



**What to do during a fire alarm:**

We “Protect in Place” – we do NOT evacuate the building. Each apartment is outfitted with fire prevention measures, including a fire proof door. So if you hear the alarm and are in your apartment, **STAY** there. Staff will place an item (usually an item from your ledge) in front of your closed apartment door to signal to the Fire Department there is a person inside.

If there is a fire in an apartment, that apartment needs to be evacuated, as well as the adjacent apartments, which staff will assist with. Never cross the line of a fire to relocate to a fire safe area. In other words, do not travel by a fire to get to your apartment. Instead, seek safety in another fire safe area close to your physical location.

If you are in a common area, staff will assist you to a fire safe area (dining room, activity room, salon, library). Please stay in these areas or your apartment until the alarm is turned off, or the Fire Department or Waltonwood staff tells you it is safe to move about the building.

If you have any questions or concerns, please ask a manager. It’s important to know these protocols, and we thank you all for your cooperation!

**MAY  
BIRTHDAYS**

**There are no birthdays this month, so let’s celebrate the rebirth of Spring!**



**FRIENDS & FAMILY REFERRAL PROGRAM!**

**\$3,500 RESIDENT REFERRAL BONUS**

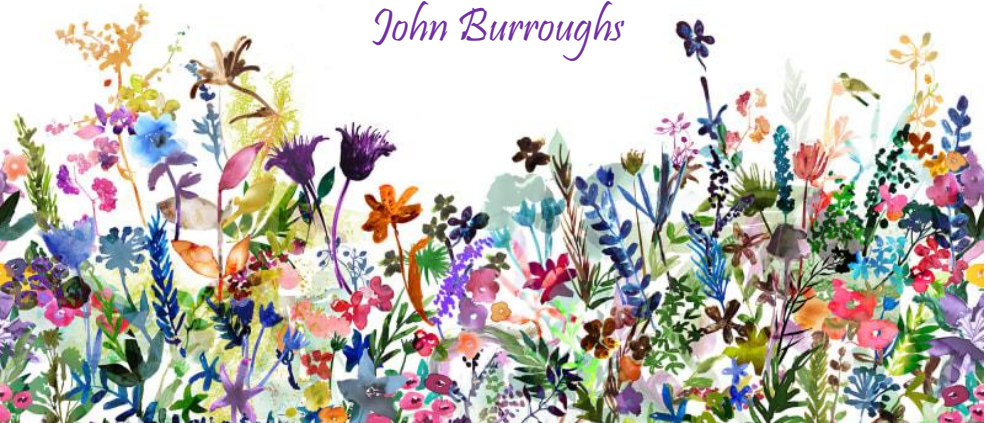
Have you shared your love for Waltonwood lately? When you refer someone to a Waltonwood community, they'll thank you for it - and then we'll thank you for it too! Ask for details!

**CARRIAGE PARK  
CONNECT**

MAY 2022

*"And all the world is glad with May."*

*John Burroughs*



We welcome May and Spring with thankful and happy hearts! As the weather gets warmer, make sure you venture out to our lovely patio for some sunshine and fresh air! You’ll find the patio to the left once inside the dining room, if you need assistance, ask for help!

May holds a few new programs worth mentioning: Monday May 2 we’re celebrating Kentucky Derby Day, come join our hat making class and enjoy a mint julep at our Happy Hour! May 5 is Cinco de Mayo and we will be honoring Mexican heritage with themed activities throughout the day. Saturday May 7 we honor Mother’s Day with a special luncheon - guests are welcome! There will be 2 seatings, one at 11am and another at 1pm. Chef Joel and Olivia will communicate with residents which seating each resident (and guests) are assigned to. Each resident will be allowed 4 guests each. RSVP with Cheryl at the front desk by April 30.

Wednesday May 25 is Senior Health and Fitness Day, we will be having our 11am exercise class on the patio (weather permitting) with guests, and a special focus on our Forever Fit program with Chris. Join us! And Happy Mother’s Day!



*Redefining Retirement Living*

**SINGH**

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Facebook: /WaltonwoodCarriagePark

**COMMUNITY  
MANAGEMENT**

- Angie Hanson  
Executive Director
- Terry Lobb  
Business Office Manager
- Joel Vasallo  
Culinary Services Manager
- Erin McGraw  
Life Enrichment Manager
- Sarah Rauen  
Life Enrichment Manager
- Christine Chalmers  
Marketing Manager
- Betsy Bohnett  
Marketing Manager
- Esperanca DeAbreu  
Resident Care Manager
- Marion Stevens  
Wellness Coordinator
- Jonathan VanWicklin  
Environmental Service Manager



# EMPLOYEE OF THE MONTH

## JEFF CLARK

Our employee of the month for May is our Assisted Living Dining Server, Jeff. Jeff is not only a dependable worker, but he takes his job to the next level by creating meaningful relationships with our residents. Jeff can be seen playing Rummikub or visiting with residents on his free time, even when he's not on the clock! We are proud of you, Jeff, and of all the ways you show you care for our Waltonwood family every day!



Did you know?  
There is a puzzle table  
On the 2<sup>nd</sup> floor?  
By the elevator,  
Open for fitting in  
a piece or two  
Anytime!



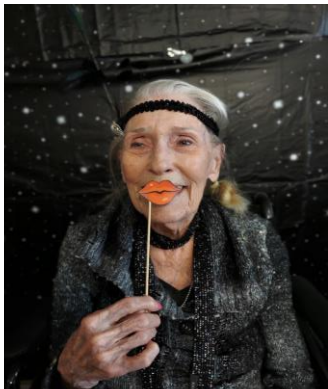
# APRIL HIGHLIGHTS

**01** A big thank you to our wonderful residents who assisted with our Taste of Waltonwood event, and our herb planting station!

**14** We got all dressed up for a Roaring 20's party! The cocktails were sweet and the food was swell!

**06** Our lunch outing to Applebee's provided special treats and yummy entrees!

**20** To get ready for Easter and Spring, we made the cutest little chicks in Arts and Crafts



# MAY OUTINGS

**04** Join us for a sightseeing bus ride and a surprise treat!

**18** We'll take a trip to Olive Garden for a delicious lunch!

**11** We plan to arrive hungry at Jonny Cakes for lunch!

**25** We'll take a fun bus ride that will keep you guessing where we'll stop for a treat!



# National Senior Health and Fitness

On May 25th join Waltonwood and over 100,00 other older adults across the country as we celebrate National Senior Health and Fitness Day. The annual celebration highlights the impact that staying active has on our overall health and wellness as we age. Mirroring the principles of the Waltonwood Forever Fit Program, National Senior Health and Fitness Day promotes the benefits of regular exercise by finding creative ways to incorporate fitness into your daily routine. From group classes to fitness center training and education programs to informative demonstrations, the Waltonwood Forever Fit Program can help lay the foundation for an active, healthy lifestyle. This May 25th, gather a few of friends and join us as we celebrate National Senior Health and Fitness Day 2022! - Chris Grabowski, MS, Senior Forever Fit

# EXECUTIVE DIRECTOR CORNER

The flowers and trees are starting to bloom and beautifying our community grounds regardless of the cold temperatures! We are beginning to plan for many great events in May starting with a Mother's Day celebration, please don't forget to RSVP for guests by April 30th. I am happy to share that we have hired many new associates in various departments. Starting a new job can be very exciting so let's join together to welcome these individuals to our amazing community and to the Waltonwood Carriage Park Family.

~Angie