



RESIDENT & ASSOCIATE BIRTHDAYS

Resident:

Tina D. 9/9

Natalie P 9/13

Staff:

Jayquan Coleman 9/2

Brennen Bollinger 9/3

Christopher Polaski 9/20

Linda Trent 9/23

Mya May Wiggins 9/24

Kevin Kapanowski 9/27



FRIENDS & FAMILY REFERRAL PROGRAM!

Musical Guests This Month

5

1 pm- Sing Along with Carol G. Beach Theme!

14

2pm Charlene Guitar
3pm Vanessa Carr Vocal

16

2:30pm Golden Choral

20

6 pm Kevin Wills

21

3 pm- D & A Duo

Themes in September

In September, we will be hosting our first art gallery exhibit Friday September 2nd. On Labor Day, we have a farewell to summer Beach Party featuring Carol G sing along, beach themed craft and tropical smoothies. The rest of that week Therapy Dogs are back, we have caricature artist portraits and a Lions Tailgate Happy Hour. Assisted Living Week Celebration is September 11th-17th. We have a “Magic” theme week 18th-25th. And “Welcome Fall” week last week of September with Cider and Doughnuts outing planned.

\$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!

UNIVERSITY CONNECT

SEPTEMBER 2022



National Assisted Living Week September 11-17

National Assisted Living Week was established in 1995 to recognize the role assisted living has in caring for Americas seniors and disabled individuals. Organized by the National Center for Assisted Living, this annual practice brings together residents, their families, staff and volunteers, as well as their surrounding communities all over the country to partake in events, activities and celebrations of the individuals they care for while enlightening the public about the field. This year, Assisted Living Week will take place from September 11 to September 17. Waltonwood University will be celebrating with communitywide events for staff and residents all week with a fiesta taco bar, special music guests, outdoor BBQ, collaborative art project and culminating in a choral concert with cocktail hour on Friday afternoon. Week at a glance will highlight these events, please see activities staff if you have questions.



Redefining Retirement Living

SINGH

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Facebook: /WaltonwoodUniversity

COMMUNITY MANAGEMENT

Jonathon Hills
Executive Director

Dan Bannigan
Culinary Services Manager

Taylor Crowe
Environmental Services
Manager

Katelyn Pescola
IL Life Enrichment Manager

Donna Donakowski
AL Life Enrichment Manager

Celeste Roth
Marketing Manager

Derricka Mason
Resident Care Manager

Henry Peoples
Wellness Coordinator

Tammy Collins
Business Manager

Chef Dan Associate Spotlight

My name is Dan Bannigan. I was adopted from South Korea and have lived in MI for a majority of my life. I moved to Wilmington, North Carolina in late 2020 and moved back Michigan in October of '21. Some of my hobbies include video games, drone flying & DJing. In my spare time you can find me spending time with friends & family, exploring new places with great food & drinks or just binging my favorite Netflix shows. I have a younger brother and two very supportive parents. I have a Lab/Chow/Shepherd Dog named Max who lives with my parents and two cats Sam & Bitty who live with me. I graduated from Oakland Community College's Culinary Program in 2012 and could not be more excited about stepping into my new role as Culinary Service Manager here at Waltonwood University.



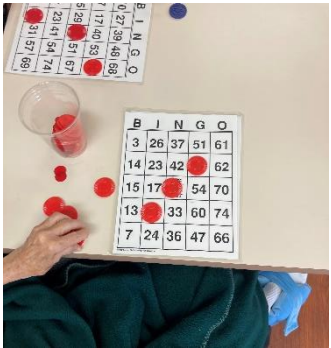
AUGUST HIGHLIGHTS

M W F 4

Bingo at 1pm
Adventure Waltonwood celebrates Delores V with lunch outing.

8 16

5 new residents!
Welcome Ron, John, Bruce, Dot and Pat!
Packard Proving Grounds Tour



FOREVER FIT/WELLNESS TOPIC

Flexibility refers to our bodies ability to freely move around one or multiple joints pain free and through a full range of motion (ROM). As we age muscles lose their elasticity becoming more rigid and stiff. This age-related decline can cause pain, stiffness and decrease ROM in many of the bodies most used joints. While factors such as inactivity, decreased muscle strength and osteoarthritis can impact our bodies flexibility, regular stretching exercises can greatly improve the way we move and feel. By maintaining our flexibility as we age, we help to minimize the risk of falls while maximizing our performance of daily activities. Below are just a few tips and exercises that can help keep you loose, limber and feeling your best. Identify the joints and surrounding muscles that are in the most need of attention, and use them as a starting point. Warm the body up emphasizing proper posture and technique to ensure safe and effective flexibility training. Move slowly to the point of mild tension not to the point of pain. Hold each static stretch for 10-90 seconds minimizing bouncing, jerking or excessive force that could cause a potential injury. Breathe! Inhale before the stretch, exhale upon it and breathe normally while holding the movement.

Adventure Waltonwood

At Waltonwood, we pride ourselves in providing residents with exceptional life experiences. Adventure by Waltonwood is a company sponsored program encouraging Waltonwood residents to pursue their life's desire. Whether meeting their great grandchild for the first time, riding in a hot air balloon, hiking a national park, riding in a Beemer or reuniting with their best friend from college, Adventure by Waltonwood is available to support resident ambitions. If you are interested in setting up an adventure please contact Donna Donakowski in Life Enrichment.

SEPTEMBER SPECIAL EVENTS

02	8
1-4 pm Art Gallery Show and Snacks	Charicature Artist Portraits
11-17	20
Assisted Living Week	2pm John Russell Magic



EXECUTIVE DIRECTOR CORNER

As Labor Day weekend comes to an end and we see summer in the rearview mirror, we look forward to see what fun events we have planned in September. There is one week each year in September called "Assisted Living week" where we take time to celebrate our residents in the community, along with our staff who provide the services they need day in and day out. This is a great opportunity for us as leaders of the community to show appreciation of all of the hard-working staff we have here at Waltonwood. It takes an army of dedicated individuals to ensure this community operates at the high-quality service we expect to provide! Assisted Living week starts on September 11th and runs through September 17th. We have many fun events planned that entire week for the whole community to join in on the fun! We hope that all of our residents, families, and associates are able to join in on our celebration!