



RESIDENT BIRTHDAYS

Helen McGill 7/1

Leland Maschmeyer 7/5

Bea Schwedler 7/10

Please Join Us for Our
July Birthday Celebration

On Thursday, July 1 at
3pm.

We'll be Having Cupcakes
and Ice Cream Sundaes.

COOKING DEMONSTRATIONS

06 National Chocolate Day-
Making Brownies at 1:30pm

13 Tabouli from Our
Garden 2pm

19 Cabrese Salad from Our
Garden at 3pm

26 Fresh Blueberry and Lemon
Bars at 3pm

COMMUNITY COMMUNICATION



We had the best time celebrating our win as **“Best of Detroit Assisted Living and Retirement Communities.”** The residents loved the food, music and of course the ice cream! It was so much fun in the photo booth huddling together to take this picture. The weather didn’t quite cooperate, but in a way it made it feel like we are back to being one big, happy community.

TWELVE OAKS CONNECT

JULY 2021



Redefining Retirement Living

SINGH

27475 Huron Circle, Novi, MI 48377

www.waltonwood.com | 248-735-1030

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UPCOMING EVENT HIGHLIGHT

“May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right.” Peter Marshall

I can’t believe that it’s already July, where has half of the year gone? We have been moving into the light and possibilities of a much brighter future and that’s so exciting. June has been very rainy, but with that our courtyard is blossoming with flowers, vegetables and a sensory herb garden. We encourage the residents to wander around the patio and enjoy the sensory delights that it brings. We will be using the parsley to make tabouli and the tomatoes and basil to make Cabrese Salad this month.

We will kick things off with our July Birthday Celebration on 7/1. We have Helen, Leland and Bea’s birthday to celebrate. Next we will have our 4th of July celebration with a parade, entertainment, a patriotic sing along, trivia and a red, white and blue treat. Men’s Club will be at noon on 7/13 in the AL Activity Room. We will be virtually visiting and exploring our National Parks on 7/16, enjoying getting glammed up for National Gorgeous Grandma Day on 7/23, and have some friendly competition for the MC Olympics on Friday 7/30.

COMMUNITY MANAGEMENT

Gina Steigerwald
Executive Director

Deanna Hite
Business Office Manager

Roger Pitts
Environmental Services
Manager

Arthur Woods
Culinary Service Manager

Alyssa “Lee” Tobias
Independent Living
Manager

Alecia Greenebrg
Life Enrichment Manager

Heather Laskos
Marketing Manager

Binita Patel
Resident Care Manager

Courtney Miller
Wellness Coordinator

Ashley Hecksel
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!

July 2021

ASSOCIATE SPOTLIGHT-CHRIS POLASKY

Chris Polasky is a hardworking, reliable and always helpful member of our Culinary Team. He has worked at WTO a little over 4 years. His mom taught him how to cook when he was 10 years old and he has been perfecting his skills ever since. Chris attended Schoolcraft College for 2 years and then he transferred to OCC and earned a Bachelor of Science Degree in Associated Sciences and his Associates Degree in Culinary. He really enjoyed going to school and said that it was great experience.

Chris grew up in Livonia and went to Livonia Stevenson. He has an older brother Alan and an older sister Andrea. He currently lives in Novi, with his guinea pig Mocha. When Chris isn't working, he enjoys experimenting with his culinary skills and coming up with new recipes. You may also see him on one of his YouTube cooking videos. Chris also enjoys hanging out with friends and family and playing video games. An interesting fact about Chris is that he is very interested in learning about and fixing classic cars. His dad has a few and it's a hobby that they can do together. It'll be amazing to watch Chris grow in his role as a cook at WTO and have him work with us for many more years.



JUNE HIGHLIGHTS

4 June Birthday

Celebration. We had a wonderful time celebrating Theresa and Pat with cupcakes, ice cream and special memories.

15 Men's Club.

It was great to introduce our new resident Jim to the other guys. They enjoyed pizza and conversation. They also had time to express what they would like to do in the future.

8 Green Hat Ladies

Go to Red Lobster. Yay we had our first outing for lunch with the community of Green Hat Ladies to celebrate World Ocean Day.

20 Father's Day.

It was a wonderful surprise for our dads to see what special things their children had to say about them. They also enjoyed their candy and root beer floats.



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 approaches 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 changes can help you return to your strongest, healthiest self. While many of us are ready to reestablish our exercise routine, many of us don't quite know where to begin. By taking some time to meet with our fitness team whether for just a few quick questions or a full assessment we can help identify your strengths, pinpoint your weaknesses and create an accurate picture of your current fitness level to better help you start your fitness journey on the right foot. This summer commit to movement and let our fitness team help you reclaim the health and fitness that lets you feel your very best.

TRANSPORTATION INFORMATION

We are excited to announce that we have been given the green light for more residents to join us on our Bus Outings. We are so excited be able to go out and enjoy nature and the beautiful Summer weather.

- Wednesday, July 7: Walled Lake to Feed the Ducks at 10:30 a.m.
- Wednesday July 14: Kensington for a Picnic Lunch and to Explore at 11:00 a.m.
- Wednesday, July 21: Lunch to Leo's Coney Island to Celebrate National Hot Dog Day at noon
- Wednesday July 28: Green Hat Outing to Guernsey's for National Chocolate Milk Shake Day at 1:30pm

JULY SPECIAL EVENTS

02-04 4th of July

celebrations. Come join us as we celebrate our independence with parades, live music, patriotic sing alings, trivia and special treats.

23 National

Gorgeous Grandma Day. Our lovely ladies will get all glammed up and we will take pictures and make them feel as special as they are.

16 Exploring our

National Parks. Let's take a virtual tour of our 25 Best National Parks. We will go on our own National Park Adventure and talk about the parks we have visited.

30 MC Olympic

Games. Get ready for some friendly competition as we play frisbee, balloon volley, fishing and ring toss. We will have a awards ceremony at the end.



EXECUTIVE DIRECTOR CORNER

Summer is in full swing here at the community and we kicked it off with a great celebration in June and many more fun events planned. Each month brings a new set of challenges but with the ongoing support of residents, families and staff, we continue to overcome any obstacle in our path. We've added several new faces to the team and hope to add more soon. If you know of anyone interested in joining our team, please contact the front desk. The future is bright at Twelve Oaks.

Gina Steigerwald CALP CDP Executive Director