



RESIDENT BIRTHDAYS

No Birthdays this month, but we have many fun activities planned everyday.

COOKING DEMONSTRATIONS

04 Healthy Foods 3pm

11 Caramel Apples 3pm

18 Pumpkin Pudding Dip 3pm

25 Sweet & Salty Spiders 3pm

COMMUNITY COMMUNICATION

Come to our Community Halloween Party “Too Cute to Spook”
Thursday, October 28, 3-5 p.m.

Please join us as we invite little ghosts and goblins from all other the Novi community to join us for trick or treating, food and a special prize.

Exciting News

WTO Community Choir will restart Mondays at 3 pm starting 10/4. Everyone is welcome.



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



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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

Ricardo Brooks
Wellness Coordinator

UPCOMING EVENT HIGHLIGHT

“Autumn is a second spring when every leaf is a flower.” Albert Camus

Welcome October, where has this year gone? This is such a gorgeous time of the year with cooler days and beautiful colors all around. We hope to sit on the patio and enjoy activities as long as we can. The residents have been helping transition our courtyard from summer to fall, please come out and enjoy. We are excited to restart our **WTO Community Choir**, Mondays at 3pm. 10/4-10/8 will be a **week of Active Aging**, with different activities each day highlighting the different areas. There will be physical, environmental, social, spiritual, professional wellness. The week will culminate in a awards ceremony and smoothies. We will be going on outings that highlight this wonderful season, do art projects and prepare delicious snacks that will delight the senses. For **Breast Cancer Awareness month** we will be making bracelets and cards for those undergoing treatment for Breast Cancer. For Halloween we will be making spooky treats, art projects and doing the “Monster Mash”. Please come join us for **“Too Cute to Spook”** our community Halloween Party on 10/5 from 3-5pm. We will end out the month with our **Halloween Spooktacular** on Friday 10/29 at 3pm. Please come join us.

ASSOCIATE SPOTLIGHT-COURTNEY MILLER

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 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.



SEPTEMBER HIGHLIGHTS

12 Grandparents

Day. What an amazing intergenerational event this was!! We had 9 classic cars, the Novi Fire Department, entertainment and delicious food.

22 Parmenter's

Cider Mill. It was a rainy afternoon, but it didn't stop us from going to get cider and donuts and enjoying them on the bus.

15 Shirley's 90th

Birthday Celebration. We all had such a great time decorating and then celebrating Shirley's 90th Birthday. Most important she had the best time!

27 Fried Green

Tomatoes Demo. Since it's the end of tomato season I thought it would be a great time to enjoy fried green tomatoes. Caprice from culinary made them for us and then the residents watched the movie Fried Green Tomatoes.



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

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 Fall weather.

- Wednesday October 6: Rainbow Room Lunch Outing at noon
- Wednesday October 13:: Erwin's Orchard at 2pm.
- Wednesday, October 20: Long's Farm for Pumpkins at 2pm..
- Wednesday September 27: Fall Colors Scenic Drive at 2pm.

OCTOBER SPECIAL EVENTS

4-8 Active Aging

Week. Each day we will highlight one of the pillars of active aging. We will end this exciting week with a ceremony honoring all of our participants.

22 National Nut Day.

We will discuss everything related to nuts today. It'll be fun to end it with making peanut butter cookies for the group to enjoy.

12 Breast Cancer

Awareness Day. We will be making bracelets and cards to take to Rose Cancer Center to cheer up the patients undergoing treatment.

29 Halloween

Spooktacular. Come join us as we enjoy some witches brew, while eating mummy fingers and witches' hats. We will be sharing some Halloween humor as well.



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.

Gina Conway,CALD,CDP
Executive Director