



RESIDENT BIRTHDAYS

- Alma S. 9/28
Laura D. 9/08
Harold B. 9/30
Francisca B. 9/30



FRIENDS & FAMILY REFERRAL PROGRAM!

RESIDENTS INFORMATION

- Any suggestions, comments, concerns, positive feedback and comments can be placed in the suggestion box in the Post Office for Resident Council.
- As we all know our bus is back. Please be reminded that it is best that you make your appointments Mondays, Wednesdays, and Fridays. Assisted Living and Memory Care have medical runs and outings as well, so they have priority on transportation Tuesdays & Thursdays. We will do our best to accommodate your requests, so please make your appointments at least 48 hours in advance.



Create Heartwarming Camp Memories at Waltonwood Cherry Hill

You and your grandchild(ren) are invited to join us at our Independent Living South Courtyard for a fun afternoon with camp-themed snacks, music, entertainment, games, crafts, and more.

FUN FOR KIDS AGE 5 - 11

All young campers will receive a complimentary t-shirt and be entered to win a basket of camping gear.

A parent must remain on-site with all our young campers.



SPACE IS LIMITED!
RSVP WITH YOUR YOUNG CAMPER'S
T-SHIRT SIZE BY AUGUST 26TH
734-981-7100

42600 Cherry Hill Rd., Canton | www.Waltonwood.com | www.SinghCareers.com

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!

\$3,500 RESIDENT REFERRAL BONUS

CHERRY HILL CONNECT

SEPTEMBER 2022



September, the month of “back to school” is here loaded up with beautiful memories of childhood and parenthood. Everyone of us has at least one message to convey to the younger generations. Fun comes with every season and that’s what September will bring to the young spirits of the golden age. They continue to be in the journey of discovering themselves whether through beautiful memories of the past, living the present and exploring the future through art, music, games, outdoor adventures and romance.

So welcome September with open arms, colorful spirits and joyous hearts of Waltonwood Cherry Hill family.

Ermira.Sinani@singhmail.com



Redefining Retirement Living

SINGH

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COMMUNITY MANAGEMENT

Tiffany Tucker
Executive Director

Rebecca Nims
Business Office Manager

Jarret Moore
Culinary Services Manager

Andrew Raudszus
Environmental Services Manager

Ebony Adams
IL Life Enrichment Manager

Logan Winton
AL Life Enrichment Manager

Renee Ralsky
Marketing Manager

Jasmine Montgomery
Resident Care Manager

Krystal Sidibe
Independent Living Manager

Ermira Sinani

Life Enrichment Manager MC

Edward Sloss
Wellness Coordinator

ASSOCIATE SPOTLIGHT

Shaimere Todd is our Res Care associate who was chosen as the Employee of the Month of August for MC & AL. She is one of the new employees who does her care in a heartfelt and compassionate way.

Residents, family members of residents and whole staff appreciates Shaimere’s hard – working and loving care to the residents of WCH at Assisting Living and Memory Care unit. She also extends a helpful hand to the Life Enrichment department and assist in engaging the residents in activities they can do and like to do, encouraging them in trying new activities to make sure that none of the resident is left out to live a high quality, meaningful life.

We are delighted to have of our team member and look forward to many more years of her loving care and enriching the lives of our residents.



AUGUST HIGHLIGHTS

Weekly Thursdays

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How can you not love the wonderful Joe, the therapy dog visiting the family on weekly basics? He brings joy and comfort with his love and tricks to all of our residents of WCH MC.

Everyone enjoyed the musical sounds created from Ben’s steel drum. Also, residents were entertained and amazed how much work is involved to make such a beautiful music from a steel drum.



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Kelly Miller was back in the house to for an exciting entertainment with her wide range of song themes: classical, country, rock & roll, patriotic, hymns etc. The atmosphere filled with such joy



FOREVER FIT: Focus on Fitness

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, lim 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.

TRANSPORTATION INFORMATION

Transportation requests for personal needs must be received a minimum of 48 hours in advance. Please see the front desk receptionist to make your request. A driver will follow up to confirm if your bus request can be accommodated. We have the bus Mondays, Wednesdays and Fridays. Memory Care and Assisted Living have priority over transports on Tuesdays and Thursdays.

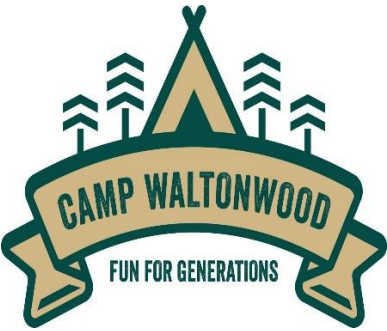
SEPTEMBER HIGHLIGHTS

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Happy Grandparents Day will be spent outdoors camping and exploring by both generations.

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Waltonwood Bowling League will be another activity added in September to spur competitiveness within Waltonwood community.



September

September will be filled with a lot of exciting activities such as: several live entertainments, Joyful Noise Day, Fiesta Day, Twin Day etc. at WCH community. Beside from highlighted events our artistic residents will be bringing forward their talents and inspiration about the colorful season of Autumn.



EXECUTIVE DIRECTOR CORNER

.Dear residents, families, and friends

Happy September! We are looking forward to all of our fall festivities that we have planned. This is exciting and we are so happy to share that we continue to have wonderful participation with all activities and events. Thank you for your patience while we continue to be creative as much as possible . As a reminder we encourage wearing your mask and remaining socially distanced. We look forward to Camp Waltonwood and Assisted Living Week celebrations

Our monthly Council and Town Hall meetings will continue. It's always a pleasure to hear from everyone. As always I'm available for updates within the community, this is also an opportunity for me to hear from all of you. Most of you have shared how helpful the communication has been!.... We celebrate our success with offering good communication and updates for Waltonwood Cherry Hill.

It's a pleasure to be of service and please feel free to contact me with any questions that you may have at Tiffany.tucker@singhmail.com<mailto:Tiffany.tucker@singhmail.com>