



RESIDENT BIRTHDAYS

Ray F.	10/1
Bruce R.	10/1
John K.	10/1
Bill A.	10/5
Betty F.	10/5
Gilbert S.	10/6
Archie D.	10/7
Peggy H.	10/10
Nina R.	10/14
Norma S.	10/15
Sandra Pl.	10/18
Kenneth C.	10/18
Sandra Po.	10/20
Laura C.	10/20
Mary T.	10/21
James G.	10/22
Marcy B.	10/22



Why join the Gardening Club?

Gardening is Beneficial for Seniors – From the Better Health Channel

- is an enjoyable form of exercise
- increases levels of physical activity and helps mobility and flexibility
- encourages use of all motor skills
- improves endurance and strength
- helps prevent diseases like osteoporosis
- reduces stress levels and promotes relaxation
- provides stimulation and interest in nature and the outdoors
- improves wellbeing as a result of social interaction
- can provide nutritious, home-grown produce.

Come join your Gardening Club as they plan and prepare for the Butterfly Gardens in our courtyards. We'll need more helping hands to make this special project come to life. We'll meet Fridays at 12:30PM every other week. Please sign up in Post Office binder. We're meeting this Friday in the Activity Room. See you then!

\$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!

CHERRY HILL CONNECT

OCTOBER 2021

"There is something so special in the early leaves drifting from the trees—as if we are all to be allowed a chance to peel, to refresh, to start again."— Ruth Ahmed



UPCOMING EVENT HIGHLIGHTS

October is here and changes in colors have already started. We've planned a few outdoor events so you can enjoy this beautiful season. I also just want to welcome more new residents! I am so happy to have you be part of our community and I look forward to getting to know you more. Maranda, your Life Enrichment Assistant, and I are here to help you. We hope you can attend our Meet & Greet Events in our Activity Room. We want to learn about your interests as we continue to plan for future activities. You have many wonderful neighbors and staff, as you may have discovered already, who are here to help you as well. Let's continue to help each other and have fun, everyone! melanee.hirvela@singhmail.com

Wednesday, October 6th – Matthaei Botanical Gardens & Nichols

Arboretum Wednesday, October 13th – Plymouth Orchards & Cider Mill

Monday, October 25th – Greek Town Casino

Please sign up for all events in our Post Office binder.



Redefining Retirement Living

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Assisted Living Front Desk 734-981-5070
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COMMUNITY MANAGEMENT

Tiffany Tucker
Executive Director

Jacqueline Scheuer
Business Office Manager

Kara Triplett
Culinary Services Manager

Andrew Raudszus
Environmental Services
Manager

Krystal Sidibe
Independent Living Manager

Melanee Hirvela
Independent Living
Life Enrichment Manager

Brittany Neal
Assisted Living
Life Enrichment Manager

Mary Reifert
Memory Care
Life Enrichment Manager

Renee Ralsky
Marketing Manager

Jasmine Montgomery
Resident Care Manager

Edward Sloss
Wellness Coordinator

Dawn Vernon
Housekeeping Supervisor

ASSOCIATE SPOTLIGHT

Independent Living Associate of the Month

Brooke, IL Receptionist

Brooke has a positive attitude and is a very hard worker. Everyone agrees that she is an asset in our community. She helps wherever she is needed. She always goes the extra mile on the job. If you see Brooke during the early hours, please let her know how much she is appreciated by her co-workers and residents.



SEPTEMBER HIGHLIGHTS

12

We celebrated Granparents' Day & the beginning of Assisted Living Week with carnival games and live entertainment.

19

We started our official Bowling League competition with other Waltonwood Communities. Let's cheer on the Cherry Chicks & Dudes & Chick Bowling Teams.

18

Assisted Living Week involved daily dress up themes and fun activities. Disney Day was one of them. We enjoyed Guessing Disney Characters and Kona Shaved Ice.



27

"Let's Go Tigers!" It was a perfect day for baseball. It was an exciting game against the White Sox and we were there to cheer them on.



FOREVER FIT: Building Better Bones

While many of us exercise to keep strong and healthy muscles, the benefits our bones get are just as important. Weight bearing exercises, or those movements in which our body works against the forces of gravity, and resistance training both work to increase bone density and improve overall bone health. As bones weaken with age the need to combat the decline becomes more essential. A regular exercise program that includes activities like walking, hiking, and strength training are the perfect formula for better bones at any age.

Chris, Senior Fitness Instructor

TRANSPORTATION INFORMATION

Transportation requests for personal needs must be received a minimum of 48 hours in advance. See IL concierge. See this month's calendar for scheduled group outings. Please see details in sign up binder for fee and other information.



Save these dates:

- Monday, October 4th 12:30pm - **Food Service Meeting**
- Tuesday, October 5th 11:00am – **New Residents Tea Time**
- Monday, October 18th - **Flu Vaccine Clinic** – more details to come for your scheduled time.
All events will take place in IL Dining Room.



OCTOBER SPECIAL EVENTS

1

Jerry Perrine "Old Time Piano" back by popular requests by residents.

22

Our country style day will begin with a visit from farm animals followed by a Hoe Down with Corn Potato String Band. Dressed in western or country attire.

28

Beer Fest Oktoberfest Style with Beer Tasting, Pretzels & Live Entertainment.

29

Walk for Alzheimer's here at Waltonwood and Halloween Celebration with games & activities: costume contest, best October door decorating awards, and more



EXECUTIVE DIRECTOR CORNER

Happy Fall! October has arrived. More fun is on the horizon. We are looking forward to all of our fall festivities that we have planned. This is exciting and we are so happy to share that we continue to have wonderful participation and activities.

As a reminder we encourage wearing mask and remaining socially distanced. Our flu clinic will be held on October 18th from 9am to 4pm. More details to follow.

As always, I'm available for updates within our community. And thank you for donating to our School Supply Drive and much appreciated for your support.

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