



**Celebrating Resident Birthdays in June**

**Gertie H. 7/5**

**Paul L. 7/14**

**Hilda M. 7/26**

**WELCOME TO JULY**

We would like to extend a warm welcome to all our June Move-ins. Welcome to the Waltonwood Family!

July fourth is a historic moment in the United States, as it is the day the Declaration of Independence was adopted in 1776. It is considered the birthday of the USA and is also known as Independence Day.

In addition to daily events and holidays, the month of July is associated with many month-long observances as well. July is known as Cord Blood Awareness Month, National Grilling Month, Juvenile Arthritis Awareness Month, National Ice Cream Month, National Make a Difference to Children Month, National Picnic Month, Social Wellness Month, and National Family Reunion Month, among several other celebrations and causes, so if you're looking for reasons to celebrate all summer long, then July has plenty of them for you.



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!

**CHERRY HILL  
CONNECT**



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The month of July marks the midway point of the year. It's also considered a month of fun thanks to the biggest patriotic party of the year that starts the first week of July. It's also a favored month to take a vacation because of the consistently warm and sultry weather across much of the world. But if you're looking for a reason to celebrate anything related to chocolate and ice cream, you've landed in the right month. This July, we are excited to host the Metro Park Summer Series for our Assisted Living and Memory Care residents. This program allows us to learn about our Great Lakes, farm animals, and more! There will also be great entertainment and Sundays full of Ice cream!

**COMMUNITY MANAGEMENT**

Tiffany Tucker Executive Director  
Rebecca Nims Business Office Manager

Renee Ralsky Marketing Manager

Jolene Maples Move in Coordinator

Kara Triplett Culinary Services Manager

Andrew Raudszus Environmental Services Manager

Krystal Sidibe Independent Living Manager

Melanee Hirvela Independent Living Life Enrichment Manager

Assisted Living Life Enrichment Manager

Memory Care Life Enrichment Manager

Jasmine Montgomery Resident Care Manager

Teniya Travis Wellness Coordinator

Edward Sloss Wellness Coordinator

Dawn Vernon Housekeeping Supervisor

## ASSOCIATE SPOTLIGHT

AL/MC Associate of the Month: Sarah

*Sarah, Thank you for your dedication to the residents. You bring true value to Waltonwood. Thank you for all that you do for the community.*

we are lucky to have you a part of our Waltonwood Family.

*Please see the front desk concierge to nominate an associate you feel has been doing a wonderful job!*



## FOREVER FIT: Focus on Fitness

### Health in the Heat

While healthy hydration habits are important year-round, they become essential during the summer months when the heat and humidity can reach dangerous levels. As we age the water content in our bodies naturally decreases, our sensation of thirst diminishes and the side effects of certain medications can greatly increase the risk for serious dehydration in seniors. Making small changes, however, can greatly improve our ability to adapt and help our bodies better tolerate the summer heat. By always having fluids nearby to drink throughout the day, avoiding strenuous outdoor activities during the peak hours of the afternoon, and wearing appropriate clothing that allows for good circulation you can help cut down on dehydration and keep us feeling comfortable and safe on the hottest summer days.



### SAFETY FIRST



Face coverings are required in our community.

Please see the Executive Director if you need a mask.



## EXECUTIVE DIRECTOR CORNER

Dear residents, families, and friends

Happy July! We are looking forward to this fun-filled Summer and all it brings. This season we will be able to enjoy outdoor entertainment and so much more. Please be sure to continue to check-in and out through accushield. We invite you to see our activities calendar for additional information planned for this month. We continue to have monthly Town Meetings scheduled that will provide community updates for all. As always, we value your input and suggestions. It's a pleasure to be of service and please feel free to contact me with any questions that you may have at [Tiffany.tucker@singhmail.com](mailto:Tiffany.tucker@singhmail.com)

Warmly,  
Tiffany