill continues to offer transportation, by advance request only, to medical appointments, banks, pharmacies, barber & beauty shops and the grocery store. Transportation requests must be received a minimum of 48 hours in advance. Transportation is available on Mondays, Wednesdays and Fridays from 8:00am to 4:00pm. Transportation to Meijer is available on Wednesdays at 10:00am to 11:00am-please sign up at the Post Office. Transportation shuttle to St. Thomas a'Becket is on Sundays at 9:20am-sign up at the Post Office.

To make a transportation request, please see the IL concierge. Transportation requests will be granted on a first come, first served basis. You will be notified if your transportation request can be accomodated the following business day by the driver.

Transportation is complimentary for a ten mile radius. A \$2.00 per mile charge over 20 miles round trip will be applied on your next billing statement.



#### \$3,500 RESIDENT REFERRAL BONUS

FRIENDS & FAMILY REFERRAL PROGRAM

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 Renee, our Marketing Manager, for details!

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# CHERRY HILL CONNECT

MAY 2021

Learning is a treasure that will follow it's owner everywhere.

- Chinese Proverb



# WELCOME TO WALTONWOOD

We have some wonderful activities and events this month: May 1<sup>st</sup> Lei Day, Hibiscus Painting for Mother's Day, Master Courses, Hawaiian Open Putting Competition, Zumba Gold and Hula for Health Dance Fitness Classes, Spirit of Aloha Hawaiian Dance Performance, Godaiko Drumming, Musical Guest Hilo Greg and more....And our residents' group clubs will resume, too. Complete your group interest survey so we can begin to plan for your group meet ups. There are more opportunities in May for learning, to get healthy, and to have fun







Redefining Retirement Living CINCE

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### COMMUNITY MANAGEMENT

**Tiffiany 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** 

Independent Living Manager

Melanee Hirvela 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

#### ASSOCIATE SPOTLIGHT

Independent Living Associate of the Month: Kate Matson, Culinary

Kate, your peers describe you as an "All Around TP". TP for Team Player. We appreciate your dedication to the residents and we appreciate your great intuition for knowing what they like. They love your omlettes!

THANK YOU, KATE!

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



## FOREVER FIT:

# Mark Your Calendar

For the past 28 years the final Wednesday of May marks National Senior Health and Fitness Day. This annual event works to promote the importance of regular physical activity and exercise while highlighting the many health and fitness opportunities within your community. From fitness assessments to exercise classes and blood pressure screenings to informative talks on key health issues facing seniors, National Senior Health and Fitness Day is the perfect catalyst to refresh or jumpstart your fitness routine. Being active is essential at any age and it's never too late to try something new. By adding as little as 30-minutes of daily exercise you can dramatically improve the way to move and feel plus stave off chronic health conditions like heart disease and diabetes. So, mark your calendars, and on Wednesday May 26<sup>th</sup> join with more than 100,000 other seniors across the country as we some together to celebrate National Senior Health and Fitness Day.



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

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Redefining Retirement Living

#### LIFE ENRICHMENT CONNECT

I've had a wonderful time planning activities and events for the month of May. The best part of my first few weeks, as your new Life Enrichment Manager, is having the opportunity to meet many of you. Thank you for sharing your interests and ideas. I look forward to working with you individually and in your groups to plan more enriching activities and events. Here are just a few highlights. -Melanee Hirvela, Email: melanee.hirvela@singhmail.com

- May 5<sup>th</sup> Hula for Health Begins Sign up!
- May 7<sup>th</sup> ZUMBA Gold Dance Sign up!
- May 9<sup>th</sup> Mother's Day Luncheon
- May 12<sup>th</sup> International Nurses Day
- May 15<sup>th</sup> Godaiko Drummers Taiko Drumming- Live Entertainment
- Performance-Let us take you to the islands!
- May 26<sup>th</sup> Health Day
- May 27<sup>th</sup> Hilo Greg on Ukulele-Live Performance
- May 28<sup>th</sup> Planting Day at the couryards
- May 31<sup>st</sup> Memorial Day "Let's Honor our Veterans"

# **EXECUTIVE DIRECTOR CORNER**

May has arrived! May flowers...

We are looking forward to this fun filled season and all it brings. This season we will be able to plant and enjoy walks outdoors and so much more. Again we are pleased to announce the opening of the West door! Please be sure to continue to check in and out throught accushield. We invite you to see our activities calendar for additional information planned for this month. We now have monthly Town Meetings scheduled that will provide community updates for all of you, so happy that we can now meet face to face safely during Covid. The bi weekly calls will also continue at this time and have been available within the community as well, this is also an opportunity for me to hear from all of you. As always we value your input and suggestions.

It's pleasure to be of service and please feel free to contact me with any questions that you may have at Tiffiany.tucker@singhmail.com.

Chris, Senior Fitness Instructor

• May 21th Spirit of Aloha Show - Dances of Hawaii, Tahiti, and New Zealand-Live