

Celebrating
September
Birthdays



August Recap

Camp Waltowood, carousel ride and
Magic Show



Celebrating
Birthday's in
September
9/27 Joan H.
9/28 Jeanine G.

Birthday Celebration
September 5th
Wishing you a very
Happy Birthday!



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!



Twelve Oaks Connect

SEPTEMBER 2022

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COMMUNITY MANAGEMENT

Executive Director
Joe Whitney

Deanna Hite
Business Office Manager

Jacob Chamberlain
Culinary Services Manager

Alyssa Tobias
Independent Living Manager

Monique Furniss
Life Enrichment Manager

Montell Ross
Environmental Services
Manager

Heather Lasko
Marketing Manager

Ashley Hecksel
Marketing Manager

Resident Care Manager
LaTonya Warlix

Wellness Coordinator

Toni

Edith

Grandparents Day Car Show



Sunday September 11, 2022

From 11-2pm

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. The move to WTO allowed her to advance to a management position. 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 herself by reading, writing and studying human behavior. We look forward to having Latonya lead the Resident Care Team for many years.



Transportation is now available!

Reservations are required at least 2 weeks in advance and are scheduled based on availability. Please schedule your appointment with some flexibility as Dena **may be up to 15 minutes early or late** depending on traffic and other passengers.



Important Things to Remember!

Please keep in mind that all scheduled activities are subject to change depending on the current situation. Things may be added or removed. Please look for updates on the screen and on your ledges for any changes.

AUGUST HIGHLIGHTS

5 Bell Isle

Picnic lunch, some fun activities and yard games

12 Diamond Jack Boat

Come enjoy this beautiful tour of the Detroit River



18 Camp Waltonwood

You and your grandchild(ren) are invited for a day at camp that includes s'mores, campfire, sing along, games for the entire family with dinner in the dining hall.

19 The Water Front Grill

Located right on the Detroit River, The Waterfront Wyandotte has the most amazing views and fine dining.



SEPTEMBER SPECIAL EVENTS

5 Birthday Celebration

Celebrating all Birthdays in the Month of September

Happy Labor Day

11 Grandparents Day Car Show

Join us at our sock hop classic car show. This event will include activities for all ages, food, live Bebop music entertainment, & Alzheimer Association Raffle/Silent Auction.

17-23 Native American Day

Saturday 9/17: Native American Heritage Day Contest Pow-Wow at Nankin Mills Recreation Area Hines Drive

Friday 9/23: Educational Talk with Thomas H.

26 "Men's Club"

Monday Night Beer Flight's You're invited to a luncheon with your buddies.

New Members are welcome



FOREVER FIT/WELLNESS

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.

EXECUTIVE DIRECTOR CORNER

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 help bring about some much needed improvements to the culinary department. We are really excited to have him joining our family at Twelve Oaks.

- Joe Whitney