

COMMUNITY MANAGEMENT

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MAIN CONNECT

SEPTEMBER 2022



joyful moments
NATIONAL ASSISTED LIVING WEEK • SEPTEMBER 11-17, 2022

NATIONAL ASSISTED LIVING WEEK

Each year in September we celebrate our community, our residents and associates and all of our families during National Assisted Living Week! The theme this year is “Joyful Moments” and we invite you to participate in the many fun programs we have planned to spark joy and happiness throughout our community! Please refer to the calendar of events for the various theme days and special events throughout the week of September 11-17th. We encourage you to dress to the theme each day and actively participate. We look forward to reminiscing on what has brought us joy in the past, creating new joyful moments and memories and celebrating with you all week long!

Happy National Assisted Living Week 2022!

SIGNATURE RECIPE

Easy Apple Crisp

Filling

- 5 cups sliced and peeled apples (about 4–5 medium apples)
- 2–4 tbsp granulated sugar (depending on how sweet your apples are)
- 1 tsp ground cinnamon

Topping

- $\frac{3}{4}$ cups rolled oats
- $\frac{3}{4}$ cups all-purpose flour
- $\frac{1}{2}$ cup brown sugar, lightly packed
- $\frac{1}{3}$ cup unsalted butter, melted

Instructions

1. Preheat oven to 375F.
2. In a 9” square or round baking dish, toss together all the filling ingredients.
3. In a medium bowl, mix together the oats, flour and brown sugar. Add in the melted butter and stir until all is moistened. Sprinkle the streusel evenly over the filling.
4. Bake for 35-40 minutes until the apples are tender and bubbling.

SEPTEMBER BIRTHDAYS

Kathleen H. 9/6

James T. 9/9

Loretta S. 9/19

Rheta Rhea 9/21

Ray S. 9/23



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!

ASSOCIATE SPOTLIGHT

Jasmine Ricks

Jasmine was born in Royal Oak on January 25, 2001. She is the oldest and has a younger sister and brother. Jasmine grew up in West Bloomfield, attended Quest Charter Academy and Waterford Mott High School. She is planning to go to Dorsey to complete her LPN program next fall of 2023. In high school, Jasmine played basketball, volleyball, soccer and cheerleading. She enjoys working as a medtech and caregiver at Waltonwood because there is room to grow and move around.

In her free time, Jasmine likes to shop, hang out with friends and travel. She would love to travel to Bora Bora and Dubai. Her favorite movie is "You Got Served". Her favorite song is "Lil Baby On Me". She loves any Percy Jackson book and her favorite ice cream flavor is Strawberry.

Jasmine has 3 certifications in IT, for web design, networking, and game play. She can create a website with pop ups from the notes on the computer. Her biggest accomplishments so far have been graduating from high school and buying her first car all on her own.



AUGUST HIGHLIGHTS

02

Residents enjoyed the ice cream sandwich social for National Ice Cream Sandwich Day!

05

As always, we love when Reggie does 1 on 1 pet therapy visits!!



06

Camp Waltonwood was so much fun for residents, associates and their families! Thanks to everyone who attended!

18

Marjorie is looking good in her birthday t-shirt! "It Took me 102 Years to Look This Good!" Happy Birthday, Marjorie! You are gorgeous inside and out!



FOCUS ON FLEXIBILITY

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 than 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 breather normally while holding the movement.

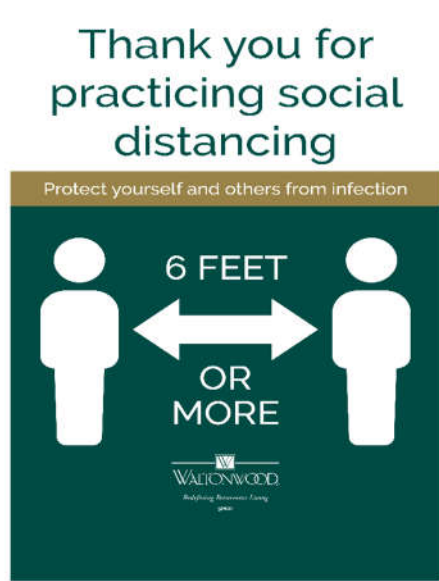
Chris Grabowski, MS | Senior Forever Fit Manager

ARE YOU LINKed?

Have you registered for the Waltonwood Community Engagement website *The Link*?

- ✓ Resident & Management Directory
- ✓ Real Time Event Listings
- ✓ Community Photos
- ✓ TV Channel
- ✓ Games

Contact Liz in Life Enrichment for more information on how to get linked! This new program will be rolling out over the next couple of months.



EXECUTIVE DIRECTOR CORNER

Summer has flown by, but we have not wasted a minute here at Waltonwood Main! Let's make this September, one to remember! We invite all of our residents, families and friends to join us for an Ice Cream Social to celebrate National Grandparents Day and a kick off to National Assisted Living Week. Thank you to our hardworking staff in preparation of planning an entire week full of games, prizes, themed days, yummy food, entertainment and more! As always, our guests are welcome into the community and we encourage everyone to come join the fun.

Looking forward to a wonderful month ahead, please feel free to contact me with any questions that you may have at Haylee.Hutchison@singhmail.com

Haylee Hutchison, Executive Director