



**JULY**  
**Birthday's**  
**Residents**

7<sup>th</sup> *Evvy C.*

20<sup>th</sup> *Jule J.*

**Staff**

1<sup>th</sup> *Carol S.*

14<sup>th</sup> *Mary S.*

17<sup>th</sup> *Pemina S.*

24<sup>th</sup> *Kristina B.*

**Happy**  
**Birthday**

FAMILY  
**The Waltonwood**  
**Experience**

Feeling Valued  
Anticipating Needs  
Make Their Day Memorable

Integrity  
Laughter  
Yes Mentality



# ROYAL OAK CONNECT

## JULY 2021



### **Fire Up July**

*This month is the perfect time to build relationships, connect with old friends, and make new friends. Enjoy a popsicle or a glass of lemonade in the garden as we revel in the summer heat with covid restrictions eased. Reach out, speak up and enjoy the summer!!*



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### COMMUNITY MANAGEMENT

Fatou Ceesay  
Executive Director

Michelle Hasberry  
Business Office Manager

Tyler Graham  
Dining Room Supervisor

Derek Hill  
Environmental Service Manager

Kathleen Whitehead  
Housekeeping and Laundry

Donyel Snead  
Life Enrichment Manager

Christina Owens  
Resident Care Manager

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

*Velma Miller has done it again!! Hard work and dedication has landed Velma in the spotlight as the associate of the month!*

Velma has been working at Waltonwood Royal Oak for over 10 years. Her housekeeping position is where she continues to go above and beyond for the residents. When Velma isn't working you can find her shopping or enjoying her favorite movie, Coming to America. When you see Velma in the hall give her a "Whoop Whoop", and let her know that she's loved and appreciated.



**John and Derek  
keeping it dapper  
In their Father's Day neckties**



## TRANSPORTATION UPDATE

The Waltonwood bus is available for reservations to go to medically necessary doctor's appointments & essential errands (grocery store, banks, salons)! Mary Ann is available to take residents to appointments Monday - Friday from 9 am to 3 pm! Please make all bus reservations at the front desk.

**Please see Donyel or Mary Ann for more information.**

## JUNE HIGHLIGHTS

**09**



**Grace in jewelry making class**

**19**



**Margaret and Yvonne enjoying the Juneteenth Celebration**

**20**



**Archie loved his Father's Day gift bag.**

**23**



**Thelma enjoying the summer heat**

## JULY SPECIAL DAYS

**02**

**Early 4<sup>th</sup> of July Celebration!**

We will be celebrating the 4<sup>th</sup> of July together

**14**

**Picnic in the Park!  
July 14th**

Join us for a summer picnic and outside fun!

**23**

**Summer Olympics Day!**

**July 23rd**

Participate in the Waltonwood summer games!

**30**

**Funny Money Auction Day!**

**July 30th**

Time to spend all of the funny money that you've earned!



## FOREVER FIT: A FRESH START

*A great exercise plan starts with a great foundation and a commitment to wanting to improve how we move and how we feel. The past 15+ months however have taught us that the world around us often has other plans, directly impacting the consistency and success of even the best designed fitness routine. A lack of consistency coupled with countless stressors have changed the way even the most dedicated individual approached exercise. Putting it simply, "life gets in the way" and that's ok, the good news is that it's never too late to hit the reset button and get a fresh start on your exercise journey. As we slowly return to normal, now's the perfect time to reassess your current fitness level and determine what can help you become your healthiest self.*

## EXECUTIVE DIRECTOR CORNER

Summer has arrived!! The 4<sup>th</sup> of July is an annual celebration to commemorate the passage of the Declaration of Independence. Families celebrate this holiday by enjoying carnivals, fairs, parades, and fireworks. We can come together and remember famous political speeches and family cookouts.

I personally am excited and looking forward to having a good time and making new memorable memories with you all this summer!!

**Fatou Ceesay | Executive Director**