



SEPTEMBER BIRTHDAYS

9-1 CHUCK T

9-2 IRVING G – 102!

9-17 JEAN M

9-25 JOYCE K

Join us on
9-2 at 10:45am
as we Celebrate
*Irving's 102nd
Birthday!*

We will Celebrate ALL
September Birthdays
on September 9th at
3:00pm

All are Welcome !

AUGUST HIGHLIGHTS

CAMP WALTONWOOD



MAGICAL MARTINIS



TWELVE OAKS CONNECT

SEPTEMBER 2022



SINGH

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Shake Rattle & Roll! Grandparents Day Celebration



Sunday, September 11th
11 a.m. - 2 p.m.

Join us at our sock hop classic car show.
The event will include activities for all ages, food,
live bebop music entertainment, & raffle.

*For families wishing to celebrate this special day,
please RSVP by September 5th.*

COMMUNITY MANAGEMENT

Joe Whitney
Executive Director

Deanna Hite
Business Office Manager

Montell Ross
Environmental Services
Manager

Jacob Chamberlain
Culinary Services Manager

Alyssa "Lee" Tobias
Independent Living Manager

Stefanie Roland
Life Enrichment Manager

Heather Laskos
Marketing Manager

Ashley Hecksel
Marketing Manager

LaTonya Warlix
Resident Care Manager

Edith Denson
Wellness Coordinator

Toni Griffin
Wellness Coordinator



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!



Join us on September 29th as we transform our community into Little Munic for our **Oktoberfest Celebration!** Helmet Kolke will be leading the festivities in true German fashion in his lederhosen & accordion (*pun intened*)

ASSOCIATE SPOTLIGHT- LATONYA WARLIX

Latonya Warlix is a wonderful addition to our team, she has been with WTO for 3 months in the role of Resident Services Manager. She is very hardworking and driven to advance her career, which is why she decided to come to WTO. Latonya started out as a CNA and did that for 5 years until she entered Athena Career Academy in Ohio to get her Nursing Degree. She has been a nurse coming up on 7 years in February. Most of her career was spent in Acute Care in a Rehabilitation (Skilled Nursing) Community.

Latonya went to elementary school in Detroit, moved to Inkster for middle school and then in 8th grade moved to Romulus and graduated from Romulus High School. She grew up with 7 sisters and 2 brothers and was the third in line.

Latonya is a very busy mom of 3 kids. Her son will be 14 on 12/24, the youngest also has a birthday of 12/24 and will be 6, and her other daughter will be 7 in September. She loves to self-educate by reading, writing and studying human behavior. We look forward to having Latonya lead the Resident Care Team for many years.



TRANSPORTATION INFORMATION
Join us this month as we venture out to....

September 14	Lunch at Boston Market
September 14	Parmenter's Cider Mill in Northville
September 21	Lunch at Village Grill of Commerce
September 28	Mystery Trip

We will not be scheduling Krogers Grocery this month, but if you need something picked up please see Dena, the bus driver, as she will be happy to make a run to the store on your behalf.

The bus is available for Transportation on **Thursday** for Doctor's Appointments.

AUGUST HIGHLIGHTS

2

Our residents enjoyed their pizza lunch while listening to the **Tuesday Tunes** at the Novi Library.

18

Camp Waltonwood was a huge success with everyone participating in the variety of events planned for the day.



24

Our residents enjoyed the last minute outing change to **Kensington Nature Center** and all it's interesting creatures. They especially loved meeting the Red Tailed Hawk.

25

It was a beautiful day for our **Garden Party**. Suzanne was so entertaining donning all her festive hats for each of her Show Tunes!



FOREVER FIT – 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. Below are just a few tips and exercises that can help keep you loose, limber and feeling your best.:

- *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.
- *Breathe! Inhale before the stretch, exhale upon it and breathe normally while holding the movement.

SEPTEMBER SPECIAL EVENTS

5

Happy Labor Day! We kick off this day with our MC Resident's parading through our community in the morning. Then later in the afternoon we will be having a variety of Food & Fun.

11

We would be remiss if we didn't recognize all of our **Grandparents** in true grandeur on this their Special **Day**. All are welcome as we throw a **'50's Sock Hop and Classic Car** show in their Honor!

20

Rabbi, Leah Susskind & school children will be here to host the **"Pre-High Jewish Holiday Celebrations"**.
All are Welcome!

23

Join us on **Native American Day** as Tom, an Independent Living resident, shares with us his **Ed Program: "They Were Here First – A story of the American Indians"**



EXECUTIVE DIRECTOR CORNER – Joe Whitney

I wanted to let everyone know that we have a new Culinary Services Director joining our family. Please help me welcome Jacob Chamberlain! Jake joins our Twelve Oaks family having worked for Waltonwood for over 6 years. Most recently Jake was the Culinary Director at the Waltonwood Royal Oak location. He has served in many roles as part of his time with Waltonwood. I believe that he is going to bring about some much needed improvements to the culinary department. We are really excited to have him joining our family at Twelve Oaks.