

CARRIAGE PARK CONNECT

SEPTEMBER 2022



“By all these lovely tokens September days are here, with Summer’s best of weather, and Autumn’s best of cheer.”
~ Helen Hunt Jackson

As we begin September with Labor Day, we remember and honor all those who were and are a part of the work force. Every person’s work counts and makes a difference!

Also in September we celebrate National Assisted Living Week (Sept 11-17) with dress up days, treats, games and more! It is a week that we all look forward to, staff, families, and residents alike, as it brings our Carriage Park family closer together! More on back page.

We are adding a new craft class on Tuesdays at 3:30pm called Crochet, Knit, and Sew. This is an opportunity to bring your projects or learn a new skill! Yarn, needles and other materials provided, but you are welcome to bring your own!

Lastly, we want to highlight that Waltonwood Bowling Leagues are back in session starting Sept 16! Our team has been practicing all summer - now it’s time to show them how it’s done! Enjoy September, everyone!

COMMUNITY MANAGEMENT

Angie Hanson
Executive Director

Terry Lobb
Business Office Manager

Joel Vasallo
Culinary Services Manager

Erin McGraw
Life Enrichment Manager

Sarah Rauen
Life Enrichment Manager

Christine Chalmers
Marketing Manager

Esperanca DeAbreu
Resident Care Manager

Marion Stevens
Wellness Coordinator

Jonathan VanWicklin
Environmental Service
Manager

Independent Living Manager-
William Scott

Are you ready for

Assisted Living Week?

Carriage Park will celebrate with themed days

September 11 – September 17

Sunday: Grandparents Day! Wear jeans and jerseys

Monday: Safari Day! Wear animal prints

Tuesday: Tropical Beach Day! No swimsuits please ☺

Wednesday: Cider and Donuts Day! Wear plaid

Thursday: Pajamas Day!

Friday: Rainbow Day! Wear bright colors

Saturday: Oktoberfest! Jeans and all things German!



Each day has surprises in store!

Don’t miss the FUN!!



**NO RESIDENT
BIRTHDAYS
THIS MONTH**

**So let’s
celebrate the
little joys of
life!**



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!

EMPLOYEE OF THE MONTH

ANNETTE BLACKWELL

Our Employee of the Month for September is our Med-Tech Annette! She joined our Carriage Park family this last May and has quickly warmed all of our hearts. Annette is so caring for others and has a fantastic sense of humor - she makes residents and staff laugh! When things get tough, especially during this post-pandemic time, Annette is there to help us power through! We love you, Annette!



Wednesday September 28

Join us for a special

Detroit Themed Dinner!

We will celebrate the foods that Detroit is known for, and the brands we love!

AUGUST HIGHLIGHTS

3 When the weather is perfect, the company cheery, and the popsicles are cold, it makes for a sweet outing to the park!

18 Our beachy summer paintings warm our spirits and take us on a mini vacation!

11 Our residents are pros when it comes to our Watercolor Art Class!

26 For our Wear White Wednesday party, we tried our hand at stacking marshmallows!



SEPTEMBER OUTINGS

07
Join us for a scenic bus ride!

21
Join us for lunch at Anna's House Restaurant in Westland!

14
We'll head to Plymouth Orchards for donuts and cider!

28
Our surprise treat and bus ride never disappoints!



Focus on Flexibility

Flexibility refers to our body's ability to freely move around the joints pain free and through a full range of motion. As we age, muscles lose their elasticity becoming more rigid and stiff. Regular stretching exercises can greatly improve the way we move and feel. Here are 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. • 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 stretch for 10-90 seconds minimizing bouncing 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 02

EXECUTIVE DIRECTOR CORNER

As summer winds to an end, I hope everyone is getting a chance to sit outside and enjoy the sun and cool breezes. This month we celebrate National Assisted Living Week which kicks off Sunday September 11th (Grandparents Day) and ends Saturday September 17th (Oktoberfest). We will be scheduling fun activities, theme days, and having great food to celebrate our associates and residents who make living in a senior community so special! A calendar of events will be coming to you shortly, stay tuned.

~Angie