

The Waltonwood Experience





From our kitchen
to yours...

BACON-WRAPPED DATES

Ingredients

- 8 slices bacon (*thin bacon works best!*)
- 16 dates
- 4 ounces goat cheese
- toothpicks

Instructions

Preheat the oven to 350°. Slice the dates lengthwise on one side to create an opening. Remove the pit. Using a spoon, stuff a small amount of goat cheese into the cavity of each date and press the sides together to close. Cut the bacon slices in half. Wrap each date with a slice of bacon and secure with a toothpick. Arrange evenly on a baking sheet with raised edges (otherwise grease will get everywhere) and bake for 10 minutes. Remove the dates and use the toothpick to turn each one so it's laying on its side. Bake for another 5-8 minutes, until browned to your liking, and turn the dates to the other side and repeat. Remove from the oven, place on a paper towel lined plate, and let stand for 5 minutes before serving.



ROYAL OAK CONNECT

OCTOBER 2022



3450 West 13 Mile Road, Royal Oak, MI 48073
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Executive Director Corner

I hope you all had an enjoyable summer and the opportunity to partake in the fun indoor/outdoor activities our life enrichment team has put together. Much of my summer has been spent helping my daughter adjust to her new role as a big sister, she is not quite there yet but rather coming along slowly. I am excited to be back and looking forward to been at your service.

Fall is already here, which means cooler temps and endless options for pumpkin spice food and drinks will all make their way back into our lives. Just a reminder to stay hydrated and dress appropriately as we navigate through the lovely unpredictable Michigan weather.

Flu Clinic is scheduled for October 12th, please ensure consent forms are completed by 10/11/22. Adults 65yrs and older are recommended to get the high dose and regular dose for anyone below 65yrs.

Sincerely,

Fatou Ceesay

Executive Director

COMMUNITY MANAGEMENT

Fatou Ceesay
Executive Director

Michelle Hasberry
Business Office Manager

Donyel Snead
Life Enrichment Manager

Norman Wafer
Culinary Services Manager

Donna Sharp
Marketing Manager

Tonicka Benefield
Resident Care Manager

Derek Hill
Maintenance Supervisor

Charlie Harris
Wellness Coordinator

Kelly Luchkoritz
Dining Room Supervisor

Tashila Green
Dining Room Supervisor

Kathleen Whitehead
Housekeeping and Laundry

New Residents

- Tena B.
- Robert B.



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!

ASSOCIATE SPOTLIGHT

Congratulations to our October Employee of the Month, Carline Ingline. Carline has only been with company for a short time period of time however, she has proven to be a real team player by pitching in whenever she is needed. She loves working here and helping to put smiles on the faces of the residents. Carline is looking forward to growing with the company. On the weekend Carline enjoys spending time with her grandchildren and watching the Detroit Tigers. She loves chocolate milk and would drink it everyday if calories didn't count. Great job, Carline!!



SEPTEMBER HIGHLIGHTS

10

WRO Craft Sale

13

Franklin Cider Mill



15

Temple Israel - Outing

23

Oktoberfest Celebration



FOCUS ON FITNESS

Active Aging Week

Since its inception in 2003, the first week of October has been earmarked as the start of Active Aging week. The annual celebration highlights efforts of those 50 years and older to thrive physically, socially, spiritually, emotionally, intellectually, vocationally and environmentally. From October 3rd-October 9th join the Waltonwood family as we celebrate Active Aging Week with daily events aimed at keeping our residents feeling their very best. With exercise classes to fitness assessments and educational seminars to hands on demonstrations each community will offer their own unique perspective on what is truly means to actively age. – Chris Grabowski

ACTIVE AGING WEEK – OCTOBER 3-9, 2022

The International Council on Active Aging began the first Active Aging Week in 2003. This week is meant to celebrate how positive the process of aging can truly be. Active Aging Week encourages adults over the age of 50 to take advantage of all that life has to offer. The goal of this week is to promote wellness initiatives and to get bodies up and moving!



OCTOBER SPECIAL EVENTS

04

Health Living Fair at the Royal Oak Senior Center. 9:30 AM **Outing**

05

Cardo Drumming 10:30 AM

10

Pink Day – Breast Cancer Awareness (Wear Pink)

25

Italian Heritage Day



October Fun Fact

October is a strange month, weatherwise. The first frost usually occurs in October, but days of warm, summer-like weather can reappear. Farmers rushing to harvest the last of their crops and are grateful for these Indian summer days. October, with its beautifully changing foliage, is one of the most colorful months of the year.

October is the tenth month of the year on the Gregorian calendar, though its name stems from the Latin octo, meaning “eight.” In early Roman times, October was the eighth month on the calendar. Old England referred to it as Winmonth, meaning “wine month,” as October’s temperatures were ideal for making wine and cider. The Anglo-Saxons called October Winterfylleth because it marked and celebrated the beginning of winter.