



COOKING DEMONSTRATIONS

07 Fried Green Tomatoes
2pm

12 Sensory Apple Taste
Test 2pm

19 National Queso Day 2pm

26 Caramel Apples 2pm

COMMUNITY COMMUNICATION



RESIDENT BIRTHDAYS

Happy Birthday

9/1 Ann
9/14 Alec

Happy 40th
Anniversary
9/30 Ann & John

Please Join Us on
Sunday ,September 11
11-2pm
For our Grandparents
Day Classic Car Show
& Sock Hop.
Please RSVP at the
concierge by Monday
9/5.



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!

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TWELVE OAKS CONNECT

SEPTEMBER 2022

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.

Please come and enjoy great food, music, and a Rattle and Silent
Auction for the Alzheimer's Association. Please RSVP to the concierge's
desk no later than Monday, September 5.

We will start September off with a Labor Day Parade featuring our MC
Marchers. There is an exciting new program on 9/2 at 3pm called Tai Ji.
The residents will be making bracelets to sell for our Alzheimer's
Fundraiser, please come purchase yours during the Grandparents Day
Event or see Alecia. The focus will be everything apples from tasting,
artwork to going to the cider mill. Hopefully the weather will stay nice to
continue enjoying our patio and all the joy that it has been bringing. We
will discuss the holiday of Rosh Hashanah and finish out the month with
Oktoberfest. We will also be welcoming Fall. Let's not forget our
wonderful pianist Erin who will be getting the group ready for a holiday
choir show.

COMMUNITY MANAGEMENT

Joe Whitney
Executive Director

Deanna Hite
Business Office Manager

Deosikay Ross
Environmental Services
Manager

Alyssa "Lee" Tobias
Independent Living
Manager

Alecia Greenebrg
Life Enrichment Manager

Heather Laskos
Marketing Manager

Ashley Hecksel
Marketing Manager

Resident Services Manager
Latonya Warlix

Wellness Coordinator
Edith Denson

Wellness Coordinator
Toni Griffin

Culinary Manager
Jacob Chamberlain

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. 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 INFORMATION

Come join us for our enriching outings.

- Tuesday, September 6: Walk Around the Community & Lake 1pm
- Tuesday, September 13: A&W for Lunch Noon
- Tuesday, September 30: Parmenters Cider Mill 1:30pm
- Tuesday, September 27: Ice Cream & Walk at Walled Lake 1:30pm



AUGUST HIGHLIGHTS

09 Lunch at the Gazebo. What a beautiful day the ladies had enjoying lunch at the gazebo. After lunch we took a lovely walk around our community.

25 Garden Party. What a fun afternoon singing show tunes and enjoying the beautiful garden and all the fabulous hats.

18 Camp Waltonwood. Such a great intergenerational event!! The residents just loved seeing all of the kids that we had come to camp.

29 Tollgate Farms Outing. This was hands down one of the best outings that we have ever been on. The residents were engaged the whole time, reminisced and asked questions. Our tour guide thru the farm was Gary and he was wonderful.



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. 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.

SEPTEMBER SPECIAL EVENTS

05 Labor Day. We will begin the day with a parade through Assisted Living, then discuss the meaning of Labor Day and what it means to all of us. Of course there will be music and a special treat.

21 World Alzheimers Day. Today we will be making purple bracelets for all of the wonderful people that support our amazing MC community.

11 Grandparents Day. Please join us for our Classic Car and Sock Hop. We will have food and fun for ages. Our group will be making bracelets to help fundraise for the Alzheimer's Association.

29 Oktoberfest. This is sure to be a lot of fun. We will join AL for fun and merriment and the music of Helmut. Festive food will be served.



EXECUTIVE DIRECTOR CORNER

I wanted to let everyone know that we have a new Culinary Services Director. 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 join our family at Twelve Oaks.

Joe Whitney

Joe Whitney
Executive Director