



CHEF JACOB'S RECIPE OF THE MONTH

ROYAL OAK CONNECT



3450 West 13 Mile Road, Royal Oak, MI 48073
www.waltonwood.com | 248-549-6400
 Facebook: /WaltonwoodRoyalOak

OCTOBER 2020

October Birthdays

Residents

- Jeffery G. 10/17

Associates

- Virgie L. 10/20
- Patricia R. 10/21
- Michael B. 10/27

New Residents

- Orian W.
- Esther P.
- Gerry E.

WALTONWOOD BISTRO

From our griddle to yours...

ORANGE JUICE FRENCH TOAST

Ingredients

- 8 slices of bread
- 4 eggs
- 1 C milk
- 2 T orange juice
- 1 T sugar
- 1/2 t vanilla extract
- 1/4 t salt
- 4 T butter (for cooking)

Instructions

Beat eggs with milk. Stir in sugar, vanilla, orange juice, and salt until well combined. Heat and butter a skillet on medium-high. Dip both sides of bread in the egg mixture and lay in buttered skillet. Reduce heat to medium and cook bread for a few minutes on each side until golden brown. Serve with syrup and your favorite toppings such as berries, bananas, or nuts.

WALTONWOOD
Redefining Retirement Living



Special October Days

- October 1st - International Coffee Day**
- October 2nd - World Smile Day**
- October 4th - National Cinnamon Roll Day**
- October 4th - Golf Lover Day**
- October 5th - World Teacher Day**
- October 6th - National Inner Beauty Day**
- October 12th - Farmers Day**
- October 13th - National Stop Bullying Day**
- October 16th - Boss's Day**
- October 16th - Sweetest Day**
- October 20th - National Day of Writing**
- October 21st - National Apple Day**
- October 22nd - National Nut Day**
- October 26th - National Pumpkin Day**
- October 30th - National Candy Corn Day**
- October 31st - Happy Halloween**

COMMUNITY MANAGEMENT

Fatou Ceesay
Executive Director

Michele Hasberry
Business Office Manager

Christina Owens
Resident Care Manager

Jacob Chamberlain
Culinary Services Manager

Jill Thomas
Area Manager of Sales

Derek Hill
Maintenance Supervisor

Kathleen Whitehead
Housekeeping and Laundry

Donyel Snead
Life Enrichment Manager

Kathleen Carleton
Life Enrichment Assistant

Mary Ann Sherman
Bus Driver

Katie White
Forever Fit 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!

ASSOCIATE SPOTLIGHT

Congratulations to our October Employee of the Month, Kathleen Whitehead. Kathleen has been a valuable part of the Waltonwood family for over 20 years! She always goes out of her way to assist our residents while maintaining a great attitude. Kathleen is very dependable and a great team player. Kathleen likes to travel and spend time with her family. In her free time you can find Kathleen getting creative by making handmade jewelry pieces. Thank you Kathleen for all that you do for our residents, we thank you for your loyalty!



TRANSPORTATION INFORMATION

The Waltonwood bus is available for reservations to go to medically necessary doctor's appointments & essential errands (grocery store, banks, salons)! Mary Ann is available to take residents to appointments Monday - Friday from 9 am to 3 pm! Please make all bus reservations at the front desk. You can also speak to Mary Ann personally to set up your reservations. If we are not able to accommodate your scheduled appointments you may wish to contact the Smart Bus Company at 866-962-5515



SEPTEMBER HIGHLIGHTS

9

Making handmade thank you cards for the staff

14

Dee and Patricia having fun during AL Week



16

Chef Jacob serving breakfast to the staff

20

Waltonwood Royal Oak bowling team, **The Royal Oak Rollers**



OCTOBER SPECIAL EVENTS

03

Oktoberfest Celebration
Live Music by Helmunt Kolke 3:00-4:00

04

Active Aging Week Begins!

14

Wear Pink Day! Breast Cancer Awareness Presentation

22

Live Music by Prism 3:00 pm Bistro Area



FOCUS ON FITNESS

Building Better Bones

While many people 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 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.

Executive Director Corner

Flu season is upon us again and we are happy to announce our annual flu clinic is scheduled for October 11th, 9am-4:00pm. We are strongly urging both residents and staff to take advantage of this opportunity to protect yourself against the flu virus. A communication was sent out with a link to the flu consent forms which must be completed electronically, for any assistance with this please reach out to Christina Owens (nurse) or Fatou Ceesay (executive director).

We are looking forward to celebrating our most active residents during active aging week (10/4-10/10), look out for a dance performance from our Waltonettes dance group and lots of other fun engaging activities.

Sincerely,

Fatou Ceesay