



# GARDEN CLUB

Please join us as we plant and harvest flowers and vegetables throughout the summer!



## Happy Birthday to Our Residents & Associates Celebrating in June!

- 3<sup>rd</sup> Tashila
- 8<sup>th</sup> Kay C.
- 14<sup>th</sup> Deidre W.
- 15<sup>th</sup> Kelli R.
- 23<sup>rd</sup> Mary F.
- 29<sup>th</sup> Agnes L.



## \$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!

# ROYAL OAK CONNECT

JUNE 2021



## ROYAL OAK'S FAMILY IS GROWING

Hello June! Have you enjoyed the spring weather on our patio? Flowers are blooming! We also held our Senior Health and Fitness day with our Forever Fit Coordinator, Katie, on the patio in May! Please join our many social, art and horticulture programs outdoors.

As summer arrives this month, so does our new Culinary Service Manager Chef Jacob and Life Enrichment Manager Donyel! We look forward to welcoming them into our Royal Oak family.

As a reminder, Mary Ann is available to transport residents to appointments Monday- Friday. Additionally, Mary Ann is available to transport you to the grocery store, bank, salon or a joy ride. Please make a reservation at the front desk.

## COMMUNITY MANAGEMENT

- Fatou Ceesay  
Executive Director
- Michelle Hasberry  
Business Office Manager
- Jacob Chamberlain  
Culinary Services Manager
- Derek Hill  
Environmental Services  
Manager
- Donyel Snead  
Life Enrichment Manager
- Andrea Batten  
Marketing Manager
- Christina Owens  
Resident Care Manager
- Tonicka Benefield  
Wellness Coordinator



# ASSOCIATE OF THE MONTH: CORA

I am currently attending Brigham Young University in Utah, majoring in Communication Disorders. I plan to pursue a Master's degree and a license in Speech Language Pathology. I have a passion for piano, vocal music, music theory, theater, and deep conversations. I also enjoy spending quality time with my family, doing large projects, and serving in church assignments. I am grateful for the chance to serve the residents at Waltonwood and get to know them and their strengths, passions, and stories.



# Special Days in June

FLAG DAY IS JUNE 14<sup>th</sup>

JUNETEENTH IS JUNE 19<sup>th</sup>

FATHER'S DAY IS JUNE 20<sup>th</sup>

WALTONWOOD BISTRO

From our kitchen to yours...

## CHEESESTEAK SANDWICH

**Sandwich Ingredients**

- 2 lbs beef (chuck roast, partially frozen)
- 2 green bell peppers
- 2 onions
- 6 Hoagie rolls
- 9 slices provolone cheese

**Steak Marinade Ingredients**

- 1/2 T baking soda
- 1 1/2 T vinegar
- 2 T sugar
- 1 T garlic salt
- 1/2 T onion powder
- 2 t black pepper
- 1 t salt
- 2 c water
- 2 t Worcestershire sauce

**Instructions**

Thinly shave partially frozen beef, using a mandoline. Add the beef marinade to shavings and let sit for 20 minutes. Meanwhile, slice the onions and peppers with a mandoline. Sear in 3 T of oil until charred for 3 minutes. Remove and place the pan back on the burner. Drain the beef from the marinade and cook in 3 T of oil over high heat until browned (10-15 minutes.) Cut and thinly spread mayo on each half of the hoagie rolls, then place opened into the oven and broil high for 3 minutes. Add the steak, peppers, and cheese and broil for 2 more minutes until cheese melts.

Waltonwood  
Redefining Retirement Living



FAMILY

## The Waltonwood Experience

Feeling Valued  
Anticipating Needs  
Make Their Day Memorable  
Integrity  
Laughter  
Yes Mentality



# WARM WEATHER

As the temperatures start to rise staying hydrated plays a vital role in maintaining our health and wellness throughout the summer months. As we age the water content in our bodies naturally decreases, our sensation of thirst diminishes and the side effects certain medications can greatly increase the risk for serious dehydration in seniors. By making just a few small changes to our daily routine you can greatly improve our chances to stay healthy and fit in the months to come. Keep these simple tips in mind as you enjoy the warm weather ahead.

- Making sure there's always fluids nearby to drink throughout the day. By the time you feel thirsty is usually too late, drinking small amounts regularly will help to ensure sustained balanced hydration.
- Water does have to be your only source of fluids. Fruits and vegetables like watermelon and cucumbers also offer a healthy dose of hydration.
- As heat and humidity rise avoiding strenuous outdoor activities during the peak hours of the afternoon. By dressing properly for the elements and finding shaded areas to provide an extra level of protection you can help minimize the unwanted effects from the heat of the sun.

# EXECUTIVE DIRECTOR CORNER

I want to thank all those that attended and participated in the Senior health and fitness activities last month, maintaining a well balanced physical and mental lifestyle helps improve immune and digestive functioning, better blood pressure and bone density, and a lower risk of Alzheimer's disease, diabetes, obesity, heart disease, osteoporosis, and certain cancers. Enhance your mobility, flexibility, and balance. Thanks to Katie and Kevin for bringing the fun and delicious smoothie.

To our Waltonwood Dad's, we cannot wait to celebrate you on Father's Day! Please join us on the porch June 16<sup>th</sup> for a barbeque and lots of entertainment. Join us later in the medica room to watch the game between our beloved Detroit Tigers and Kansas City Royals.

Fatou Ceesay, Executive Director