



Forever Fit:  
Focus on Fitness

- Diane Macik**  
9/14
- Hazel Hinken**  
9/15
- Bill Brassel**  
9/15
- Kathleen Hopkins** 9/17
- “R” Zylka**  
9/18
- Edgar Simons**  
9/20
- Joan Webster**  
9/20
- Joann Romanowski**  
9/23

### Focus on Flexibility - Chris Grabowski, MS, Senior Forever Fit

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.



**\$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!

# CARRIAGE PARK CONNECT

SEPTEMBER 2022



## UPCOMING HIGHLIGHT

This month starts with the Diamond Jack Cruise, downtown on the beautiful Detroit River. This is one of our most popular trips and a fun day out.

\*Bowling begins the second week of September. Lots of COMPETITION this season with six teams competing. Who will take the trophy is anybody's guess.

\*There are two opportunities this year to visit the Plymouth Apple Orchard; Hot donuts and apple cider. YUM!

\*Another favorite outing ... a special "MYSTERY" trip that is planned to be outdoors with a picnic lunch.

\*Violinist George is back again with a special show for you.

\*The Culinary dept. has planned a special "DETROIT" themed dinner with food that Detroit is known for! This is going to be a very special evening.

\*The Family Feud is back and sure to be a lot of laughs. So plan on being there and having a lot of fun with your Waltonwood family.

It's going to be another busy month with our usual activities as we roll into the Fall season. Get up, Get out and get involved! You'll be glad you did.

## COMMUNITY MANAGEMENT

Angie Hanson  
Executive Director

Terry Lobb  
Business Office

Joel Vassallo  
Culinary Services

Johanathan VanWicklin  
Environmental Services

William Scott  
Independent Living Manager

Erin McGraw  
Sarah Rauen  
Life Enrichment

Chris Chalmers  
Marketing

Esperance DeAbreu  
Resident Care

Marion Stevens  
Wellness Coordinator



## ASSOCIATE SPOTLIGHT: ANNETTE BLACKWELL

Our employee of the month for September is our med-tech Annette! She joined our Carriage Park family 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!**



## CARRIAGE PARK WELCOMES

**JUDITH Apt: 115**

**AUDREY Apt: 223**

**IDA Apt: 224**

**Leona Apt 310**

**MICHAEL 214**

*We are so happy to welcome you to our Waltonwood Family. Your presence in our community is nothing less than a blessing to us!*



## AUGUST HIGHLIGHTS

**4**

Live musical Joseph and the Amazing Technicolor Dreamcoat starring our very own Sarah!

**18**

Pine cone craft project



**23**

Mystery Trip: Sunflower farm

**23**

MGM Casino



## SEPTEMBER SPECIAL EVENTS

**02**

Diamond Jack

**20 & 22**

Plymouth Cider Mill

**17**

Oktoberfest Show in our Assisted Living building.

**30**

Mystery Trip!



## KENT LAKE PICNIC & MYSTRY TRIP TO SUNFLOWER FARM!



## EXECUTIVE DIRECTOR CORNER: Angie Hanson

As summer winds to an end, I hope everyone is getting a chance to sit outside and enjoy the sun and cool breeze. This month we celebrate National Assisted Living Week which kicks off Sunday September 11<sup>th</sup> (Grandparents Day) and ends Saturday September 17<sup>th</sup> (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.