



## RESIDENT & ASSOCIATE BIRTHDAYS

### Resident:

Alma 11/13

### Staff:

Ruby Esparza 11/3  
Kyla Tolbert 11/4  
Evan Baldwin 11/19  
Beverly Robinson 11/11  
Susan Gardner 11/22



FRIENDS & FAMILY REFERRAL PROGRAM!

## Musical Guests This Month

4

3 pm Billy McAllister Sings!

7

1 pm Carol Jean Sing-a-long

16

6 pm Kevin Wills Sings!

23

3 pm D&A Duo

28

2 pm Gary Walsh- Guitar

## Kicking off the holidays with Thanksgiving Buffet

Our Thanksgiving Buffet Dinner will be held on Wednesday 11/16/22. Residents will enjoy an extravagant buffet dinner with all the traditional memorable holiday dishes. Residents are encouraged to invite family members to join in this celebration. After dinner, Kevin Wills will perform Jazz standards and holiday favorites. Spiced cider and specialty drinks will be served. Our holiday decorating will begin the week after Thanksgiving.

## \$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!

# UNIVERSITY CONNECT

NOVEMBER 2022



### *Día de los Muertos*, or Day of the Dead

In Mexico and parts of Central and South America, many celebrate ***Día de los Muertos*, or Day of the Dead**. This holiday, in fact, tends to span two days. On November 1 and 2. Day of the Dead celebrations are not somber and sad. They're actually very festive occasions. People who take part in them aren't mourning the dead, but celebrating their lives.

### What Is a Day of the Dead Altar?

A Day of the Dead altar is essentially a shrine for a lost loved one. It will typically be colorful and decorative in nature. Families usually take this opportunity to reflect on happy and humorous memories of their lost loved ones. The goal is to celebrate the dead instead of only mourning them. Some families keep Day of the Dead altars in their own homes. It may also be possible to find Day of the Dead altars in certain public spaces during the celebration. Popular items included in the altars are photos, momentos, favorite food/drink, marigolds, sugar skulls, butterflys, candles and colorful banners.



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## COMMUNITY MANAGEMENT

Jonathon Hills  
Executive Director

Dan Bannigan  
Culinary Services Manager

Taylor Crowe  
Environmental Services Manager

Katelyn Pescola  
IL Life Enrichment Manager

Donna Donakowski  
AL Life Enrichment Manager

Celeste Roth  
Marketing Manager

Derricka Mason  
Resident Care Manager

Henry Peoples  
Wellness Coordinator

Tammy Collins  
Business Manager





Employee Spotlight-  
Derricka Mason

It’s a special feeling to work with an organization that feels like one big family with values that reflect just that. Since starting her job at Waltonwood University, Derricka Mason has quickly enjoyed becoming a part of a tight-knit, professional family. Serving as the Resident Care Manager, she has been welcomed with kindness and support from her team.

“It’s a family-oriented company with lots of support. I’m never left feeling overwhelmed,” Derricka said. “I’m excited to flourish in this role and to ensure that our residents are receiving the best care possible.”

Derricka arrives at work each day bringing both a ‘smile’ and a ‘great attitude’ along with her prior nursing experience. The resident care team continues to amaze her through solid teamwork and collaboration in the workplace.

October HIGHLIGHTS

3

Sing Along with Carol Jean- Active Theme!

6

Mad Hatter’s Velvet Art Tropical Hat Craft



Mondays

2:00 Fall Arts & Crafts



FOREVER FIT/WELLNESS TOPIC

**Feeling Fine.** How do you feel today? Seems like a simple enough question but if we’re not honest with ourselves sometimes our answers can lead us a stray. When we exercise our bodies adapt to the stress and strain we put upon them with heavy breathing, elevated heart rate and tired burning muscles. This short-term discomfort consistently done over time is actually what produces long term positive, health adaptations for our body. Exercise however, should never be painful. There can be a very fine line between pain and discomfort and you need to be conscious of both. Sharp, stabbing, radiating pains and swelling are telltale signs of pain that you should never ignore. These sensations are our bodies way of telling us that it needs time to relax, rest and recover. The next time you exercise be honest with yourself, acknowledge that discomfort is common but pain has no place in your workout.

Adventure Waltonwood

At Waltonwood, we pride ourselves in providing residents with exceptional life experiences. Adventure by Waltonwood is a company sponsored program encouraging Waltonwood residents to pursue their life’s desire. Whether meeting their great grandchild for the first time, riding in a hot air balloon, hiking a national park, riding in a Beemer or reuniting with their best friend from college, Adventure by Waltonwood is available to support resident ambitions. If you are interested in setting up an adventure please contact Donna Donakowski in Life Enrichment.

November

8

Election Day

11

Veteran’s Day



24

Thanksgiving Holiday

28-30

Holiday Decorating!



EXECUTIVE DIRECTOR CORNER

November is known as the month of giving thanks! As we wind down this eventful year of 2022, it’s important we take the time to give thanks to the people that make such an impact in our everyday lives. The first person that comes to mind for me to give thanks to is my amazing wife, Alyssa. She is always there for me when I need here. Alyssa is such a sweet and understanding individual and I do not give her enough praise for the things she does! The next person or group of people I need to give thanks to is my entire staff here at Waltonwood University. These associates have done nothing short of amazing things for our residents, especially throughout this pandemic. From the kitchen crew, to the housekeepers, and to the rest of the staff, they all have done such an incredible job.