



Delores V. 12/31

# Duane Randolph 12/6

Jennifer Czarnecki 12/20

# Ronald Carter 12/28

## Musical Guests This Month

2

3 pm Billy McAllister  
Sings!

14

2 pm Charlene

5

1 pm Carol Jean  
Sing-a-long

21

1:30 pm Vanessa Carr-  
Vocals

6

2:30-4:30p Bobby G  
Guitar

26

6 pm Kevin Wills

# It's the Holiday season!

We are kicking off our holiday events with an Open House on December 6<sup>th</sup> from 1-4pm. Special holiday food, beverages, music and activities will be provided for you and your guests to enjoy! We will also continue our weekly musical performances and seasonal crafts to help get you in the holiday spirit. On December 14<sup>th</sup>, we will offer our formal holiday buffet dinner for residents and guests from 5-7pm. Lastly, we will celebrate the end of year with a festive New Year's Eve Happy Hour celebration to be held on Friday, December 30<sup>th</sup>.

# UNIVERSITY CONNECT

DECEMBER 2022



SINGH

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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



## \$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 Spotlight-  
Donna Donakowski

Hi! I have been Assisted Living Manager at Waltonwood University since May. What a wonderful community this is! I feel so welcome in my role, I feel like I have been here all my life! All the residents, managers and staff work together well to create an exceptional environment to live and work. I graduated from Eastern Michigan University where I studied Exercise Science and ran competitively on the Track and Cross Country teams. That is where I met my husband and we have one college age son who is studying packaging at Michigan State University. My first career was in cardiac rehabilitation. I have worked at several local hospitals in cardiology as either a clinician or manager and learned a great deal about cardiac procedures, therapies and caring for those with multiple difficult chronic illnesses. I strive to use what I have learned to make people's lives better regardless of their current situation, which is why I was drawn to work in Life Enrichment for Assisted Living. I love to work with these residents and learn something new from them every day! My husband and I have refurbished a lovely home in Rochester Hills where we have lived for 15 years and we love to go camping every summer in our renovated 78 Serro Scotty (AKA a Canned Ham). I love cooking, gardening and the outdoors and look forward to many years serving Waltonwood University!

November HIGHLIGHTS

1

Fall Glamour Shots

4

Billy McAllister  
Entertains



16

Thanksgiving Buffet  
Kevin Wills Entertains



FOREVER FIT/WELLNESS TOPIC

Keep these “**3M's**” in mind during the coming weeks to have a happy and healthy holiday.

**Moderation**- Tis the season for overindulgence, which makes pacing yourself even more important this time of year. From the food you eat to the hours you sleep; don't completely neglect the healthy habits you kept the other 11 months of the year. Try to keep your favorite treats within reason, you'll feel better and still get to enjoy those things you love.

**Move**- Making it to the gym or fitness center may be a little more difficult at this time of year but that doesn't mean you can't be active. Aim for 30 minutes of exercise each and every day to keep healthy and strong all winter long.

**Manage** stress- the holidays can be overwhelming for anyone and how we manage the stress that it brings can greatly impact our overall healthy. Find healthy outlets and let the joy and laughter that or family and friends bring help to manage even the most stressful days.

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.

December

6

Home for the Holidays  
Open House

14

Christmas Buffet

25

Christmas Day!

30

New Year's Eve Party



EXECUTIVE DIRECTOR CORNER

December marks one of my favorite months of the year! The one thing I look forward to most are the holiday traditions with my family. From decorating the entire house with lights, to making holiday treats for friends and family; these are annual traditions that have been created to bring out our holiday spirit! This year, Alyssa, Brew (our dog), and I were able to continue our traditions while being in our second year at our home for the holidays! We celebrated the first snowfall with some playtime outside with Brew. We also took the weekend prior to Thanksgiving to decorate the entire house! Finally, Alyssa made her first batch of homemade holiday cookies to share with family and friends. There is absolutely nothing like the holiday season!