

## October Birthdays

Celebrating  
Birthday's in

October

Ruth H 10/4

Rose S 10/7

Louise B 10/13

Doris D 10/15

Ray R 10/17

Donald Mc 10/19

Elizabeth S 10/25

Frank C 10/28

Marian P 10/29

October 4th  
Birthday Celebration  
Wishing you a very

Happy Birthday!

Happy 100th Birthday  
Louise



## TWELVE OAKS CONNECT

OCTOBER 2021



Centenarian Day Jackpot BINGO Wine with Friends



Last year Resident

Halloween Costume Contest Winner



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## COMMUNITY MANAGEMENT

Executive Director  
Gina Steigerwald Conway

Deanna Hite  
Business Office Manager

Arthur Woods  
Culinary Services Manager

Alyssa Tobias  
Independent Living Manager

Monique Furniss  
Life Enrichment Manager

Roger Pitts  
Environmental Services  
Manager

Heather Lasko  
Marketing Manager

Ashley Hecksel  
Marketing Manager

Binita Patel  
Resident Care Manager

Courtney Miller  
Wellness Coordinator

\$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!



**Courtney Miller** is our wonderful second floor Wellness Coordinator. She grew up in Romeo on a working farm with cows, horses and the meanest rooster ever! At one point they had many horses on their farm. Courtney learned to ride the horses in western style. She has 2 older sisters and a younger brother.

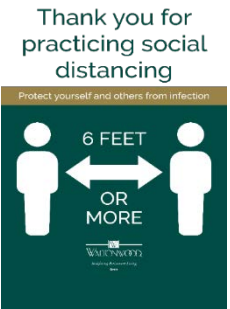
Courtney started College at Macomb Community College and then transferred to Baker College. She started with an interest in nursing and then decided to become a CNA that specializes in brain injuries. She has been in healthcare for 17 years and started off as a caregiver to her grandparents and neighbors.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

Community and really liked it. She has been working with us since April 2021. When she has free time she enjoys bowling, and she just finished a summer league. Courtney loves to draw and paint. She also enjoys spending time with her 11-year-old dog, Little. Courtney has a very bright future in resident care at WTO.



**Transportation is now available!**

Reservations are required at least 2 weeks in advance and are scheduled based on availability. Please schedule your appointment with some flexibility as Dena **may be up to 15 minutes early or late** depending on traffic and other passengers.



**Important Things to Remember!**

Please keep in mind that all scheduled activities are subject to change depending on the current situation. Things may be added or removed. Please look for updates on the screen and on your ledges for any changes.

**SEPTEMBER HIGHLIGHTS**

**6 Labor Day Celebration**  
Celebration of the social and economic achievements of American workers

**12 Grandparents Day Car Show**  
Celebrating the connections between the generation



**22 Centenarian Day**  
Celebrating our remarkable Centenarians, residents who have reached the age of 100 years or older.

**24 Spicer’s Winery & Cider Mill**  
I've got all the in-cider information!



**FOREVER FIT/WELLNESS**

**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.

**OCTOBER SPECIAL EVENTS**

**4-8 Active Aging Week**  
Physical Wellness Day  
Professional Wellness Day  
Social Wellness Day  
Spiritual Wellness Day  
Environmental Wellness Day

**8 Louise 100th Birthday Celebration**  
Live Entertainment

**15 Plymouth Historical Museum**  
Travel back in time through the Plymouth community's example of the American Experience. Learn how the growth of American industry, the advent of the railroad and the invention of the automobile changed America's small towns.

**28 “Too Cute to Spook”**  
Halloween Party & Costume Contest  
“It’s Halloween, everyone’s entitled to one good scare.”



**EXECUTIVE DIRECTOR CORNER**

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 community last year, and we hope to see that same result this upcoming season. We still do not have any information about a COVID vaccines booster shot clinic, however we are looking into this and hope to know more soon.