



OCTOBER BIRTHDAYS

10-1 Lillian

10-5 Phil

10-14 Glenn

10-16 Des

10-25 Ron

10-26 Decky

Join us on
October 7th 3:00pm
for our birthday
celebration

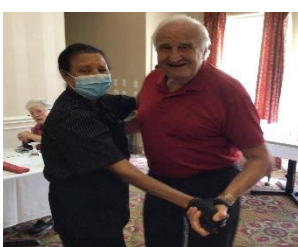
All are Welcome

September Memories

GRANDPARENTS' DAY



OKTOBERFEST



FRIENDS & FAMILY REFERRAL PROGRAM!

\$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!

TWELVE OAKS CONNECT

OCTOBER 2021



SINGH

27495 Huron Circle, Novi, MI 48377
www.waltonwood.com | 248-735-1030
Facebook: /WaltonwoodTwelveOaks



"I'm so glad I live in a world where there are Octobers."

LM Montgomery – Anne of Green Gables

Autumn is that wonderful time of year that greets us to the warm smell of apples baking, the sounds of leaves crunching beneath our feet, fans cheering on their favorite football team and cozy evenings around a fire, sipping hot cider and enjoying warm donuts. Well, our community will enjoy all of this and so much more this month.

We kick off this month, though, with **Active Aging Week** where we will have a daily focus on how WTO's community keeps our residents active and healthy. This year we will focus on the Benefit of Singing, *which will kick off our Fall Choir practice*, Brain Games, Stretching & Exercise, Spiritual Wellness and Healthy Food Choices.

Halloween, of course, will be a focus on the latter part of this month with a variety of opportunities to get in the "spirit." We will have Arts & Crafts, "To Cute to Spook" fun and games, G-H-O-S-T Bingo, Ed Programming to discuss the History of Halloween, a "not-so-scary" themed movie, tasty Treats that won't require Tricks and of course a Costume & Door Decorating Contest.

So, even though the fall days are getting shorter, they are action packed with something for everyone!

COMMUNITY MANAGEMENT

Gina Steigerwald Conway
Executive Director

Deanna Hite
Business Office Manager

Roger Pitts
Environmental Services
Manager

Arthur Woods
Culinary Services Manager

Alyssa "Lee" Tobias
Independent Living Manager

Stefanie Roland
Life Enrichment Manager

Heather Laskos
Marketing Manager

Ashley Hecksel
Marketing Manager

Binita Patel
Resident Care Manager

Courtney Miller
Wellness Coordinator

Ricardo Brooks
Wellness Coordinator

ASSOCIATE SPOTLIGHT- COURTNEY MILLER

Courtney Miller is our wonderful second floor Wellness Coordinator who has been working with us since April. She grew up in Romeo on a working farm with cows, horses and the meanest rooster ever! This is where she learned to ride horses in western style. She has 2 older sisters and a younger brother.

Courtney started College at Macomb Community College and then transferred to Baker College. She started with an interest in nursing and then decided to become a CNA that specializes in brain injuries. She has been in healthcare for 17 years and started off as a caregiver to her grandparents and neighbors. She realized at that point that she was good at caring for people and had a passion for it.

When she has free time she enjoys bowling and spending time with her 11 year old dog, Little. She also loves to draw and paint.

Courtney has a very bright future in resident care at WTO unless Life Enrichment can entice her away 😊



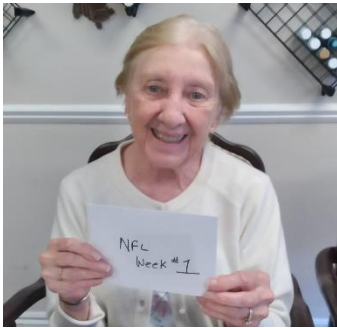
SEPTEMBER HIGHLIGHTS

9

We started football season with the **NFL Kick Off** and have been continuing the excitement with our *weekly NFL pool*. Congrats to all our winners!

13-17

Assisted Living Week was a great week to let the associates know how much they are appreciated. Everyone enjoyed the fun!



17

Oktoberfest Celebration is always a great time with Helmut setting the mood with the music to get up and Polka!

22

A wonderful luncheon was had for our 4 Waltonwood residents who met the criteria for **Centerarian!**



FOREVER FIT – Building Better Bones!

While many of us exercise to keep strong, 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 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.

TRANSPORTATION INFORMATION

If you are interested in joining us for an outing, please reserve your seat with the Life Enrichment Team

TRANSPORTATION IS AVAILABLE ON **THURSDAY** FOR DOCTOR APPOINTMENTS.

- **October 5** **Walk in the Woods – Maybury Park**
- **October 5** **Luncheon: Buddy’s Pizza**
- **October 12:** **Kroger grocery shopping**
- **October 12** **Parmenter’s Cider & Donuts/Northville Skeleton Hunt**
- **October 19** **Walk in the Woods – Maybury Park**
- **October 19** **Fall Color Drive**
- **October 26** **Walk in the Woods – Maybury Park**
- **October 26** **Luncheon: Olive Garden**

OCTOBER SPECIAL EVENTS

4-8

Active Aging Week will include daily educational and hands on programing to help you stay active and healthy!

20

Mens’ Club Luncheon this month includes a **Show & Tell** from our Independent Resident Gus’ Dombrowski who will share his *Historical Medal Detection Treasures*.

27

Stop by the “tasting station” to vote for your favorite “beer” on **National Beer Day!** .

28

“To Cute to Spook” Halloween fun and Costume and Door Decorating Contest!



EXECUTIVE DIRECTOR CORNER – Gina Steigerwald Conway, CALD, CDP

FLU Season is now upon us and we are actively preparing for our upcoming community flu vaccine clinic on OCTOBER 15th. The team has been diligently assisting residents and families to complete the newly electronic version of the consent forms. This change has certainly presented some unique challenges but we appreciate the support from everyone with this new format. In effort to help keep residents safe, all flu vaccinations will be administered in the residents’ apartments. While it’s not a requirement, we strongly encourage all residents to receive the flu vaccination if it is medically safe to do so! We saw a dramatic drop in flu cases in the communiyt last year, and we hope to see that same result this upcoming season.

We still do not have any information about a COVID vaccine booster shot clinic, however we are looking into this and hope to know more soon.